



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

FOOD BANK - TUESDAY & FRIDAY
WINDMILL CHILDREN CENTRE

'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
Wednesday 23rd 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



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



Winter Party
Saturday 19th December
More details to follow - see website

Heathrow Gym
Saturday 24th October
3pm - 6pm
Green Lane, Cranford,
Hounslow TW4 6DH



PARENT GROUP

Topic: The emotional journey of being a parent/carer
Friday 2nd October

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

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

OUR GROUPS

NEW GROUP!

SEASHELLS GROUP

For children with complex needs physical needs or Down Syndrome
A space for sound, colour & sensory exploration
Invitation only

Friday 16th October
&
Friday 20th November



EALING ANCHOR FOUNDATION



Supporting Parents & Carers in Ealing

Admin Office: Grove House 77 North Road, Southall. UB1 2JL
info@ealinganchor.org.uk
Telephone 0208 571 9954



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



JOHN LYON'S CHARITY
PART OF THE HARROW SCHOOL FOUNDATION

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