# PARENT NEWSLETTER

## FRIDAY 06TH NOVEMBER 2026



## *Examinations, Enrichment and Sporting Success*

It's been another busy week at Islip Manor High School, with students involved in a wide range of activities both in and out of the classroom. Some of our Sixth Form students have been working hard this week, sitting their GCSE English and Maths resit examinations. We have been impressed by the mature and conscientious way they have approached these important exams. Meanwhile, our Year 11 students began their Pre-Public Examinations this afternoon with a Statistics paper. We wish all of our Year 11 and Year 13 students the very best as their examinations continue next week. Thank you to families for supporting students with their preparation during what can be quite a stressful time.

We've also had some great sporting successes. Congratulations to our Year 7 boys' football team, who won their away match against Brentside High School! Well done to everyone involved. We also hope that our Year 9 students enjoyed Tuesday's after-school inter-form basketball competition. It's lovely to see so many students taking advantage of opportunities to represent their teams and enjoy competitive sport.

There have been some fantastic curriculum enrichment opportunities too. Yesterday, our Year 13 Biology students visited London Zoo, while on Wednesday our Year 9 Drama students enjoyed a trip to see 'The Lion King'. Experiences like these really help to bring learning to life, allowing students to make connections between what they study in lessons and the wider world. Thank you to all the staff who organised and supported these visits.

Today we have welcomed our school nursing team, who have been providing flu vaccinations for students. I would really encourage families to take advantage of the school vaccination programme. Vaccinations are an important way of protecting children and the wider community from infectious diseases, and we are grateful to the nursing team for making these available in school.

Looking ahead, a reminder to Year 9 families that we are holding Parents' Evening next Thursday. Please make appointments to meet your child's teachers and find out how well they are progressing.

Finally, we would like to wish all of our families who will be celebrating Diwali a wonderful time with family and friends.

Thank you, as always, for your continued support.



***Ms Marion Budd***
***Headteacher***

## DATES FOR YOUR DIARIES

| | |
|---|---|
| w/c Monday 9th November | Year 11 & 13 November Written PPEs |
| Wednesday 11th November | Year 7 Boys' Football Home vs Twyford (3.30-5pm) |
| Thursday 12th November | Year 9 Parents' Evening including KS4 Options Promotion |
| w/c Monday 16th November | Year 11 & 13 November Written PPEs (including practicals) |
| Monday 16th November | Year 10 Football Boys' Home vs Greenford (3.30-4.30pm) |
| Wednesday 18th November | Year 7 Football Boys' Away vs Ark Soane (3.15-5.00pm) |

# *Rewards and Interventions – Student Training*

At Islip Manor High School, we are committed to recognising students' achievements and providing clear, consistent support when behaviour for learning needs to improve. As part of The Islip Manor Way, students have received training on our rewards system, Fabulous Fridays and monitoring cards. We would like to share the key messages with you.

**Rewards and achievement points**
Students earn achievement points for demonstrating our school values: Collaborative, Curious, Confident, Courageous and Creative. Points contribute towards Bronze, Silver, Gold and Platinum thresholds. At the end of each half term, students who meet a threshold receive a certificate. Gold and Platinum achievers are invited to a special in-school celebration event, and students who reach Platinum by the end of the year are invited to our Celebration of Success awards ceremony in the Summer Term.

**Fabulous Fridays**
Every Friday, recognition is based on positive points from the previous week. Two students from each form group receive a lanyard allowing them to skip the lunch queue. Students must return their lanyard the following Friday so that another student can enjoy the reward without delay.
Teachers also recognise success through positive postcards and phone calls home. Postcards may be sent to families or handed directly to students. These rewards are recorded on Synergy so we can celebrate achievements and monitor how consistently recognition is given.
We are delighted that Fabulous Friday recognition has increased significantly. We have also explained to students that we are working to ensure rewards are awarded fairly and consistently across all year groups, taking account of differences in year-group sizes.

**Monitoring cards: support to make progress**
Students have also learned that monitoring cards are designed to help them reflect, improve and succeed. Where repeated behaviour concerns arise, a student may be placed on a monitoring card with three clear targets. Staff provide feedback after lessons and review progress over a two-week period.
There are three stages of support: a Form Tutor Report, a Year Leader Report and, where concerns continue, an SLT Report. Progress is reviewed before moving to the next stage. Families are informed and involved, and students are encouraged to discuss their targets, take responsibility and recognise improvements.

How you can help
Please encourage your child to take pride in their achievement points, return any Fabulous Friday lanyard on time and, if they receive a monitoring card, discuss their targets and feedback with you. Our aim is always to celebrate positive choices and help every student achieve their best.

