

# BRENT SEND NEWS

FOR PARENTS, CARERS AND PROFESSIONALS



## WELCOME

This Spring newsletter contains examples of the wide range of training that is offered by the local authority and partners for educational settings on supporting children and young people with SEND. This includes Brent's Early Years Conference 2024 - 'Start for Life – Together'.

You can also find listed below details of sessions for parents and carers organised by the Brent Parent Carer Forum and information on how to join the forum (contact: [admin@brentpcf.org](mailto:admin@brentpcf.org)). I would like to take this opportunity to thank BPCF for the amazing support and training they are providing for our parents and carers.

As part of the work we are doing to establish a SEND Youth Forum, we are currently surveying young people with SEND aged 14+

about the issues that are important to them. We want as many young people as possible to participate in the forum, which will hold its first in-person event in Spring 2024.

Please encourage young people to join the forum and to work with us on improving services that are important to them (contact: [natalie.bissah@brent.gov.uk](mailto:natalie.bissah@brent.gov.uk)).

The Easter holiday period will soon be here, so we've listed below activities on offer for children and

young people with SEND that we're sure they will enjoy!

**Very best wishes, Shirley**



**Shirley Parks**  
Director,  
Education,  
Partnerships and  
Strategy



# TRAINING TO EDUCATIONAL SETTINGS

## SEND TRAINING OFFER TO SCHOOLS

The Inclusion Service offers a range of training for Schools in relation to supporting children and young people with SEND at a Universal/Whole school level. This includes INSET training around our graduated approach/ordinarily available offer and high quality teaching, The SENCO Induction, SENCO Forum, ECT SEND Training, SEND Governance training and SRE/RSHE network meetings. In addition to this, we commission training in core areas – for example, Makaton and SCERTS on a needs led basis for our Schools and settings.



### The Rise Partnership Trust & Brent SEND Support Team Training and Development Offer

The Rise Partnership Trust, in collaboration with Brent SEND Support Team, are providing a unique training and development offer to several Primary Schools in Brent with Additional Resource Provisions. This unique offer includes Specialist School to School Support sessions as well as a series of training sessions.

Training sessions include:

- Introduction to Positive Behaviour Support
- Curriculum Assessment and Target Setting
- Promoting Engagement and Communication
- Literacy Development



- Maths Development
- Embedding Therapeutic Approaches.

### Feedback from Additional Resources Provision, Training Sessions

Feedback from colleagues was overwhelmingly positive, most colleagues strongly agreed that:

- The aims of the sessions were met
- Content was presented clearly and effectively and useful to their role
- Content will have an impact on their approach
- The sessions were enjoyable, and the length of the sessions were appropriate.

### Engagement and Communication

'Absolutely fantastic session, very clear, very engaging, fantastic presentation.'

### Introduction to Positive Behaviour Support (PBS)

'Information shared during the training session really helped me to think about our own approaches.'

'Brilliant session.'

### Curriculum, Assessment & Target Setting

'Great ideas for how to set up the curriculum, assessment, and target setting.'

'The session supported me to learn how to tailor a curriculum based on needs and having the confidence to say why.'

### Selection of feedback from School to School Support Day at Manor School

'Inspirational and amazing. The aims of the session were fully met. I was able to gain knowledge through theoretical input and then see the strategies in action for how to support children effectively with various needs.'

'Professional, high quality and helpful. The day reinforced what I was doing right and what I could introduce next.'

'Inclusive, inspiring, effective. The environment was calm, practitioners engaged and the children were happy in their environment. Thank you for the session, I will take with me numerous strategies and next steps.'

## BOAT TRAINING SESSIONS AT OAKINGTON MANOR PRIMARY SCHOOL

There has been some great joint practice between the Brent Outreach Autism Team (BOAT) and Oakington Manor Primary School.

Following two training sessions delivered by BOAT, some of the staff decided to turn the training session information into some visuals to use with the children. The training sessions were on supporting students to emotional regulate and on understanding behaviour.



They created two posters now displayed in the school and have been using them interactively with students.



It is great to see the school staff really bring the training they received alive and into a practical form.



