

It's good to talk!

Events, coffee mornings and support groups for parents and carers



Being the parent/carer of a child or young person with a disability or special educational needs is often challenging, and parents can find it helpful to spend time talking to other parents who have similar experiences.

In this short guide we give details of a few of the local coffee mornings and other social and wellbeing events regularly run for parents of children with additional needs.

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Our Voice drop-in cuppa and chat service at Ponders End Youth and Family Hub.

Our Voice runs regular drop-in sessions at the Youth and Family Hub in Ponders End. We hope to begin running sessions at the Craig Park Hub soon.

Our sessions at Ponders End usually take place on the first Wednesday of the month, from 10 am to 12.30 pm (term time only). We are currently looking at dates for the autumn term and hope to announce these shortly.



Our Voice drop-in service For parents/carers of children & young people aged 0-25 with Special Educational Needs/ Disabilities At the Ponders End Family and Youth Hub

Join members of
the Our Voice team
for our drop-in
sessions at the
**Youth and Family
Hub in Ponders
End.**



See the Our Voice
events page for more
information. Future
dates from September
24 onwards to be
confirmed shortly.

<https://www.ourvoiceenfield.org.uk/events>

Our Voice is the official parent carer forum supporting the families of children and young people aged 0 -25 years with Special Educational Needs or Disabilities, living or attending school in the London Borough of Enfield. We are not part of the Local Authority but we work with them to improve services for the families that we represent.

**Ponders End Youth and
Family Hub
129, South Street, Enfield,
EN3 4 PX
(next to Oasis Hadley
Academy)
Drop in – no need to
book**



**An opportunity to talk to one of the
parent carers from the Our Voice team
about any questions you may have, and
to chat with other parents of children
with additional needs.**

Coffee mornings in schools

Many schools run coffee mornings for the parents and carers of children with additional needs. If you haven't heard about these it is worth talking to your SENCO to see if they happen at your child's school. Often external guests are invited along to these sessions to talk to parents about topics of interest.

Members of the Our Voice team are always happy to join SEND coffee mornings at schools, so please do suggest this to your SENCO if you think it would be useful.

General coffee mornings for all parents and carers

Zebras coffee mornings

Zebras Children and Adults charity runs a free weekly drop-in 'coffee stop' for carers, parents and friends. These are every Wednesday at the Zebra's Hub on Lancaster Road (59b, Lancaster Road, Enfield, EN2 0BU). Internet access is also available at the hub. More information on their website [here](#).

**Zebras Wednesday Coffee stop
is now also an internet cafe!
Come along and make use of
our network!**



**Come & join us at the Zebras Hub 59b
Lancaster Rd, EN2 0BU every Wednesday
10:30 -12:00
FREE coffee, tea, cake & chat - however
donations welcome!
Call 0203 441 1764 when you arrive!**

SEN Coffee and chat mornings, Cockfosters

These coffee mornings are run by Elena, herself an SEN Parent at Costa Coffee in Cockfosters. A member of the Our Voice team joins most of the sessions. The next dates will be in the autumn term on Friday 6th September, Friday 4th October and Friday 8th November

SEN COFFEE & CHAT MORNINGS

To all Parent/Carers of children on the AUTISM/ADHD Spectrum, I would love for you to join me and other parents for my SEN Coffee & Chat Mornings.



DATES RUNNING AUTUMN 2024

FRIDAY 6th SEPTEMBER, FRIDAY 4th OCTOBER, FRIDAY 8th NOVEMBER

(OUR VOICE WILL BE JOINING MOST SESSIONS)

**COSTA COFFEE
16 Station Parade
Cockfosters
EN4 0DN
9.30am-11am**

**Instagram @sen_with_elena
For more info
email me on senwithelena@hotmail.com**





The Enfield Carers Centre (ECC) runs a variety of different activities and support sessions. You will normally need to be registered with the ECC first. See [Need a Break? – Enfield Carers Centre](#)

Coffee and chat mornings are run regularly – an opportunity to enjoy some social time and meet and chat with other carers. See the ECC events calendar for details of sessions coming up [Upcoming Events – Enfield Carers Centre](#)

ECC run a variety of other social activities including going out for breakfast, health and wellbeing workshops, painting workshops [Need a Break? – Enfield Carers Centre](#)

Yoga – Fridays 3-4 pm via Zoom – suitable for all including beginners- book on 0208 366 3677

The Enfield Carers Centre Learning Difficulties and Autism Spectrum Disorder (ASD) Carers Support Group usually meets on the first Friday of every other month from 12.30 pm to 2 pm

The next session will be on Friday 2nd August – what are examples of learning difficulties, learning disabilities and the autistic spectrum, and caring for them.

You can either book a face-to-face space (email info@enfieldcarers.org or call 020 8366 3677) or attend via Zoom (joining details on the link below).

More information [here](#).

Coffee mornings for Autism groups

Autism: Enfield Advisory Service for Autism

The Enfield Advisory Service for Autism (EASA) supports autistic children and young people (from 0-25 years) and their families.

EASA hold regular monthly 'cuppa and chat' sessions, for the parents and carers of Early Years and Primary school aged children and for the parents and carers of Secondary Aged and post 16 children and young people. **The sessions take place from 9.30 to 11 am** at Russet House School, 11 Autumn Close, Enfield, EN1 4 JA and each session has a specific discussion theme.

- Sessions on the second Thursday each month are for parents/carers of Early Years and Primary aged children
- Sessions on the third Thursday each month are for parents/carers of Secondary aged children and young people aged over 16.

See [here](#) for information on forthcoming dates and topics.

ENFIELD ADVISORY SERVICE FOR AUTISM

Cuppa and Chat Sessions for Parents

Come along to:

- Meet the EASA Team
- Hear about topical issues
- Socialise with other parents

A relaxed and friendly atmosphere.

Cuppa and Chat Sessions will run monthly through the year

**2nd Thursday in the month:
Parents of Early Years and Primary-aged children**

**3rd Thursday in the month:
Parents of Secondary and Post-16 children/young people**

Time: 9:30am—11am
Venue: Dining Hall
**Location: Russet House School
Autumn Close
Enfield
EN1 4JA**

*Limited parking is available on site.
A small donation towards the cost of refreshments is appreciated.*

Book your place at these sessions via the EASA website.

National Autistic Society, Enfield branch (ENAS)

ENAS is the Enfield branch of the National Autistic Society. ENAS runs a variety of events for parents and carers including regular coffee mornings on selected Thursdays (10.30 am – 11.30 am), at the Park Avenue Disability Resource Centre, Ground Floor, 65C Park Avenue, Enfield, EN1 2HL.



Parent/Carer Coffee Mornings 2024

Held at a local venue -
10am - 11.30am
Thursdays;
1st February
7th March
2nd May
6th June
4th July
5th September
3rd October
7th November

*Feel welcome to
pop along to meet
other
parents/carers,
have a chat and
stay for tea!*

Contact us: Sandeep & Natasha

@ enfield@nas.org.uk

☎ 07757 120 777

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).