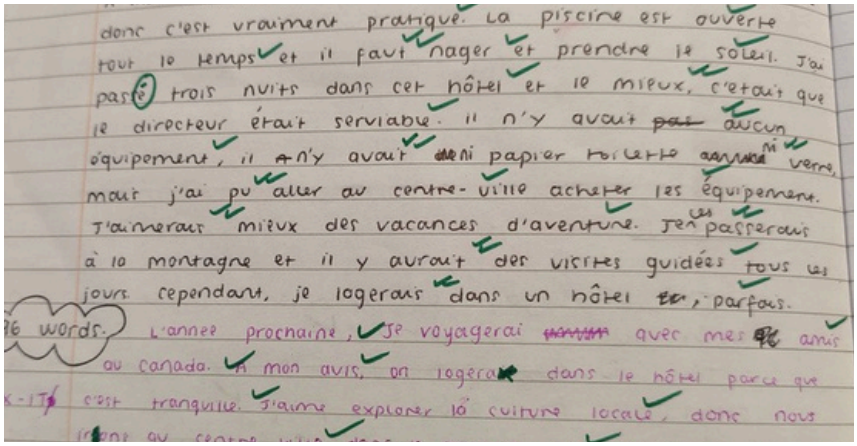
Should you have any questions, please contact your child's form tutor or year leader in the first instance.

Thank you for your ongoing support.

Best wishes,

Senior Leadership Team
Islip Manor High School

# Subject Focus: KS4 French at Islip Manor (Ms Kehr & Ms Delaunay)


donc c'est vraiment pratique. La piscine est ouverte
tout le temps et il faut nager et prendre le soleil. J'ai
passé trois nuits dans cet hôtel et le mieux, c'etait que
le directeur était serviable. il n'y avait aucun
équipement, il n'y avait ni papier toilette ni verre,
mais j'ai pu aller au centre-ville acheter les équipement.
J'aimerais mieux des vacances d'aventure. Je les passerais
à la montagne et il y aurait des visites guidées tous les
jours. cependant, je logerais dans un hôtel, parfois.
96 words. L'annee prochaine, je voyagerai avec mes amis
au canada. A mon avis, on logera dans le hôtel parce que
c'est tranquille. J'aime explorer la culture locale, donc nous

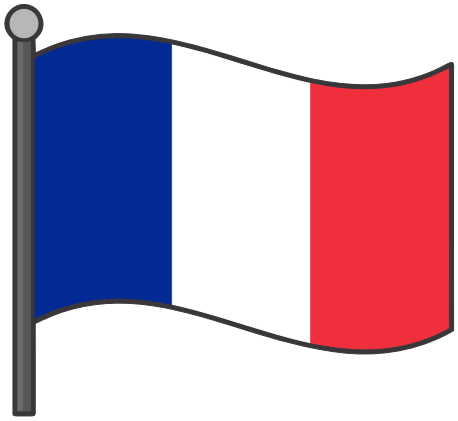
Our 42 Year 11 students will embark on their French PPE examinations on 13th November, putting their knowledge and skills to the test across all four areas of the GCSE curriculum: Listening, Speaking, Reading and Writing. They have shown great commitment and dedication in preparing for these important assessments.

With the first official French GCSE examinations traditionally taking place in April, shortly after the Easter break, thorough preparation is essential. Over the last two years, students have built a strong foundation in French vocabulary and grammar, developing their ability to communicate on a wide range of topics, including family, hobbies, health and holidays. All of these themes can feature across the four examination papers.

We are particularly pleased with the progress students have made in their written French. They can now confidently produce extended pieces of writing of at least 90 words, incorporating increasingly ambitious vocabulary, a variety of grammatical structures and more complex language.

The Listening, Reading and Writing GCSE examinations will take place in May, so these PPEs provide a valuable opportunity to demonstrate their progress, identify areas for further development and build confidence ahead of the final exams.

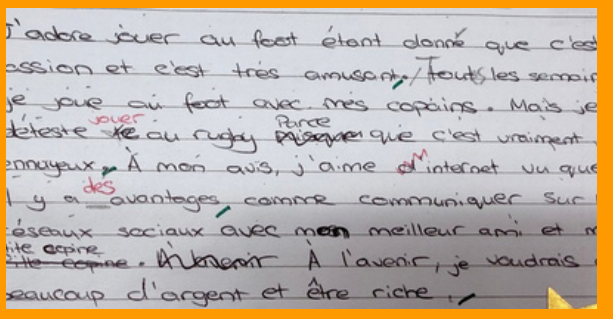
A huge well done to all our students for their hard work and perseverance. We wish them every success in their examinations – **Bonne chance à tous !**



Our 30 **Year 10** French students have made an excellent start to the GCSE course! Having completed their first module, Free Time, our 30 students are now moving on to explore Identity, Family and Friends. They are already developing their confidence in speaking, listening, reading and writing, and it is particularly encouraging to see them using different tenses to express themselves and communicate more complex ideas in French.

Over the next two years, they will explore a range of topics, including school life, healthy living, holidays, the environment, the local area and future plans, while continuing to develop their vocabulary, grammar and communication skills.

