

Ponders End Youth & Family Hub – launch event & update from drop-in launch	P1
Surviving the Christmas holiday period	P2
Parents In Mind Support group (for those on CAMHS waiting list)	P2
Join your energy provider's Priority Support Register	P3
Webinar on neurodiversity, teens, hormones and delayed sleep	P3
Survey on Transport in London	P4
Enfield Advisory Service for Autism – newsletter and Jan Time to Play session	P4
Consultation on new community project	P5
SEN Soft play at Furzefield – book now for January 27 th	P6
Supported Internship Programme Open Day 14 th Dec	P7
Summary of events coming up	P8



What's New? 12th Dec 23

The Youth and Family Hub Ponders End

The Youth and Family Hub launch event tomorrow
The official launch for the Youth and Family Hub in Ponders End will be tomorrow, Wednesday 13th December.

Our Voice will have a table at this event so come along to have a chat with us, and to find out more about everything that will be happening at the hub.

More information on our website [here](#).

Update from the launch of our drop-in sessions at the Youth and Family Hub



Last week we held a launch event for our new drop-in sessions at the Youth and Family Hub in Ponders End (129 South Street, Enfield EN3 4 PX). Several parents joined us for coffee and cake and a discussion with Autism Central and members of the Our Voice team.

We look forward to beginning our regular sessions in January. Our regular drop-in dates coming up are:

Wed 10 th Jan	10 am to 1 pm
Tue 23 rd Jan	12 pm – 2 pm
Wed 7 th Feb	10 am to 1 pm
Tue 20 th Feb	12 pm to 2 pm

See our website [here](#) for more information.

Surviving the Christmas holiday period



We know that for many families, especially those of children and young people with additional needs, the Christmas season can bring its own stresses and strains as children struggle with changes in routine or sensory overload.

We thought some of you might find this [Christmas Sensory Survival Kit](#) and these [Christmas Tips for Autistic People and their families](#) (from the National Autistic Society) useful.

If you have an Autistic child and would welcome some guidance on supporting strategies you might like:

- o EASA's coffee morning this Thursday 14th December at Russet House School, 9.30 – 11 am – more information [here](#).
- o Autism Central's online session on Supporting Strategies for the Festive period – tonight at 7 – 9 pm – more information [here](#).

Parents in mind support Group

Please see the attached leaflet for the **Parents In Mind** support group starting in January, (Wednesday 5:30-7 pm) online.

This is **ONLY** for Parents/carers of children/young people aged 11-16 years **and** on the CAMHS treatment waiting list.

Please contact parentsupport@mindeb.org.uk or 02083435705 if you have any queries or need more information.

A yellow leaflet with a blue header and footer. The header features the 'mind' logo and 'in Enfield and Barnet' text, along with the 'Brandon Centre' logo. The main title is 'PARENTS IN MIND' in bold, followed by 'Parents/Carer Support Programme'. Below this, it states 'For Parents/carers whose young people are on the CAMHS treatment waiting list'. The text describes the 8-week online support group as a safe and confidential space for parents/carers to gain information and skills to support their young person, as well as receive peer support. It lists eligibility criteria: Parent/carers whose adolescents (11-16) are on a CAMHS treatment waiting list with the main presenting concerns of: Anxiety, Depression, Self-harm, And/or suicidality, and Does NOT include PTSD, an eating disorder, significant learning disability. The group starts on 10/01/2024 (Wednesday) at 5.30-7.00PM. At the bottom, it says 'Referrals are welcome from North Central London CAMHS services (Tier 2&3) (Enfield, Barnet, Haringey, Camden & Islington)' and provides contact information: 'Need more information? Please contact us at: 020 8343 5705 email: parentsupport@mindeb.org.uk'. There is an illustration of three people sitting and talking at the bottom.

Join your energy supplier's Priority Services Register



Families with children who have disabilities or rely on medical equipment are strongly advised to contact their energy supplier to register as a vulnerable customer on their Priority Services Register.

What does being on the Priority Services Register do?

