



COFFEE MORNING – DROP IN



Thursday 7th OCTOBER 2021 – 10am to 11.30am
@ CATFORD MEWS
32 Winslade Way, Catford Centre, SE6 4JU
<https://catford-mews.co.uk/>

How have things been for you and your families after the pandemic? Come and have a chat with other parents/carers.



SAVE THE DATES – FUTURE COFFEE MORNINGS

Wednesday 3rd November 2021 – 10am to 11.30am – Venue – To be advised
Tuesday 7th December 2021 – 10am to 11.30am – Venue – To be advised
Monday 10th January 2021 - 10am to 11.30am – Venue – To be advised
Thursday 24th February 2021 – 10am to 11.30am – Venue – To be advised

ANXIETY WORKSHOPS with Kim Barclay – ZOOM online

Parents/carers supporting young people with anxiety

- How to set boundaries and role modelling within the context of anxiety in young people
- Thinking about anxiety in young people and then how to set boundaries, mainly within ourselves, and how being role models can be helpful
- Coping strategies and reflection on moving forward with your young people

DAY session Leamore Centre, Main Hall – Thursday 25th November 11am to 1pm
EVENING session ONLINE ZOOM – Wednesday 12 January – 7pm to 9pm

<http://lewishamparentcarer.org.uk/>

<https://www.facebook.com/LewishamPCF>

<https://twitter.com/LewishamPCF>



LPCF Hosts

Understanding our Community's Culture around Disability

Wednesday 17th November - 10am to 1pm

The Green Man Barn, 355 Bromley Road, London SE6 2RP

Bernice Langley author of self-published book 'Autism Gifted Hands'
Joyce Brako-Amofo on disability, our children and young people
Barbara Gray – Mayoress of Lewisham – Experiences and Aspirations
Gabrielle Nwaordu – Parent carer experiences
DFCG (Lewisham Down's Syndrome Parent Support Group) TBA

This event is to raise awareness surrounding culture and disability in our borough of Lewisham.

We have wonderful speakers to talk about their own experiences and those of their children.

What do we think of our children and young people with learning difficulties and disabilities? What do other people think about them, or if you have a disability, how have people treated you? How has life been for you and them?

Everybody faces difficulties in life, but those that are vulnerable and need the most help are expected to face greater hardships often with little support.



VALENTINE'S PAMPER DAY

for
Parents and Carers

VENUE: Leemore Centre, Main Hall

COMING FOR FEBRUARY 2022

Date to be confirmed

Reiki

Reflexology

Head and neck massage

Mini manicure

Meditation

and more



Parent Forum Meetings Online Zoom

Dear Parents and Carers

The Forum would like to hold two Parent Forum Meetings for you.

We always have speakers at our meetings, and we would like to ask you what you would like to know about.

We can ask the Children with Complex Needs Team to come and talk to you about most things, such as SEN Support in schools, EHCPs, Annual Reviews etc.

We can ask Health to talk about therapies such as speech and language, occupational therapy, sensory issues.

Perhaps you would like SENDIASS to come and tell you about what they do and ask them questions.

OR anything else

Please let Sue know via email at info@lewishamparentcarer.org.uk and we can organise these events for you.