



TIMETABLE

New Term starts 8th September- 18th December 2026 Term ends

Half term 26th October - 30th October 2026

Sessions return Tuesday 8th September 2026

Welcome to Ealing Anchor Foundation

A support group for parents/carers of babies and children who are differently abled.

Offering a range of activities, training, counselling and outreach support for families.

OUR SESSIONS ARE HELD AT

Windmill Children's Centre

135 Windmill Lane Greenford UB6 9DZ



TIMETABLE SEPT - DEC 2026



TUESDAY

Windmill Children's Centre

MORNING

Music Therapy

Play & support session

10:30am - 12:15pm

AFTERNOON

Music Therapy

Play & support session

1:00pm - 2:15pm

1:1 Counselling

Toy Library

Bookings for the
Play & Support sessions
are open online, ONE day
before each session.

Bookings for other events,
can be made at anytime
online.

Visit us at
www.ealinganchor.org.uk
or scan the QR code
below



FRIDAY

Windmill Children's Centre

MORNING

Play & support session

10:30am - 12:15pm

See the next page for dates/details of our

Friday Coffee mornings, Parent Carer

Support Groups & Seashells Complex Needs
Sessions

1:1 Counselling

Toy Library

MUSIC THERAPY & PLAY & SUPPORT SESSIONS

Windmill Children's Centre

Tuesday 10:30am-12:15pm

Tuesday 1:00pm - 2:15pm



PARENT CARER EVENING



Monday 12th October

Nando's Acton

To reserve your space 7pm - 9.45pm

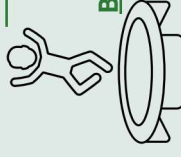
OTHER ACTIVITIES THIS TERM



1:1 ONLINE COUNSELLING



ONLINE TOY LIBRARY



BOUNCE CLUB AT OXYGEN

'TIME TO TALK' COFFEE MORNING



Come along and meet other parent/carers

Friday 13th November

10:30am - 12:15pm

Windmill Children's Centre

ONLINE WORKSHOPS

Successful Toileting Workshop 10am-11:30am

Thursday 17th September & Thursday 12th November

Successful Eating Workshop 10am-11:30am

Thursday 24th September & Thursday 5th November

Promoting Positive Behaviour Workshop 10am - 11:30am

Wednesday 30th September

Understanding Sensory Differences Workshop 10:00-11:30am

Thursday 8th October & Thursday 3rd December

Successful Sleep Workshop 10am-11:30am

Thursday 22nd October & Thursday 26th November



Understanding Autism & Children with Communication Differences

10am-12pm Wednesday 4th November

Supporting Autism Children with Communication Differences

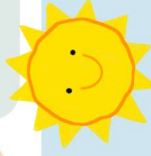
10am-12pm Wednesday 11th November

Understanding & Supporting Language Development

Wednesday 9th December 10am-12pm

To book, click on the name or date of the workshop or go to our website

OTHER EVENTS THIS TERM



Family fun day

Saturday 12h September -

two sessions available

12pm-2pm & 2pm - 4pm

BOOK HERE

Enterprise lodge, Stockdove way

, greenford, UB6 8TJ

Heathrow Gym

Saturday 24th October

3pm - 6pm

Green Lane, Cranford,

Hounslow TW4 6DH



Winter Party

Saturday 19th December

More details to follow - see website

PARENT CARER GROUP

Topic: The emotional journey of being a parent/carer

Friday 2nd October

OUR GROUPS



Topic: What I wish others understood about being a parent/carer

Friday 6th November

Topic: Recognising personal strengths

-identifying skills developed through caring

Friday 4th December

Windmill Children's Centre

10:30am- 12:15pm

NEW GROUP!

SEASHELLS GROUP

For children with complex needs physical needs or Down Syndrome

Syndrome

A space for sound, colour & sensory exploration

Invitation only

Friday 16th October

&

Friday 20th November

To book and for more information telephone 0208 5719954 or email info@ealinganchor.org.uk or visit www.ealinganchor.org.uk



Supporting Parents & Carers in Ealing

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Website www.ealinganchor.org.uk



Facebook: [Ealing Anchor Foundation](https://www.facebook.com/EalingAnchorFoundation)



https://www.instagram.com/anchor_ealing/?hl=en

Registered Charity Number 1196311



London Borough of
Ealing



M&S

JOHN LYON'S CHARITY
PART OF THE HARROW SCHOOL FOUNDATION



GO! London Fund