Many suppliers will give vulnerable customers advanced notice of planned power cuts and offer priority support during emergencies. Some may be able to provide cooking facilities, hot meals or charge points to households that rely on medical equipment.

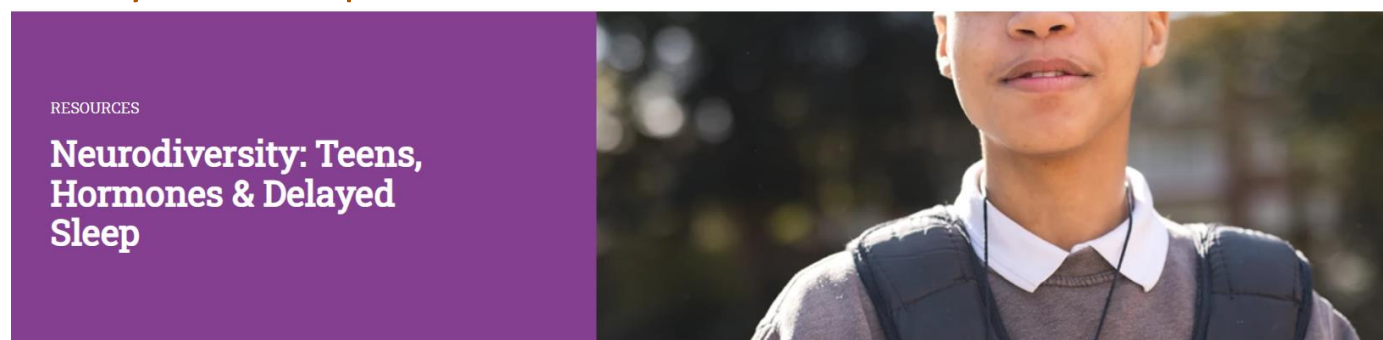
Suppliers must take all reasonable steps to avoid disconnecting you during the winter months (1st October to 31st March). The 13 suppliers that have signed up to [Energy UK's Vulnerability Commitment](#) (who between them supply energy to over 90% of UK homes) cannot knowingly disconnect a vulnerable customer at any time of the year.

You can also join the register of your energy network operator. This is the company that provides the pipes and cables that bring energy from your supplier to your home.

Ofgem – the energy regulator – [lists customers normally considered vulnerable](#). This includes households with disabled individuals, those with young children, and households that use medical equipment that requires a power supply. You can register by contacting your energy supplier and asking them to put you on their Priority Services Register.

You can also contact your local electricity network operator to ensure you are also on their register. [Find out who that is.](#)

Webinar on Neurodiversity, teens, hormones and delayed sleep 20th Dec



This free live webinar from the Witherslack Group looks at practical ways we can support neurodiverse teenagers with hormones and delayed sleep. It covers common conditions, co-occurrence and the complexities that come with it, and the challenges of sleep disruptions including delayed sleep, frequent waking and difficulties getting up.



The session is on Wednesday 20th December from 10 am to 11 am (including Q&A).

See [here](#) for more information and the registration link.

Survey on Transport in London



The [British Institute of Learning Disabilities](#) (BILD) is working with Transport for London to improve services. They want to hear from people with learning disabilities and autistic people and their parents and carers (and other supporters) about what it is like to travel in London.

Please complete the survey at bit.ly/TravellnLondon.

Enfield Advisory Service for Autism (EASA)

EASA's Autumn newsletter is now out, including lots of information about how they support families of Autistic Children and young people. Have a look at their website [here](#).



The newsletter includes information about their new Early Years Time to Play sessions for the parents of children aged 18 months to 3 ½ years. The next session is on Thursday 4th January, at Russet House School. See details [here](#).



New - Early Years Sessions

If you are a parent with an autistic child between the age of 18 months and 3 years 6 months, these sessions may be for you. Your child does not need to have a diagnosis to attend these sessions. If you think your child maybe autistic or is in process of being assessed, then these sessions are suitable for you. The play-based sessions will focus on the key developmental differences in autism.