We are also pleased to welcome Inès, our French language assistant from Paris, working with our students, particularly at Key Stage 4, to develop their speaking skills, pronunciation and fluency.


J'adore jouer au foot étant donné que c'est
ssion et c'est très amusant. Tous les semain
je joue au foot avec mes copains. Mais je
déteste jouer au rugby parce que c'est vraiment
ennuyeux. À mon avis, j'aime internet vu que
il y a des avantages comme communiquer sur
réseaux sociaux avec mon meilleur ami et
ite copine. À l'avenir, je voudrais
beaucoup d'argent et être riche.



## *Year 9 Interform Basketball: Victory for 9S!* 🏀🏆

Our Year 9 students recently took part in an exciting interform basketball tournament, bringing together students from across the year group for some friendly competition, teamwork and plenty of school spirit!

It was fantastic to see so many students getting involved, whether they were representing their form on the court or cheering on their classmates from the sidelines. The tournament was a brilliant opportunity for students to demonstrate their sporting abilities, develop teamwork and celebrate the importance of good sportsmanship. With some closely contested matches and plenty of enthusiasm throughout, the competition certainly did not disappoint!

After a thrilling and closely fought tournament, a huge congratulations goes to 9S, who emerged as our Year 9 basketball champions! Well done to everyone who participated and contributed to making the event such an enjoyable experience.

A massive thank you must also go to our wonderful Year 12 Sixth Form student, Farah, who generously gave up her time to support the tournament as our referee. We would also like to thank Mrs Atif, Miss Duggan and Mrs Smith for coming along to support and encourage our students.

Events like these are a fantastic reminder of the importance of building a positive year group community, where students can come together, support one another and enjoy a little healthy competition. We look forward to many more interform competitions throughout the year! title newsletter



# *A Roaring Success: Drama Students Experienced The Lion King*

What happens when young performers see the possibilities of theatre brought to life?
Our wonderful Year 9 and Year 10 Drama students found out on 4 November, when the Performing Arts Department organised a trip to the 2.30 pm matinée of Disney's The Lion King at London's magnificent Lyceum Theatre.

Leaving school after break with our Performing Arts teachers, students enjoyed a beautiful autumn day in the capital. Arriving at Holborn station, they had the opportunity to take in a little of London before a short walk brought them to the breathtaking Lyceum Theatre. The setting alone gave the afternoon a real sense of occasion!

For our Year 10 students, the visit was particularly special. They had just completed their own version of The Lion King in our brand-new Drama Studio, showcasing their acting, singing and dancing skills as they prepare for Component 1 of their GCSE course, beginning in January. Watching the professional production gave them a fresh perspective on a story they had already worked so hard to bring to life.

Year 9 also had plenty to discover. Having just begun their Autumn 2 scheme of learning on children's theatre, they could explore how performance, music, costume and design work together to capture an audience's imagination. The production offered a rich starting point for discussion and inspiration for their own work.

That inspiration is already making its way into the studio. Since the visit, students have approached practical tasks with greater creativity, confidence and professionalism. It is exciting to see them turning what they observed into bold ideas of their own.

We were equally proud of how both year groups represented our school. Their behaviour was excellent throughout, and some of our Year 9 girls struck up lovely friendships with pupils from other schools-KS2 students. Our beautiful new uniform also attracted compliments, with several younger pupils noticing and admiring our distinctive orange butterfly.

Attending a charity-supported performance that was also being filmed added another memorable dimension to the afternoon. Our students were proud to be part of such a special occasion.
We hope this visit marks the beginning of a lifelong love of theatre for our students—the first of many opportunities to enjoy the magic of live performance, discover new stories and imagine themselves on stage.

The Performing Arts Department would like to thank our brilliant families for their continued encouragement and support. We are already exploring the next exciting theatre trip for our Drama stars and cannot wait to share more inspiring experiences with them.



# Careers newsletter: Autumn 2 edition

Islip Manor HIGH SCHOOL

## Subject spotlight:

**Art:**
**If you enjoy your Art lessons or just enjoy doing artistic pursuits and feel confident in the skills you explore, below are some relevant opportunities and information related careers stemming from Art.**

**Art therapist:**
**Art therapists use visual art media to help people who struggle to express their feelings verbally to explore and confront difficult, and often distressing, emotional issues.**

**Link:**

**Conservator:**
**Conservators care for cultural collections and need to know how artefacts deteriorate, how to preserve them and how to give them a new lease of life**

**Link:**

## University spotlight: University of West London

**The University of West London is a public research university in the England with campuses in Ealing, Brentford and Reading, Berkshire.**

**At the University of West London, we pride ourselves on delivering career-focused courses with excellent teaching in a campus designed for a great student experience.**

**Courses:**

## Career spotlight: Jewellery designer

**Jewellery designers create original jewellery, silverware and accessories by combining practical making skills with creative design, technical drawing and knowledge of materials. You'll develop ideas from a client or employer brief, then turn them into sketches, technical drawings, CAD designs, models or finished pieces. Designs may use precious metals, gemstones and other materials, depending on the market, budget and production method. Link**