## BRENT'S EARLY YEARS CONFERENCE 2024

Over Friday 2 and Saturday 3 of February 2024, Brent's Early Years Conference 2024 - 'Start for Life - Together' took place at the Civic Centre in the Grand Hall. The Conference welcomed well over 400 hundred of Brent's Early Years professionals from Nurseries, Childminders, Family Wellbeing Centres and staff from local schools. For the first time there was a multi-agency approach to the conference with staff welcomed from the NHS, Library, Public Health, Speech and Language, Oral Health, the Voluntary sector and SEN Professionals to join the Early Years professionals over the two days. This was a fantastic opportunity for

networking, understanding of each other roles and gaining knowledge of of services are in Brent for our youngest and most vulnerable residents to help with giving them the best outcomes in life – a common aim for everyone there.

Everyone heard exciting keynote speakers, learning about young children's mental



health and the importance and the power of play for young children. Brent's Sasi Srinivasan, Elizabeth Shack, Nigel Chapman and Palvinder Kudhail also gave talks to the audience with a special emphasis on the upcoming expanded childcare offer of free hours starting in April 2024, on a local perspective. There was also a market place with information tables hosted by various teams. everyone to learn about local services and be able to receive some publicity materials to share with colleagues and local families, during the break and lunch times.

In the afternoon attendees had the chance to attend a choice of eight practical workshops to help develop

attendees' knowledge and give them some inspirational and great practical ideas to take back to their settings to try with the children and their colleagues. The feedback was fantastic, and everyone got a huge amount out of the days.

Workshop topics included:

- Imaginative play – A journey into make believe.
- Unboxing stories (Friday only)
- Story voices (Saturday only)
- Engaging with nature.
- Working with intelligent materials.

- Making Phonics Fabulous
- Being the voice of a baby or toddler
- Rough and tumble play
- Introduction to a special approach to making it REAL

A truly fantastic multi team effort across Brent's Early Years Team, Setting and School Effectiveness Team and the Early Years Inclusion team.

Especially well done to Helen Martin, Early Help Workforce Development Officer, for organising the event.

Roll on Conference 2025!



## DELIVERING BETTER VALUE

We are currently participating in a change programme funded by the DFE called 'Delivering Better Value' - the purpose of which is to develop practice to better support the diverse needs of

children and young people with SEND.

We have developed and have started piloting initiatives across several areas and now want to share this on a wider scale with our stakeholders and parents. In

the coming weeks, we will work to develop sessions for parents to discuss what this is and what it means for the way that we continue to support young people with SEND and answer any questions that you may have.

## BRENT PARENT CARER FORUM WORKSHOPS FOR PARENTS

Brent Parent Carer Forum CIC offers information, support and friendship for families of children and young people aged 0-25 with special educational needs and disabilities.

We host parents' workshops in partnership with Health, Education and Social Care.

Following on from the success of previous workshops and requests from parents, new workshops are planned in a number of different areas. These are regularly added to the rolling calendar of workshops. If you would like to be kept up to date about what the Brent Parent Carer Forum does and join meetings and events, become a member using [Brent PCF Online registration form](#).

If you have any questions

about any of the workshops, please contact us by email at [admin@brentpcf.org](mailto:admin@brentpcf.org)

or call me on **07852 101 492** (Carol-Parent Participation Worker, BPCF)

Training areas that will be covered are:

- Applying for a Needs Assessment – EHCP
- What is an EHC Plan?
- Who may need an EHC plan?
- How do I get an EHC plan?
- Join us to learn more about how to prepare for your son's or daughter's annual review
- Young person's transition annual review. Learn more about the purpose and importance of your Son/ Daughter's Annual Review at year 9 – transition

- How to ask the right questions – to get the best results

- How to challenge effectively

- Money Matters – a guide to welfare benefits workshop – day time

- Join Brent Hubs to find out about benefits you may be entitled to

- Understanding and managing behaviours that may challenge

- The Role of the SENCO – Special Educational Needs.

Please take a look on the [Local Offer Events page](#) for dates and subjects.

