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What's New?

21st Sept 23

Save the Date – Our Voice Christmas party 3rd Dec

We are delighted to announce that the Our Voice Christmas Party will take place on **Sunday 3rd December**.

The party will be at **Russet House School from 2 pm to 4.30 pm** and is an opportunity to celebrate all our fantastic children!

We will have a great magic show from the ever-popular Mr Marvel, soft play, sensory room, PS4, games, crafts, light refreshments and more.

The event is free (although we welcome donations) but places are limited and **must be booked in advance**.

Booking will open soon – watch out for the announcement. These events are very popular so book early to avoid disappointment!



Play and Leisure – coming up

See our What's on Guide [here](#) for information on SEN-specific and inclusive days out and play and leisure activities in and around the Enfield area. This week's events include:



Early Birds at the Science Museum on Saturday 23rd Sept – an Autism - friendly early morning session (8-10 am) details and booking link [here](#) and page 12 of the booklet.

Relaxed Opening at **Whipsnade Zoo** from 9 am to 10 am – this Sunday 24th September. Details on page 14 of the booklet or on the Whipsnade website [here](#).



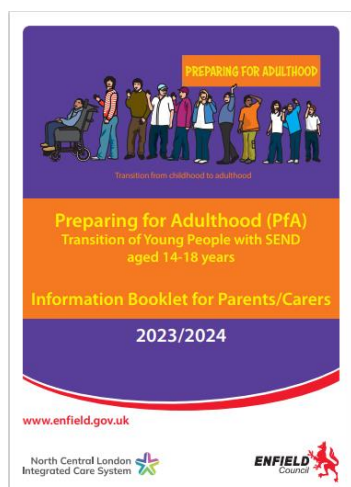
Disability Family Swim Sessions



New disability family swim sessions began at Albany Leisure Centre last Saturday (in addition to the existing sessions on Sunday mornings at Edmonton Leisure Centre).

See page 5 of the booklet for details.

Preparing for Adulthood



Preparing for Adulthood or 'PfA' (previously known in Enfield as 'Moving On') is the process of moving from childhood to adulthood (including from child to adult services) and the resources and events to support you and your young person through that process.

The new booklet outlining the process (for 2023 – 2024) has now been published and can be found on the Local Offer [here](#) and on the Our Voice website PfA page [here](#).

We recommend that you start to attend Preparing for Adulthood Events when your young person reaches year 9 (although you can start earlier if you wish). These events provide opportunities to talk to professionals and other parents who can give you advice and information to help you and your young person make the right decisions about their future.

Enfield Preparing for Adulthood Events

There is a programme of events outlining different aspects of the transition. You can see the list of programme events set out on the Local Offer [here](#) including links to join each event. The booklet explains what each event is about.

Date	Time	Event	LINK/VENUE
27 Sept 2023	10:30 – 12:30	Decision Making and Me The Mental Capacity Act 2005 is for anyone 16 years old or over. It says that people can make decisions about things that affect their lives. This event will help you to understand how it applies to you and your young person, and how you will both be supported to make decisions. You will learn: <ul style="list-style-type: none"> • How the Mental Capacity Act 2005 applies to young people aged 16 – 18 years and 18+ • Deputyships and Appointeeships • How, and who is able to make decisions for those young people lacking mental capacity. • The principles of mental capacity assessments • What is meant by the term "best interest" meeting/decision? • When are best interest decisions made? • Can parents still continue to make decisions? 	Integrated Learning Disability Service Carnegie Building 258a Hertford Road Enfield EN3 5BN

During October the Local Authority will be running two further workshops – 'The Process of Applying for a post -16 Education Setting' on 5th October, and 'Supporting Parents and Carers during Transition' on 19th October.

The next event will be the 'Decision Making and Me' workshop on Wednesday 27th September 10.30 am to 12.30 pm looking at the important topic of how young people can be supported to make decisions on things that affect their lives from the age of 16, how decisions are made for those young people lacking mental capacity, and how parents are involved.