## Opportunities/ updates:

**British Airways Data Science Apprenticeship**
**3.5 years | London Heathrow | £27,611 | Start: 2027 | Deadline: Not specified**

**Gain hands-on experience across product teams within British Airways' Insight & Innovation Data and AI department, using data to solve business challenges while working towards a BSc Data Science degree. Applicants must have GCSE English and Maths at grades 9–4 and hold or be predicted 3 A Levels totalling at least 128 UCAS points (equiv. to ABB), including a minimum grade B in A Level Maths; register on the Discover & Prep hub before beginning the application process.**

**Ø More info**

**British Airways Heathrow Aircraft Maintenance Apprenticeship**

**3 years | London Heathrow • off-site training | £16,000 | Start date: Spring or Autumn 2027**

**Work on real aircraft alongside experienced engineers while studying towards Level 2 and 3 engineering qualifications and CAA Part-66 Category A Licence modules, with accommodation provided during off-site training. Applicants must be 16 by the start date and need at least grade 5 in GCSE Maths and Combined Science or Physics and grade 4 in English Language; separate applications are available for the Spring and Autumn 2027 starts.**

**Ø More info**

**British Airways Aircraft Workshop Apprenticeship**

**Type/Level: Engineering Apprenticeship**

**3.5 years | London Heathrow | £17,339 | Start: 2027 | Deadline: Not specified**

**Rotate across different engineering disciplines while gaining hands-on experience of the sophisticated systems and components that keep British Airways aircraft operating safely and efficiently, alongside working towards an industry-recognised qualification. Applicants need at least grade 5 in GCSE Maths, with grades 9–4 in English and Science desirable; predicted grades are accepted if achieved by the apprenticeship start date.**

**Ø More info**

**Accenture London Consulting Degree Apprenticeship 2027**

**Degree Apprenticeship (BSc (Hons) Project Manager, University of East London) | 3 years | London | £28,938 per year | Start September 2027 | Deadline: 30 November 2026**

**Kick-start a consulting career with Accenture, working four days a week on client projects while studying one day towards a BSc (Hons) Project Manager degree. Applicants need 112 UCAS points, five GCSE passes including Maths and English (grades 9–4/A–C), UK work rights and the ability to commute to the office at least three days a week. Apply online via the Discovery Portal assessment, with early applications advised.**

**Ø More info**

**If you have any questions or require support, please email Mr Beacham at hbeacham@islipmanorhigh.org.uk or visit classroom 202 at lunchtimes**



Inspiring Bright Futures | Building Strong Foundations | Empowering Vibrant Minds | Upholding High Standards

# *Race Equality at Islip Manor High School - Weekly Update*

## *Race Equality Parent Forum - Your voice matters*

We warmly invite parents and carers to our next Race Equality Parent Forum on Tuesday 24th November 2026, online via Zoom. The evening will begin with a parent discussion at 7.00pm, before parents join the wider forum with the school's Race Equality Leads.

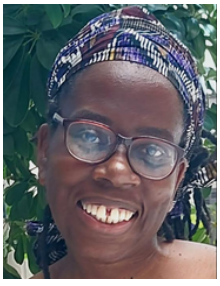
The forum brings families and school leaders together to strengthen fairness, inclusion and belonging at Islip Manor High School. Your experiences and perspectives help us identify what is working well and where further action is needed.

- Building on our June meeting and questions contributed by parents, we will focus on:
- Targeted support: reviewing support for students experiencing repeated referrals to the Internal Suspension Room (ISR), including their wellbeing and pastoral needs.
- Patterns and progress: examining Autumn 1 ISR information, including differences between ethnic groups, and considering the early impact of preventative support.
- Consistency in lessons: discussing how individual support plans are shared, put into practice and reviewed, and how students are supported to remain engaged in learning.
- Working with families: strengthening parents' involvement in decisions about their children's support.
- Fair recognition: exploring how awards and positive recognition are allocated and monitored across ethnic groups.

We will also review progress against previous actions and agree priorities for the months ahead.

**All parents and carers are welcome, including those who have not attended before.** To join, please email **Angela Miller, our Parent Ambassador, at amiller@islipmanorhigh.org.uk** so that she can include you in the invitation and send you the virtual meeting link.

We look forward to hearing your views and continuing this work together.







***Race Equality Leads:***

***Angela Miller (Parent Ambassador and Teacher), Marie Dennis (Inclusion Manager and Assistant Headteacher) & Matt Haresnape (Senior Deputy Headteacher)***

SECONDARY AUTUMN NEWSLETTER 26/27

# HELLO FROM OLIVE




## HELLO AND WELCOME

Hello and welcome - we're delighted to introduce Olive Dining.