If you have any questions or have suggestions and requests for other workshops please contact us by email at [admin@brentpcf.org](mailto:admin@brentpcf.org)



## COMING SOON

- Understanding Mental Capacity, lasting power of attorney and appointeeship
- When to start, and what to consider and how to prepare for the transition from early years to primary school
- Early Intervention – understanding the Thrive model

- The role of Social Care
- When to start and what to consider and how to prepare for the transition from primary to secondary school
- Cost of living – where to go for support and advice
- Introduction to Brent Family wellbeing centres

- Sleep hygiene
- The role of health therapists
- Toilet training.
- Preparing for adulthood part 1 & 2
- Dental Hygiene and healthy eating

## BRENT PARENT CARERS FORUM – WE ARE LOOKING FOR SEND PARENT CHAMPIONS

We are the official strategy voice for Parent Carers with a child or young person with SEND 0-25 living in the borough of Brent. We are parent led and independent.

We want you to be our voice in your local community.

We are looking for parents/carers who would be willing to volunteer two to five hours a week/month and meet with other parents telling them about services for children and young people with SEND such as:

- Telling parents about Brent Parent Carer Forum – official strategic voice in Brent
- Navigating Brent's local Offer
- Understanding how to access SEND services
- Childcare and parenting support
- Dads/mens groups
- Acting as parent links at both mainstream and special schools.

Or you could attend one of our focus groups with Brent LA or Health as a parent rep.  
What are the benefits for you?

- Training to assist you to move toward developing your confidence and skills
- Experience that will support you toward new goals and employment
- You will become better informed and equipped in your own role as parents
- You will receive a small remuneration, regular support and supervision

Any questions please call us on **07852 101 492** or email us at [admin@brentpcf.org](mailto:admin@brentpcf.org)

## LOCAL OFFER UPDATES

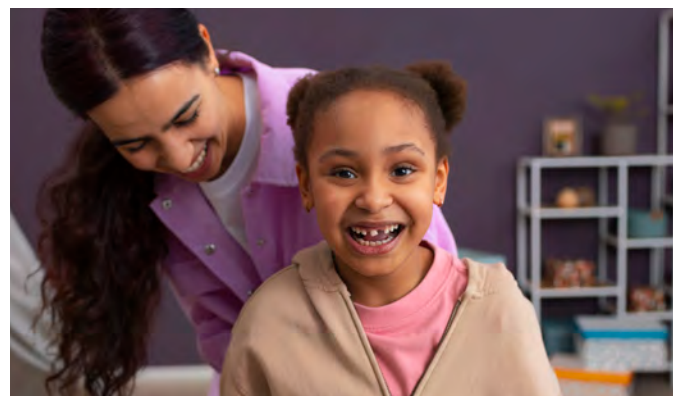
Brent's Local Offer [www.brent.gov.uk/localoffer](http://www.brent.gov.uk/localoffer) provides information and advice for children and young people with special educational needs and disabilities (SEND) aged 0-25, and their families, in one place.

It sets out what support is available for 0-25 year olds with SEND including activities,

information that explains local provision available, and where to go for independent advice. Information on the Local Offer is continually updated to ensure the information is accessible, up to date and relevant.

We are currently working in partnership with key partners

from Health and Social Care as well as Brent Parent Carer Forum in order to review and update the Health and Wellbeing and Social Care sections on the Local Offer. We are also in the process of reviewing the navigation and flow of information on the Local Offer page.



# NEURODIVERSITY

Advice, help and information about supporting the needs of your child at all stages of their neurodiverse journey can be found on the Local Offer.

This includes information about:

- What it means to be neurodiverse
- Recognising neurodiversity
- Getting advice, help and support
- Guidance for supporting your child
- Books and resources
- Support for parents and carers.

Access information about

[neurodiversity and the help that is available to support your child.](#)

## NEURODIVERSITY CELEBRATION WEEK

18-24 March 2024 marks Neurodiversity Celebration Week. This week is a global initiative that fights against stereotypes and misunderstandings around neurological differences. Neurodiversity Celebration Week aims to change how neurodivergent people are viewed by giving schools, universities, and organisations the chance to value the strengths and benefits that come with being neurodivergent. It also aims to help create fairer and more

inclusive environments where everyone's differences are celebrated, and each person feels empowered.