- Social understanding and communication.
- Flexible thinking, information processing and understanding.
- Sensory processing and integration. The child's parent/carer you will be working alongside the team to support your child in accessing the session and develop skills in the key areas of learning.

Thursday 4th January, Thursday 1st February, Thursday 7th March

Visit our website to book your place.

Consultation on new community project

YOU'RE INVITED

CONSULTATION EVENT

HELP US SHAPE A NEW PROJECT FOR YOUNG PEOPLE AND THE COMMUNITY UNDER DEVELOPMENT AT THE CHARITY SCHOOL, CHURCH STREET, EDMONTON

9.30AM TO 11.30AM
FRI 15TH DECEMBER

GREEN TOWERS COMMUNITY CENTRE (CONFERENCE ROOM)
7 PLEVNA ROAD, EDMONTON
N9 0BU

LIGHT REFRESHMENTS PROVIDED

SAVING AN OLD SCHOOL TO HELP A NEW GENERATION OF YOUNG PEOPLE IN ENFIELD FLOURISH

COME TO FIND OUT MORE AND TELL US WHAT YOU THINK:

- look at the initial designs for the building
- discuss how we can make the building accessible for a wide range of needs
- tell us about the spaces you want to use and hire

THE PROJECT:

- turning the historic building into a centre for learning, training, and work experience for young people with special educational needs
- creating a new community cafe and garden
- providing new activities, events, and a hall for hire
- saving the historic building for people to enjoy

FIND OUT MORE ABOUT OUR PROJECT AND EVENTS

Visit: londonhistoricbuildings.org.uk or scan the QR code

This project is being delivered in partnership by:

Learning for Life Charity LONDON HISTORIC BUILDINGS TRUST

And is funded by:

AHF Transforming Heritage Heritage Fund

You are invited to a special consultation event for those with special needs or disabilities and those who support them, for a project under development to create a permanent hub for vulnerable young people.

The event will be from 9.30 am – 11.30 am this Friday 15th December at Green Towers Community Centre.

If you are interested in attending please confirm by emailing Hannah Southgate at Hannah.southgate@londonhistoricbuildings.org.uk.

London Historic Buildings Trust and Enfield charity, Learning for Life, are working together to regenerate the Former Girls' Charity School through the 'Life in the Community' project. The project aims to sensitively repair and restore the building and create a place of learning, training, and work experience for young people in Enfield once again. The outcome will be a permanent hub where vulnerable young people, including those with special education needs, will access training and work experience. The space will also contain a community café, garden and a venue for local events and to hire.

You can see more info about the project online: <https://londonhistoricbuildings.org.uk/index.php/former-girls-charity-school-edmonton-development-phase/>.

The project team have developed some initial designs for the building and are keen to discuss these with target audiences ahead of further revisions. This is to test both how the spaces will function specifically for young people with special needs or disabilities who will be taking part in training at the building as well as general users, such as visitors to the cafe; or those hiring the hall and meeting room spaces.

Play and Leisure

SEN soft play session – available to book now for 27th Jan.

SEN SOFT PLAY @ FURZEFIELD

For Learning Disabled Children up to 11 years old

PRE BOOKING REQUIRED

(Reduced capacity: limited to 40 children)

Furzeffeld Soft Play has four levels of fun for your little ones to explore, stay safe and interact



Furzeffeld
Leisure Centre
Mutton Lane
Potters Bar
EN6 3BW

**SATURDAY 27TH
JANUARY**

9AM TILL 10AM

£2.50PC

DISCOUNTED RATE FOR
HERTSMERE MENCAP

Brought to you by

Hertsmere

mencap



Taking place

@
Furzeffeld

Leisure Centre

PARENT/CARER SUPERVISION NEEDED

RSVP to Adam by Wednesday 17th January
development@hertsmeremencap.org.uk



Supported Internship programme open day

A reminder that the Supported Internship Programme will be hosting their second Open Evening this Thursday for people to come and find out more about the Pre-Internship & Supported Internship Programme starting in September 2024.