At Olive, we are passionate about serving high-quality food made with carefully selected ingredients. Wherever possible, we use locally sourced produce to support our community and help reduce our environmental impact.

Our exciting menus run on a three-week cycle and are thoughtfully designed with your school in mind. Alongside our main menu, we offer a Cold Deli featuring a wide selection of freshly filled baguettes, sandwiches and bagels, as well as a vibrant salad bar with a variety of fresh, delicious options.



## GREAT VALUE MEAL DEAL

Enjoy a delicious, nutritious and affordable meal with our School Meal Deal. Choose from a tasty hot or cold option, with plenty of choice to suit every appetite. Meal deals are available for Free School Meal students too and this year, we're excited to include our **Street Food** offer, bringing bold flavours, exciting variety and delicious dishes inspired by food from around the world!

AVAILABLE FOR FREE SCHOOL MEAL STUDENTS TOO

**MEAL DEAL**

CHOOSE ONE HOT MAIN OR COLD ITEM

+

PLUS ONE HOT DESSERT OR COLD DESSERT

+

THE OLIVE WATER STOP

## JOIN THE OLIVE FAMILY!

REMEMBER TO FOLLOW US ON OUR SOCIAL CHANNELS.

SECONDARY AUTUMN NEWSLETTER 26/27

# HELLO FROM OLIVE

## MENUS & ALLERGIES

All our menus are designed to be both nutritious and exciting, offering a variety of dishes that cater to different tastes and dietary needs. From hearty main courses to lighter, healthy options, we have something for everyone.




We cater to a wide range of dietary needs, ensuring that all students can enjoy nutritious and delicious meals, which include vegetarian and vegan options. We take dietary requirements seriously and all allergens are clearly listed or labelled on our food items.

## OUR COMMITMENT TO HEALTHY EATING

We know that good food and nutrition, leads to better concentration, energy and overall student well-being.

That's why we focus on using wholesome ingredients, reducing processed foods and ensuring our meals provide essential nutrients for growing minds.



## OUR PLANET

At Olive Dining, our commitment to protecting the planet drives us to minimise waste at every opportunity and take full responsibility for how it's disposed of.
We're proud to partner with Olio, a fantastic organisation that helps us ensure any leftover food at the end of the week is shared with the local community - reducing waste and supporting those around us.




## JOIN THE OLIVE FAMILY!

REMEMBER TO FOLLOW US ON OUR SOCIAL CHANNELS.

SECONDARY AUTUMN NEWSLETTER 26/27

# HELLO FROM OLIVE

## AUTUMN THEME DAYS

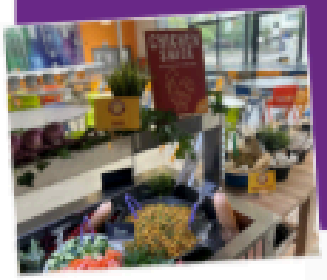
Students can get ready for food, fun and plenty of flavour! Our Theme Days bring something different to lunchtime throughout the year, with exciting menus, delicious dishes and themed activities to enjoy. From global flavours to seasonal favourites, there's always something new to try and discover!

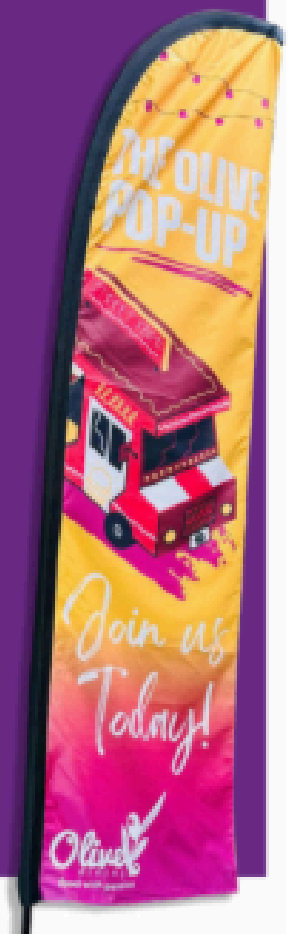



## SPECIAL THEME DAYS AND EVENTS

Throughout the year, we host a range of exciting themed days to celebrate key events. Our Theme Day Calendar highlights monthly occasions, each brought to life with exclusive menus developed by our Executive Chef Team.

Be sure to look out for these celebrations, along with other special pop-up events - all of which will be clearly advertised!






## Keep in the know!

We always welcome feedback from parents, staff and students.

If you have any questions or comments for Olive Dining, please do not hesitate to reach out.

## JOIN THE OLIVE FAMILY!

REMEMBER TO FOLLOW US ON OUR SOCIAL CHANNELS.

