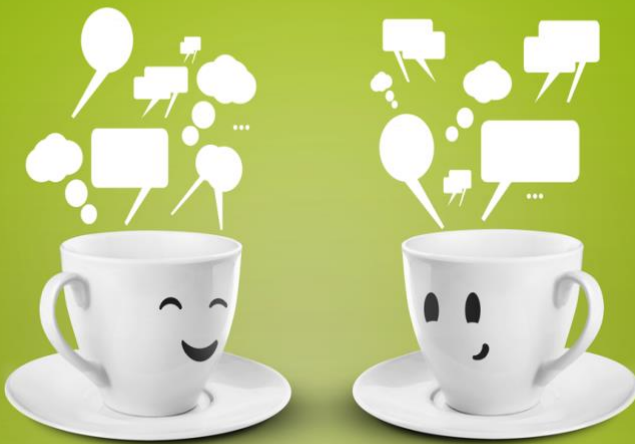


Events for parents and carers

Our Voice



Making a Difference.....



A series of events for the parents and carers of children and young people with special needs and disabilities. Focusing on our own wellbeing and that of our children

Open to parents and carers of children and young people aged 0-25 with Special Needs and /or Disabilities, living in the Borough of Enfield . Hosted by Our Voice (Parent Carer forum) in conjunction with the Enfield Psychology Service and Enfield Thrives Together.

Events for parents and carers

We know that this is a really challenging time and many of you are feeling intensely the particular pressures that come with living through a pandemic with a child with additional needs.

This series of events has been developed in conjunction with the Enfield Educational Psychology Service and Enfield Thrives Together, and aims to help us as parents to look after our own mental health and wellbeing, give us some techniques to help us cope, and suggest some ideas and techniques for supporting our children's mental and emotional health.

All these events are open to parents and carers of children and young people aged 0-25 with special needs and/or disabilities, living in the Borough of Enfield.

Cuppa and chat - Wednesday 24th February 10.30 – 11.30 am – drop- in session



Our informal 'Cuppa and Chat sessions are an opportunity to talk to other parents and carers including some of those on the Our Voice team) about how you are managing during this exceptionally challenging time, and share your concerns and experiences.

We will be joined by Vita Luta, a Children's Wellbeing Practitioner for a short relaxation exercise which you may find useful both during the day and when trying to get to sleep after a stressful day, or which you may wish to try using with your children as a calming technique.

No need to book – just join using [this link](#). You can use a computer tablet or smartphone. If you have not used 'GoTo Meetings' before, you can download the app in advance using [this link](#). Or if you cannot join online, you can phone in on 0330 221 0088 using Access Code 714-449-909

Cuppa and Chat evening - Tuesday 2nd March 8.30 – 9.30 pm



Our informal 'Cuppa and Chat sessions are an opportunity to talk to other parents and carers including some of those on the Our Voice team) about how you are managing during this exceptionally challenging time, and share your concerns and experiences.

We will be joined by Zoe Price, Trainee Educational Psychologist, for a short relaxation exercise which you may find useful both during the day and when trying to get to sleep after a stressful day, or which you may wish to try using with your children as a calming technique.

No need to book – just join using [this link](#) – you can use a computer tablet or smartphone. If you have not used 'GoTo Meetings' before, you can download the app in advance using [this link](#). Or if you cannot join online, you can phone in on 0330 221 0088 using Access Code 714-449-909

Holding it together during a pandemic - Friday 5th March 10.30 – 11.30 am



This online session will look at some of the challenges of experiencing lockdown with children who have additional needs.

We will be joined by Family Therapist and author Miriam Chachamu who has her own YouTube channel '[Enjoy your children](#)' and who will talk about children's mental health, understanding anxiety and building an emotional connection with your children.

Miriam will be answering your questions about how to support your child's emotional wellbeing and look after your own mental health during this difficult time.

Book [here](#)

Tree of Life taster session Thursday 18th March 10.30 am – 11.30 am



The 'Tree of Life' is a way of thinking about the unique skills and opportunities that we have and which can help us in our lives, and in our role as parents of children with special needs and disabilities. This taster session will be led by Claire Collins (Educational Psychologist/Systemic Practitioner) and will give parents an opportunity to focus on their wellbeing, and look at the techniques used.

Parents attending this session will have an opportunity to put themselves forward for the full support-group programme which will run across six one-hour morning sessions in the summer term followed by a final celebratory session. The programme gives parents and carers a chance to work as a group through discussions and shared learning. Parents in the past have found this an empowering and supportive opportunity and we hope that it can be the same for you!

Book your place [here](#).

More information and resources

See the Our Voice website news pages for a range of resources to support you and your child.

Anxiety and wellbeing – resources to support your own mental health and that of your children.

Supporting your child at home – activities and resources for children with SEND, focusing on home-learning, and keeping children occupied and entertained, covering everything from educational songs to mindfulness.

Videos for parent carers – this series of six short videos (5- 10 minutes each) were produced by Enfield's Educational Psychology Service and Mental Health Support team in partnership with Our Voice. They aim to support parents in creating a sense of safety, calm, connectedness, control and hope for their children during the pandemic. The sixth video is about how we can look after ourselves as parents and carers.

Creating a Sense of Safety

- It's ok to feel unsafe
- Some of us feel in shock
- Children may not understand but see the changes
- What can we do to strengthen a sense of safety?

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CREATING A SENSE OF CALM

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Creating a Sense of Connectedness

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Creating a Sense of Control

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Creating a sense of Hope

As the weeks go by, it's more important than ever to help our children believe that things won't be like this forever. We're going to explore how we can help our children to *feel and hold onto hope*, when they are feeling disappointed, fed up, anxious or low.

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Looking after ourselves

- Looking after ourselves is very important.
- It's easier to care for others when our own needs are being met.
- We would like to suggest the 30-3-30 approach shared on the learn4mental health website.
- It's important to build our bank of strategies.

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