Learn more about Neurodiversity Celebration Week and see what is taking place in 2024 through the [Neurodiversity Celebration Week Events Schedule](#).



## THE BRENT YOUTH FORUM

The Brent Youth Forum has been established to ensure young people have their say on what they want to see in the Borough of Brent. The forum will be aimed at 14-25 year olds who have SEND, who have and don't have an EHCP plan as well as those who are in the NEET group.

We have currently distributed the Youth Survey to Young People with SEND in Brent.

We are seeking feedback on the services they receive, on the support they require, their opinions on policy documents and the current communication Brent lead on. Once we finish collating feedback, we can organise a task group which will help shape the forum that will include dedicated members.

From the survey, we can then use the findings to deliver an event in Spring 2024 (Wednesday March 20) which will

be dedicated to what provision can support young people's concerns. Then in Summer 2024 (early to mid-June), we will aim to deliver an activity-based event that incorporates the feedback from the previous two events and the findings from the Brent Youth Survey.

To participate in the forum please complete the [Brent Youth Forum survey](#) or contact [natalie.bissah@brent.gov.uk](mailto:natalie.bissah@brent.gov.uk) for a form.

## BEFORE AND AFTER SCHOOL CHILDCARE FOR PRIMARY SCHOOL AGED CHILDREN – YOUR VIEWS MATTER

The Government's ambition is that by 2026, all parents and carers of primary school-aged children who need it will be able to access term time childcare in their local area from 8am-6pm Monday to Friday, so that parents can access employment.

This childcare will continue to be paid for by parents. Some parents can access additional support to pay for childcare for example, through tax free childcare or the childcare element of universal credit.

At Brent Council, we want to know your views on the childcare you currently use and how you think this offer can be improved.

Please share your views by the

22 March through the [Before and after school childcare in Brent – Parent survey](#)



## British Deaf Association SIGN LANGUAGE WEEK

Promoting ISL  
18 - 24 March 2024

### SIGN LANGUAGE WEEK 2024

The Inclusion Service would like Sign Language Week takes place from 18-24 March 2024. It is celebrated in March to mark the anniversary of the recognition of BSL by the British Government on

18 March 2003.

This year's theme colour is turquoise, inspired by the Deaf flag, and people are encouraged to wear turquoise blue to symbolise unity, pride, and support for BSL and ISL To celebrate sign language

week, schools can register to take part in the UK's largest British Sign Language lesson. This online lesson will be with primary schools across the UK and is hosted by Signature in partnership with the British Deaf Association.

### WORLD AUTISM ACCEPTANCE WEEK 2024:

From the 2-8 April 2024, World Autism Acceptance week is taking place across the globe, with World Autism Acceptance Day itself being celebrated on 2 April. This week aims to raise acceptance of autism globally and to advocate for and work towards a more inclusive society.

During Autism Acceptance Week, Brent Outreach Autism Team and colleagues from across the council will be sharing information and resources to celebrate and raise awareness for council staff, nursery and school settings across the borough.

You can find out more information about World Autism Acceptance Day and how to get

involved, as well as more information and resources on autism, by [visiting the National Autistic Society's Website.](#)

### AUTISM-FRIENDLY EARLY OPENING OF THE LIBRARY AT WILLESDEN GREEN

95 High Road London NW10 2SF  
Tuesday 2 April 2024  
9.30-10.30am.

Join the library for an

autism-friendly hour with quiet space to take part in a craft activity, borrow books or to explore the museum and temporary exhibition space. This opening is for a limited number of children aged 3-15 years along with siblings, parents/carers. As capacity is 25 people for the building, participants need to pre-book for everyone in their party.

### [Register on Eventbrite for your tickets.](#)

There are accessible toilets on all floors and a quiet room on the ground floor.

All visitors to this special early opening will receive a visual story in advance to provide an idea of what to expect on arrival at the library.

The building opens to the general public at 10.30am.





## FAMILY WELLBEING CENTRES

Brent Parent Carer Forum  
CIC Brent's Family Wellbeing Centres offer services to support the whole family including after school and holiday activities for school-aged children, sessions

for under 5s and range of parenting support.