# EALING PARENTING SERVICE

## FREE PARENTING WORKSHOPS AUTUMN/WINTER 2026-27

**Tues 10th NOV**

**Understanding Your Teenager**
*Delivered by Sabrina Meakins - SAFE Counselling*
*via MS Teams 10:30am-12:30pm*

**Tues 17th NOV**

**Emotion-Based School Non-Attendance**
*Delivered by MHST / School Nursing / HIT / Springhallow*
*via MS Teams 10am-12pm*

**Tues 24th NOV**

**Different Strokes: Fatherhood Across Cultures**
*Delivered by Derek Willis - Ealing Parenting Service*
*via MS Teams 10am-12pm* **men only session*

**Tues 1st DEC**

**Domestic Abuse, Parenting & You**
*Delivered by Pat Chapman - SAFE West*
*via MS Teams 10am-12pm*

**Tues 8th DEC**

**Ealing 0-18 Service: Health & Wellbeing**
*Delivered by Health Visiting/ School Nurses/ Healthy Families*
*via MS Teams 10am-12pm*

email parentingserviceadmin@ealing.gov.uk to register or for more info

Ealing
www.ealing.gov.uk

EALING PARENTING SERVICE

# EALING PARENTING SERVICE

## FREE PARENTING WORKSHOPS
## AUTUMN TERM 2026

**Tues 15th DEC**
**Fatherhood Through Complexity (SEN)**
*Delivered by Derek Willis - Ealing Parenting Service*
*via MS Teams 10am-12pm* **men only session*

**Tues 17th DEC**
**Managing Conflict**
*Delivered by Chris Kolade - Ealing Parenting Service*
*via MS Teams 10:30am-12:30pm*

**Tues 19th JAN**
**Building Healthier Relationships - Part 1**
*Delivered by Chris Kolade - Ealing Parenting Service*
*via MS Teams 10:30am-12:30pm*

**Tues 26th JAN**
**Building Healthier Relationships - Part 2**
*Delivered by Chris Kolade - Ealing Parenting Service*
*via MS Teams 10:30am-12:30pm*

**Tues 9th FEB**
**Helping Children Understand Separation & Divorce**
*Delivered by Chris Kolade - Ealing Parenting Service*
*via MS Teams 10:30am-12:30pm*

email parentingserviceadmin@ealing.gov.uk to register or for more info

Ealing
www.ealing.gov.uk

EALING PARENTING SERVICE

**FREE**
**online parenting workshop**

NHS

# EMOTIONALLY-BASED SCHOOL NON-ATTENDANCE

**Delivered by:**
**Ealing School Nursing Team**

This workshop will help parents and carers understand Emotionally Based School Non-Attendance (EBSNA), recognise early signs and understand the support available in Ealing. Short presentations will include:

- what EBSNA is, early signs, and practical tips to help parents explore and support anxiety with their child.
- the Ealing context and what is being done locally to support EBSNA.
- support through schools, the importance of communication and collaboration, and the impact of SEND and available support.
- how School Nursing can support families when they are concerned or unsure what may be affecting their child, how to refer, and the support the service can offer.
- MHST: how to access support where anxiety or emotional wellbeing needs have been identified, what support may look like, and further signposting where appropriate.

**Tuesday, 17th November 2026**
**10am-12pm**
**via MS Teams**

**email parentingserviceadmin@ealing.gov.uk to register or for more info**

London Borough of Ealing

SUPPORTIVE ACTION FOR FAMILIES IN EALING

EALING PARENTING SERVICE

**FREE**

## online parenting workshop

# understanding YOUR TEENAGER

Adolescents feel like a great mystery to their parents, often left wondering what they get up to when they close their bedroom doors once they get back from school, or simply what they are thinking

Tuesday 10th November 2026
10:30am-12:30pm
via MS Teams

*Delivered by*
*Sabrina Meakins*
*Counsellor & Psychotherapist*

***The session will cover:***

- *Child and adolescent emotional development*
- *Understanding your child better*
- *Empathising with your child*
- *Adolescent emotional and mental health*
- *A chance to have your questions answered*

The session is aimed at parents/carers of young people aged 12-18

email parentingserviceadmin@ealing.gov.uk to register or for more info

Ealing
www.ealing.gov.uk

SUPPORTIVE ACTION FOR FAMILIES IN EALING

EALING PARENTING SERVICE

**FREE**
**online parenting workshop**

**FATHER'S GROUP**

# FATHERING THROUGH COMPLEXITY

Gain a better understanding of the emotional, practical, and systemic challenges that can arise when parenting a child with Special Educational Needs and Disabilities (SEND)

Fathers will explore ways to support their child's development, advocate for their needs, strengthen family resilience, and look after their own wellbeing

Tuesday, 15th Dec 2026
10am-12pm
via MS Teams

Delivered by Derek Willis
Ealing Parenting Service

This is a men-only session, open to fathers and father-figures

**email parentingserviceadmin@ealing.gov.uk to register or for more info**

Ealing
www.ealing.gov.uk

SUPPORTIVE ACTION FOR FAMILIES IN EALING

EALING PARENTING SERVICE

**FREE**
**online parenting workshop**

# Domestic Abuse, Parenting *and you*

Tuesday, 1st Dec 2026
10am-12pm
via MS Teams

This session aims to support parents and carers to recognise domestic abuse, and to better understand the impact that abusive relationships can have on children and young people