When: Thursday 14th December **Time:** 5 pm – 6 pm

Where: West Lea, Haselbury Campus, Haselbury Road, N9 9TU.

This is an opportunity for young people and their families to meet some of the team and learn more about the programme, how it works and whether it's right for you. You can choose to express an interest following the presentation and the team will invite you in for a more detailed discussion and to get to you know better before offering a place.

If you haven't already had a look at the SIP website then please do so when you get the chance. www.westleasip.co.uk

Here you can view some of the SIP [Success Stories](#). You can also register your expression of interest [here](#).

80% of Interns on the programme get jobs!



Information for Young People, Parents and Carers

WHAT IS A SUPPORTED INTERNSHIP?

Our Supported Internship is a one year full time study programme for 16-24 year olds who have a Statement for Special Educational Needs or an Education and Health Care Plan. It includes an extended work placement with a local employer and provides access to a job for young people who want to work, but need a little extra support to do so.



HOW DO SUPPORTED INTERNSHIPS WORK?

In class Interns focus on developing their work and life skills as well as their English and Maths. We match the Interns skills, interests and aspirations to specific roles. Interns then go into an extended work placement with a view to paid employment at the end of the programme. Students remain in class for one day per week and continue to work on their areas for development that have been identified in the workplace.

WHAT ARE THE BENEFITS?

- Develops greater independence
- Gets Interns onto a pathway to sustainable employment
- Develops workplace skills within the relevant sector
- Improves wellbeing and mental health
- Increases social integration

Events coming up

See our 'What's On' guide to ongoing inclusive and SEND-specific play and leisure activities and days out (last updated 23rd November) [here](#).

Our What's On at Christmas Guide will be out very soon.

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

For the parents and carers of children/young people who are:	Event	Date and time	Venue	More information
Autistic	Supporting Strategies for the Festive period– online workshop from Autism Central	Tuesday 12 th December 7 – 9 pm	Online	Page 2 and here
Autistic	EASA Cuppa and Chat – preparing for holidays	Thursday 14 th Dec	Russet House School	Page 2 and here
Autistic	Preparing for Meetings – online workshop from Autism Central	Thursday 14 th December 10 am – 12 pm	Online	Page 3 and here
Aged 16 – 24, with an EHCP and looking for employment	Supported Internship Programme open evening	Thursday 14 th December 5-6 pm	West Lea School, Haselbury Campus	Page 7
All	Community Consultation event	Friday 15 th Dec 9.30 to 11.30 am	Green Towers Community Centre	Page 5
Neurodiverse teenagers	Webinar on Neurodiversity, teens, hormones and delayed sleep	Wednesday 20 th Dec 10 – 11 am	Online	See page 3 and here
Autistic aged 18 months to 3 ½ years	EASA Time to Play	Thursday 4 th Jan 9.30 am – 11 am	Russet House School	Page 4 and here .
All	Our Voice drop-in session	Wednesday 10 th Jan 10 am – 1 pm	Ponders End Youth and Family Hub, 129 South Street, EN3 4 PX	Here
On CAMHS waiting list	Parents in Mind Support Group	Starting Wed 10 th Jan 5.30 – 7pm	Online	Page 2
All	Our Voice drop-in session	Tuesday 23 rd Jan 12 - 2 pm	Ponders End Youth and Family Hub, 129 South Street, EN3 4 PX	Here
All	Our Voice presents: Get to Know SEN Services	Wednesday 31st January	Park Avenue Disability Centre	Page 1 More information coming soon
All	Our Voice drop-in session	Wednesday 7 th Feb 10 am – 1 pm	Ponders End Youth and Family Hub, 129 South Street, EN3 4 PX	Here
All	Our Voice drop-in session	Tuesday 20 th Feb 12 – 2 pm	Ponders End Youth and Family Hub, 129 South Street, EN3 4 PX	Here

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/>

If you no longer wish to receive these emails, and/or would like us to remove your details from our database, please email us and we will remove your details from our mailing list and/or database.