Family Wellbeing Centres facilitate Saturday SEN sessions for families, with confirmed dates for March and April 2024. There are also provisional dates for Summer from May-August 2024, the dates for summer

will be confirmed at the end of March and will be published on website in April 2024.

Families will need to register with Family Wellbeing Centres and book sessions in advance. For information on how to register and book, visit Brent's [Family Wellbeing Centres Page](#).

### SPRING 2024

FAMILY WELLBEING CENTRE	DATES
Church Lane Family Wellbeing Centre, Church Lane, Kingsbury NW9 8JD	Saturday 23 March 2024
Alperton Family Wellbeing Centre, Ealing Road, Wembley HA0 4PW	Saturday 27 April 2024

### SUMMER 2024

FAMILY WELLBEING CENTRE	DATES
Willow SEND Family Wellbeing Centre, Barnhill Road, Wembley HA9 9YP	Saturday 25 May 2024
Preston Park Family Wellbeing Centre, College Road, Wembley HA9 8RJ	Saturday 29 June 2024
Church Lane Family Wellbeing Centre, Church Lane, Kingsbury NW9 8JD	Saturday 27 July 2024
Alperton Family Wellbeing Centre, Ealing Road, Wembley HA0 4PW	Saturday 31 August 2024



# SPRING ACTIVITIES

## SEN AT PARTYMAN WORLD OF PLAY

Vale Farm Sports & Leisure Centre,  
Watford Rd, Wembley, HA0 3HG  
Partyman World of Play offer  
complimentary morning and evening  
sessions dedicated to children & young  
adults with special educational needs,  
with the entire venue exclusively for  
their use.

### Morning Sessions

These take place from 9-10am on the  
following dates:

Sunday 24 March  
Sunday 28 April  
Sunday 26 May  
Sunday 30 June  
Sunday 28 July  
Sunday 25 August

### Evening Sessions:

These take place on Thursday evenings  
on the following dates and times:

Thursday 4 April 4-6pm  
Thursday 2 May 6-8pm  
Thursday 6 June 6-8pm  
Thursday 4 July 6-8pm  
Thursday 1 August 4-6pm

## JUNIOR ADVENTURES GROUP HOLIDAY CLUB

With a mix of sports, energising  
activities that get children moving,  
creative sessions that bring out their  
inner inventor and much more, Junior  
Adventure Group holiday clubs help  
children build social, emotional, and  
interpersonal skills in a safe and exciting  
environment.

Easter Holiday Club at  
Morberly Sports Centre  
Age: 5-12  
Tue 2 April-Fri 12 April  
8.40am-5.30pm  
25 Chamberlayne Rd,  
London NW10 3NB  
Cost: £38.55

1:1 assistance available depending on  
location/staff availability. Additional  
charge for a carer is £15 p/h.  
For any queries, please contact:  
[SENDSCO@junioradventuresgroup.co.uk](mailto:SENDSCO@junioradventuresgroup.co.uk)  
[hello@junioradventuresgroup.co.uk](mailto:hello@junioradventuresgroup.co.uk)  
or call 0333 577 1533.

## EASTER HOLIDAY CLUB AT WILLEDEN SPORTS CENTRE

Age: 5-12 Tue 2 April-Fri 12 April  
8:30am-5.30pm  
Cost: £39.50  
Donnington Rd, London NW10 3QX  
1:1 assistance available depending on  
location/staff availability.  
Additional charge for a carer is £15 p/h.  
For any queries, please contact:  
[hello@junioradventuresgroup.co.uk](mailto:hello@junioradventuresgroup.co.uk) or  
call 0333 577 1533

## SPORTS ABILITY SESSIONS

Inclusive sports sessions running in Brent.  
Age: 8+

Saturdays from 3pm-5.30pm  
Saturdays from 3pm-5.30pm  
The cost per session is £3.00 children;  
£5.00 adult or £25.00 for 10 weeks  
(children) and £40.00 for 10 weeks  
(adult).