We will discuss how experiencing domestic abuse affect parenting, and where you can find support locally

This workshop offers a supportive, confidential space to have your questions answered

Delivered by
Pat Chapman
Family Safety Worker
- SAFE

This session is open to parents/carers of children of all ages

**email parentingserviceadmin@ealing.gov.uk to register or for more info**

Ealing
www.ealing.gov.uk

SUPPORTIVE ACTION FOR FAMILIES IN EALING

EALING PARENTING SERVICE

# FREE online parenting workshop

## BUILDING HEALTHIER RELATIONSHIPS

Part 1
Tuesday 19th January 2027
10am-12pm
via MS Teams

Part 2
Tuesday 26th January 2027
10am-12pm
via MS Teams

This two-part workshop explores what helps relationships grow and what can cause them to break down over time. It offers a supportive space to reflect on adult relationships, co-parenting, and the impact of parental conflict on children.

This workshop will cover:

- What strengthens relationships, and what undermines them
- Healthy boundaries and respectful communication
- Understanding parental conflict and its impact on children
- Co-parenting relationships and reducing tension
- Creating calmer, emotionally safe environments for children

**Delivered by**
**Chris Kolade**
**Ealing Parenting Service**

**email parentingserviceadmin@ealing.gov.uk to register or for more info**

London Borough of Ealing
SUPPORTIVE ACTION FOR FAMILIES IN EALING
EALING PARENTING SERVICE

**FREE**
**online parenting workshop**

NHS

# EALING 0-19 SERVICE: HEALTH & WELLBEING

**Delivered by:**
**Ealing School Nursing Team**

The workshop will introduce parents and carers to the Ealing 0–19 service and the health and wellbeing support available from birth through to leaving school. Short presentations will include:

- Health Visiting and School Readiness services and the support available to families.
- what school nurses do in schools, how they support children and young people, how parents/carers can contact the service, and an introduction to the Ealing School Nursing Padlet.
- Healthy Start, Sugar Smart advice and the Teen Thrive programme.
- Natasha Kapoor-Shah and Jordan Pedro – ALFIE: information about the ALFIE after-school club and the Sugar Smart Cook Club offer for schools.

**Tuesday, 8th December 2026**
**10am-12pm**
**via MS Teams**

**email parentingserviceadmin@ealing.gov.uk to register or for more info**

London Borough of Ealing

SUPPORTIVE ACTION FOR FAMILIES IN EALING

EALING PARENTING SERVICE

**FREE**
**online parenting workshop**

# HELPING CHILDREN COPE WITH SEPARATION & DIVORCE

When a family breaks up, it is hard for everyone, but this is a reality many children face.

How parents handle this process and deal with any conflict has a significant impact on how their children cope with their separation.

In this workshop, we will look at practical steps parents can take to ease the impact of their separation on their children, and help them feel safe and secure amid their parents' break up.

**Delivered by**
**Chris Kolade**
**Ealing Parenting Service**

**Tuesday 9th February 2027**
**10am-12pm**
**via MS Teams**

email parentingserviceadmin@ealing.gov.uk to register or for more info

London Borough of Ealing

SUPPORTIVE ACTION FOR FAMILIES IN EALING

EALING PARENTING SERVICE

GO S&D
Empowering people.
Strengthening communities.
Changing systems.

money a+e
Affordable, Accessible Financial Guidance

# Money Champions Workshop

**Build your knowledge. Boost your confidence. Support stronger communities.**

*Small knowledge can make a big difference*

A practical and interactive workshop to increase your knowledge and confidence on money matters. Learn how to support others, recognise early signs of financial difficulty and signpost to the right support.

## Topics include:

- **Financial resilience and household budgeting**
- **Priority debts and early signs of financial difficulty**
- **Recognising financial scams and unsafe borrowing**
- **How to have supportive and non-judgemental conversations about money**
- **Boundaries and when to signpost or refer to a qualified adviser**

**Date:**
Wednesday 11th November 2026

**Time:**
10:00am – 1:00pm

**Venue:**
**W13 Impact Hub**
1 Bayham Road, West Ealing,
London, W13 0TQ

**Who is it for?**
Open to staff, volunteers and community members who want to increase their knowledge and confidence on money matters and help support people in their communities.

**Spaces are limited**
and will be allocated on a first come, first served basis.

BOOK YOUR PLACE TODAY

**To book your place**
please contact:
020 8571 9529
admin@gosad.org.uk

Please provide your name, organisation (if applicable) and contact details.