Date	Time	Event	LINK/VENUE
5 Oct 2023	10.30 – 12.30	The Process of Applying for a Post-16 Education Setting During this session you will hear about: <ul style="list-style-type: none"> • the step-by-step breakdown of the Post 16 Phase Transfer process for Young People with an EHCP • the consultation process with your preferred setting • the process of naming a Post 16 Setting within an EHCP There will be plenty of opportunity to ask questions.	Park Avenue Disability Centre 65c Park Avenue Bush Hill Park Enfield EN1 2HL
19 Oct 2023	10:30 – 12:30	Supporting parents and carers during transition This event will provide practical tips and sources of support to help parents through this time of change in your life: Understand the process of transition of young people from childhood to adulthood, and how it will impact on them. Take time out to think about and discuss the challenges you face as your young person makes the transition to adulthood. How will your life be different, will your role change, and how does this make you feel?	Integrated Learning Disability Service Carnegie Building 258a Hertford Road Enfield EN3 5BN



Preparing for Adulthood - Transition Drop ins

Enfield Integrated Learning Disability Service are committed to helping all parents and carers of young people with Learning Disabilities to have a smooth 'Transition' to adulthood



Our [Preparing for Adulthood website](#) has lots of information, and details of face to face and on online sessions throughout the year.

We are also offering a monthly 'Drop in' where carers of young people 16 and over can come and ask about transition.

You will be able to talk to -



Jane Richards from Families in Transition to Adulthood (FTA)

Charlene Thomas – Head of Service and Transition Lead, Assessment and Care Management, Integrated Learning Disabilities Service or a member of the ILDS management team.



Sessions will be on the 1st Friday of the month from 10am – 12pm at
The Enfield Integrated Learning Disability Service,
Enfield Highway Carnegie Building,
258A Hertford Road, Enfield, EN3 5BN

If you would like to book a place, please call Jane Richards, Families in Transition to Adulthood (FTA) on 07816070098

www.enfield.gov.uk



You can also attend one of the regular monthly drop-in sessions to discuss any individual questions you may have. The next one takes place on Friday 6th October.

Contact sessions on Preparing for Adulthood

Contact, the Charity for Families of Disabled Children are offering a series of FREE online sessions to help parent carers with their disabled child's transition to adulthood over the next few months.

The sessions are ideal for parent carers of disabled young people aged between ages 16-25 in England. Packed with information and advice on adult services and the main challenges families face during the transition period.

The next sessions are:

- Education and Employment - Tuesday 10th October 7 pm – 8.30 pm
- Adult Health and Social Care – Friday 10th November 10 am – 11.30 am
- Community Inclusion and Independent Living – Wednesday 6th December 7 – 8.30 pm

[Find out more and book your free place on all or just some of these sessions.](#)

Coffee mornings and support for parents

We have put together a short round-up of some of the local and online coffee mornings, wellbeing activities and support groups for the parents and carers of children with additional needs. See the guide on our website news page [here](#).

Some new sessions include Parent Therapy Groups from icandance, and the SENDIASS coffee morning on Specific Learning Difficulties next Wednesday 27th Sept which we told you about last week – see page 3 of the guide for the flyers and a reminder of the details.

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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Parent Therapy Groups

icandance offers creative, therapeutic support to families with disabled children.

Our **free** parent therapy group sessions offer a reflective, confidential space to share experiences of parenting a disabled child.

The sessions aim to improve wellbeing, explore creative responses to challenges and gain a deeper understanding of your child's needs.

Sessions are facilitated by experienced psychotherapists.

Sessions for parents of primary school aged children are at 10-11:15am on the following dates:

- 3rd October 2023 (in person)
- 7th November 2023 (online)
- 5th December 2023 (online)
- 16th January 2024 (online)
- 20th February 2024 (online)
- 19th March 2024 (in person)

Parents are asked to commit to all sessions.

If interested, please contact Juliet at juliet@icandance.org.uk or 07931 533955.

"It's been a real lifeline in a very unique situation."