Bridge Park Community Leisure Centre,  
NW10 0RG

Call 020 8937 3730

or by email:  
[bridgeparkclc@brent.gov.uk](mailto:bridgeparkclc@brent.gov.uk)

For more details  
visit the  
[Brent Youth Zone](#)  
[website](#)



### ACCESSIBLE CINEMA:

If you and your child would like to catch a film in an inclusive cinema during the Easter break, this is available in Brent:

#### **Cineworld Cinema - Wembley**

Wembley Park Blvd, Wembley HA9 0FD  
Cineworld Wembley host autism friendly screenings on the first Sunday of the month. For more information and to book tickets visit the [Cineworld Wembley website](#).



#### **The Lexi Cinema - Kensal Rise**

194b Chamberlayne Rd,  
London NW10 3JU  
The Lexi cinema offers relaxed and accessible screenings of films.

#### Relaxed screenings

The Lexi cinema screen films from their main programme in a more relaxed environment, with better lighting and lower sound volumes. They indicate if a screening is a Relaxed and Autism friendly screening by marking it as "RS" next to the film's start time.

#### D/deaf cinema-goers

Lexi Cinema's hearing loop has been upgraded to the Dolby Fidelio system, and they have headsets for customers to use in the auditoriums. You can also bring your own earphones if you prefer. Please ask for a device at the box office and let staff know which screen you're heading to so they can tune you in. They run screenings with closed

captions regularly, so please check the programme for details. Screenings with closed captions will be marked as "HOH" (hard of hearing) next to the film's start time. 'HI' is used to indicate Hearing Impaired. Dialogue is amplified through a headset at adjustable volume. Units to access this facility are available for all films, at the Box Office. The film will not be subtitled unless also specified.

Visually impaired cinema-goers  
Audio Description is available for some films. They will indicate if a film has Audio Description available at the bottom of the text on the film's page on the website with 'AD'. You can also ask a member of staff at the Box Office and they will let you know. This is provided through a headset with adjustable volume on request at Box Office for films labelled as such. Guide dogs are welcome.

#### Wheelchair Access

Wheelchair seats can be booked through the booking line **020 3011 5523** open 11am-6pm, Monday-Friday. Outside of these times, you can call the office on **020 8955 1521**.

Those with access needs will be charged the usual price for any screening. However, carers go free.

### RSBC VIRTUAL QUIZ NIGHT

# RSBC

#### **Royal Society for Blind Children**

Wednesday 27 March

5-6pm via Zoom.

On Wednesday 27 March, the RSBC is hosting a virtual quiz night. This friendly virtual event is a space for everyone to take part and let their curiosity take over. Put your knowledge to the test and sign up on [the RSBC Film Club registration page](#).



### **BUBBLE PLANET – WEMBLEY PARK**

Voyage through a fun-filled world of bubbles in the interactive, multisensory experience Bubble Planet. Jump from one immersive space to the next in this 11-room exhibition as you explore giant bubble spaces, infinity rooms, bubble bath pits, fantastical landscapes, cloud rooms - and even a hot air balloon flight simulator. Age: all ages welcome. Children under the age of 4 can visit free of charge. Children under the age of 14 must be accompanied by an adult.

Dates available throughout March and April 2024

Opening hours:

Monday to Thursday from 10am to 8pm (last session at 7pm)

Tuesday closed

Friday from 10am to 9 pm (last session at 8pm)

Saturday from 9am-9pm (last session at 8pm)

Sunday from 10am to 8 pm (last session at 7pm)

Duration: approx. 60-90 minutes

Cost: starting from £13.90 for children and £17.90 for adults.

People with disabilities can pay a reduced price and the accompanying carer is entitled to free admission.

22 Fulton Rd, Wembley HA9 0TF

Accessibility: The exhibit is wheelchair accessible. The exhibit is also accessible for those who are deaf. Due to the nature of the experience some parts of this experience may be less suited to customers with physical access requirements. The experience may contain strobe lights.

To learn more about the exhibit and how to book, [visit the Bubble planet Website.](#)

### **EASTER CRAFTS AT BRENT LIBRARIES**

#### **Ealing Road library**

Pop-up spring chickens. Come and create your pop-up character.

Age: 5-11

Thursday 4 April.

2.30-3.30pm

Coronet Parade,  
Ealing Rd,

Wembley HA0 4BA



Spring hopping bunnies. Create a hopping bunny.

Age: 5-11

Date: Thursday 11 April

Time: 2.30-3.30pm

Coronet Parade, Ealing Rd, Wembley  
HA0 4BA

#### **Harlesden Library**

Pop-up spring chickens. Come and create your pop-up character.

Age: 5-11

Thursday 4 April 2.30-3.30pm

49A Craven Park Rd, London NW10 8SE

#### **Kingsbury Library**

Pop-up spring chickens. Craft your own pop-up character.

Age 5-11

Tuesday 2 April

2.30-3.30pm

Kingsbury Rd, London NW9 9HE

#### **The Library at Willesden Green**

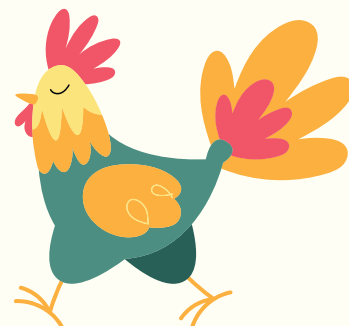
Pop-up spring chickens. Drop in craft activity.

Age: 5-11

Wednesday 3  
April.

2.30-3.30pm

95 High Rd,  
London  
NW10 2SF





### THE KID'S TABLE AT BOXPARK

Over 3s

Sunday 24 March

12-4pm

Boxpark Wembley, Wembley Park,  
Wembley HA9 0JT

The Kids' Table team will entertain the young children with arts, crafts and creative table-top fun on Sundays from 12-4pm. First come, first served and free of charge to Boxpark customers. Spaces are limited. Please arrive early to avoid disappointment.

---

### ROYAL SOCIETY FOR BLIND CHILDREN

RSBC have a range of activities available online including:

#### Audio book club for ages 8-25

This is suitable for Blind and Partially sighted young people. Meeting regularly to listen to books of your choice in the comfort of your space whilst having the chance to meet new people.

Taking place from 5-6pm via Zoom, [sign up for the next Audio book club](#) on 21 March.

**Bright Beginnings** (Online Early Years Group) – Sensory Play & Discussion with a Family Practitioner A weekly online early years group for parents who have a blind or partially sighted baby or child between 0-4 years old.

These drop ins will run every week from 1-2pm solely online virtually on zoom Find out further information and book using the [RSBC website](#).

**RSBC Boys Crew** – a fortnightly virtual session for young blind and partially

sighted males aged 11-25 exploring a range of topics. You'll have a safe and friendly space to meet one another, form new friendships, share life experiences together and discuss and explore various topics that are lead and directed by the young people attending. Every other Tuesday from 5-6pm via Zoom.

[Find out more information on the RSBC Website.](#)

### Sisterhood Group



Age 11-25

Tuesday 26 March. 5-6pm via Zoom Sisterhood is a weekly online session for young blind and partially sighted women and girls.

[Register for the next RSBC Sisterhood session](#)

### Film Club

Age 11+

Wednesday 20 March. 5pm

The RSBC will be running its first ever Film Club for Blind and Partially sighted young people from ages 11 and up! Young people can come together to talk about their favourite films, discover new and old movies they've never seen and to listen and watch audio-described films together!

All films watched will be rated PG and Audio Described.

[Register to attend the RSBC Film Club.](#)

## CENTRE FOR ADHD AND AUTISM SUPPORT

Ages 14-19

### Preparing for Adulthood Social Group

Autistic residents of North-West London, A monthly online forum for young autistic people to explore what it means to become an adult. During the teen years there's a lot of talk about 'growing up' and 'being an adult' without really discussing what that means. These monthly sessions will provide a safe place to explore and ask those important questions, work through any worries about 'growing up' and think about what 'being an adult' means. Sign up through the [CAAS Thinking About Adulthood form](#).