Autism Empowerment Conference

One-to-One is an Enfield Charity that supports the inclusion of people with learning difficulties and Autistic adults. They are running an Autism Empowerment Conference next Monday 25th September, and all are welcome.



Making lives better for Autistic adults and those with learning difficulties



ONE-TO-ONE ENFIELD
PRESENT OUR ANNUAL

AUTISM EMPOWERMENT CONFERENCE

You are invited to join us to learn more about building confidence, making choices, finding the right support and allowing your voice to be heard.

FREE ENTRY



25TH SEPTEMBER 2023

12 PM - 7 PM

Free lunch provided 12pm - 1pm

Park Avenue Disability Resource Centre

65c Park Avenue, Enfield, EN1 2HL

Interested in attending? Scan the QR code or register here

www.one-to-one-enfield.co.uk/events-1/autism-empowerment-conference



020 3971 3984

mail@one-to-one-enfield.co.uk

One-to-One Enfield is a charity registered at 2 Farm Road, Winchmore Hill, London, N21 3JA, Number 1061507 and Company Limited by Guarantee (England & Wales) - Number 3324923

Events coming up in September and October:

See our 'What's On' guide to inclusive and SEND-specific play and leisure activities and days out [here](#).

See our round-up of coffee mornings, social activities and coffee mornings for parents [here](#)

For parents/ carers of children/young people with SEND who are:	What	When	Where	Details /booking links
All welcome	Autism Empowerment Conference	Monday 25 th September 1 pm to 7 pm	Park Avenue Disability Resource Centre, 65C Park Avenue, EN1 2HL	See here
Age 16 – 24 with an EHCP and interested in getting a job	Mencap Supported Internship programme info session	Mon 25 th Sept 5.30 – 6.30 pm	Online	here.
Have hemiplegia	Exclusive free workshop looking at anxiety	Wed 27 th Sept 10 am to 12 noon	Online	Page 2 and here
Aged 14 and over	Preparing for adulthood – decision-making and mental capacity	Wed 27 th Sept 10.30 am – 12.30 pm	Integrated Learning Disability Service Carnegie Building	here
Age 16 – 24 with an EHCP and interested in getting a job	Mencap Supported Internship programme info session	Wed 27 th Sept 5.30 – 6.30 pm	Online	here.
Autistic	Wellbeing for parents & carers	Wed 27 th Sept 7.30 - 8.30 pm	Online	here.
Secondary school age with communication difficulties	Speech and Language workshop from Contact	Thu 28 th Sept 10 am	Online	here.
Autistic	Webinar on navigating the educational system	Fri 29 th Sept .30 – 8.30 pm	Online	here.
Have a rare condition	Free online conference	Wed 4 th Oct 10 am – 2 pm	Online	Here
Aged 14 and over	Preparing for Adulthood – the process of applying for a post-16 education setting	Thu 5 th Oct 10.30 am to 12.30 pm	Park Avenue Disability Centre, 65C Park Avenue	here
Aged 16 and over	Monthly drop-in session	Friday 6 th Oct 10 am – 12 pm	Integrated Learning Disability Service Carnegie Building	here
Aged 16-25	Contact workshop on Education and Employment	Tuesday 10 th Oct 7 – 8.30 pm	Online	Here
Aged 14 and over	Supporting Parents and Carers During transition – practical tips and sources of support	Thu 19 th Oct 10.30 am to 12.30 pm	Integrated Learning Disability Service Carnegie Building	here
All	Our Voice Christmas party	Sunday 3 rd December 2 -4.30 pm	Russet House School	Pre-booking only – details to be advised

We hope that you have found our newsletter useful. If you have any feedback, or anything that you think we could be telling our families about, please let us know. Our contact details are:

Telephone **07516 662315** Email: info@ourvoiceenfield.org.uk

Website: www.ourvoiceenfield.org.uk

You can also follow us on our Facebook page at

<https://www.facebook.com/ourvoiceenfield/> on [Twitter@EnfieldOurVoice](#) and on Instagram

at <https://www.instagram.com/ourvoiceenfield/>

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