### Online support for Parents and Carers of ADHD/Autistic children and young people

Online drop-in support groups are a wonderful opportunity to talk to the family support team, who are here to offer guidance and support. Connect with other parents to share stories, offer advice, and build a supportive community. You are welcome whether your child is formally diagnosed, on the pathway, or if you suspect your child might need an assessment and want to know the next steps.  
Mondays 10.30am-12.00pm  
Wednesdays 7-8.30pm  
[Register for Monday online Support Session.](#)  
[Register for Wednesday online support Session.](#)

## INFLATANATION

Age 4+ £13.50 per person (free for carers)  
Unit 1, Colindale Retail Park, 355 Edgware Road, London, NW9 6TH  
Disability friendly sessions: This indoor inflatable theme park offers disability friendly sessions. These sessions are designed specifically for those people on the autistic spectrum and their families to enjoy. Not only does this provide an

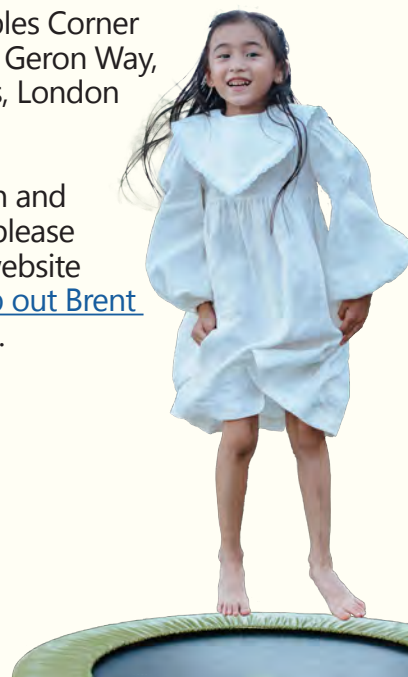
opportunity for children to have fun and be physically active, but these sessions also provide an opportunity for families to meet other families facing similar paths in a fun and safe environment. To check availability, [visit inflatanation's SEN friendly session information](#). Call **0161 710 2360** for further information and booking.

## LET'S UNITE FOR AUTISM SEN MULTI-SPORTS SESSION

The session is a multi-sport session for young people aged 9-15.  
Saturdays 12-2pm  
This session is free to attend.  
Roundwood Community Centre,  
49 Longstone Ave, London NW10 3UN  
For more information, please visit the [Brent Youth Zone website](#).

## FLIP OUT TRAMPOLINING BRENT CROSS

SEND Sessions at Flip out Brent Cross.  
Every Saturday 9-10am  
£9 per person  
Free for carers  
Unit 7, Staples Corner  
Retail Park, Geron Way,  
Brent Cross, London  
NW2 6LW  
For more information and bookings, please visit their website [visit the flip out Brent Cross page](#).





### KEEN LONDON - BRENT

Suitable for ages 5-11  
Every Saturday during term time.  
Sessions run for 90 minutes and will involve a mixture of playground games, creative activities and outside nature play. Keen London currently support children with a wide range of additional needs who require varying levels of support.

For more information and registration [visit the Keen website.](#)



### ACTIVITIES FOR YOUNG ADULTS IN BRENT

Age 17+  
Brent Play Association  
Ground floor, Peppermint Heights,  
Northwick Road, Wembley HA0 1LG  
The Brent Play Association offer a varied programme of activities for young people including music, dance, drama, IT, arts and crafts, yoga, sports, special events and off-site activities to places of interest.

For further information on activities, please email: [info@brentplay.org](mailto:info@brentplay.org)



ActionSpace artist Mohammed Imran Kahn in the ActionSpace ASC studio.  
Image courtesy of the artist and ActionSpace.

### ACTIONSPACE ART PROJECT IN BRENT

16-30 years old  
ASC's Ealing Road studios, 246 Ealing Road, Alperton, London, HA0 1QL  
Every Thursday, 12.30-3.30pm  
ActionSpace run supported studio sessions for young people and adults with learning disabilities to develop and pursue their artistic talent.

[Visit the ActionSpace Website.](#)

### FREE TRACK SESSIONS

Free track sessions available for those aged 19-25 with a physical or learning disability.

Dedicated run, jump, throw sessions on Fridays.

11am-12.30pm

Willesden Sports Centre,  
Donnington Rd,  
London NW10 3QX

For more information please email: [grace.veys@trackacademy.co.uk](mailto:grace.veys@trackacademy.co.uk) or call 07399 229 665 to book.