*Stronger people. Stronger communities.*



**Learn | Connect | Share | Make a difference**



# ONLINE WORKSHOP ON MONEY MATTERS FOR PARENTS AND CARERS OF CHILDREN WITH ADDITIONAL NEEDS AGED 16 AND OVER

## (UNIVERSAL CREDIT, PIP, GRANTS AND MORE)

## Friday 27th November 2026 at 10:30am

### Online workshop

Register to receive the zoom link to attend via QR code here:
https://forms.cloud.microsoft/e/hi7v7QnTXR

Contact workshop on Money Matters post 16 on Friday 27.11.26

contact *For families with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).



# CONTACT EALING
# AUTISM & ADHD GROUP
# COFFEE MORNING
# FOR PARENTS AND CARERS

**Join us for a hot drink, good company and plenty of chats with Contact Ealing staff and volunteers**

**Monday 16th November 2026 at 10.30am**

Venue: Jamaica Blue Café, Ealing Broadway Centre

Register via this link or QR code:
https://forms.cloud.microsoft/e/DMX2XMUfXd

Contact Ealing Coffee morning with language support on 16.11.2026 at 10.30am. Jamaica

contact *For families with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).



# Contact Ealing Walk & Talk for parents and carers

**Join us for our last Walk & Talk this term in Walpole Park, finishing with a hot drink together.**

**Wednesday 2nd December 2026**
at 10.30am

**Meeting point next to the playground and Pitshanger Hut**

Register via this link or the QR code:
https://forms.cloud.microsoft/e/naNVATXWGk

contact *For families with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).


Acton (Middlesex) Charities
TALES IN MOTION
STORYTELLING THROUGH ARTS AND MUSIC
FREE
SPEECH AND LANGUAGE THERAPY AND ARTIST STORYTELLING WORKSHOP
for children aged 0-5 years
Thursday 12th November at 10am-11:30am
at South Acton Children's Centre
(Castle Close, London W3 8RX)
Come along and learn about how you can support your child's communication development through art, music and story telling!
Come along to:
Enjoy crafting, building activities and messy play
Talk to other parents/carers, Artists, Early Years Practitioners, Speech and Language Therapists!
Collect your free resources!
WE ONLY HAVE 15 PLACES AVALIBLE!
To book your place,
Please email wlm-tr.sltuniversalservices@nhs.net
Ealing
www.ealing.gov.uk
NHS
Ealing Community Partners
Early Start Ealing
HAPPY BABY COMMUNITY

# YOGA FOR ALL ADULTS

A community yoga project



## FREE

## THURSDAYS
## 12:30 – 1:30PM

HANWELL COMMUNITY CENTRE
WESTCOTT CRESCENT, LONDON W7 1PD

**Dates:** 12th, 19th, 26th Nov & 3rd, 10th & 17th Dec
**Bring:** a mat or borrow one of ours

FREE PARKING

To request a place please contact either:

**020 8575 6139 /**
**administrator@empowering-action.org.uk**

**Please value your place** 💗

These workshops are free, but every place costs our charity to provide. If you book, please commit to attending – or let us know if you can't come so someone else can benefit.

EASE
www.empowering-action.org.uk

Terri Yoga

COMMUNITY FUND

THE REFRESH PROJECT

E.A.S.E (Empowering Action and Social Esteem) Ltd | Charity No: 1088965 | www.empowering-action.org.uk
Hanwell Community Centre, W7 1PD

EASE
www.empowering-action.org.uk

Early Start Ealing

# MEN AND MINI ME'S

## Stay and Play

**E.A.S.E Children's Centre Outreach**

**For dads, uncles, grandads and male carers**

**FREE**



## EVERY FRIDAY | 3:30–5:00PM

**North Hanwell Baptist Church Hall**
**W7 1BW**

**E.A.S.E. (Empowering Action & Social Esteem) Ltd**
Hanwell Community Centre, Westcott Crescent, W7 1PD
**0208 575 6139**
www.empowering-action.org.uk
Charity No. 1098965

FREE PARKING




To express your interest, please call **0208 575 6139** or email **administrator@empowering-action.org.uk**

Your place will be confirmed nearer the start date.

## PLEASE VALUE YOUR PLACE

Although this course is free to you, every booked place has a cost to EASE as a charity.
We therefore ask that when you book, you commit to attending the sessions wherever possible.

**Free Parking Available**

**0208 575 6139**
administrator@empowering-action.org.uk
www.empowering-action.org.uk
EASE (Empowering Action & Social Esteem) Ltd
Charity No. 1098965

The venue is accessible and has accessible toilets. If you have any additional access requirements, please let us know.

London Borough of Ealing

A fairer greener healthier Ealing

# Do you want to help shape housing services for residents in Ealing?

## Join our Independent Housing Board



## About the Independent Housing Board

The Independent Housing Board provides independent challenge and advice to help improve housing services for Ealing residents. It brings together tenants, leaseholders, independent members and council representatives to ensure residents' voices are heard and to drive positive change.

## What will you do?

- share the views and experiences of Ealing residents
- help scrutinise and challenge housing performance
- contribute to discussions on key housing issues
- work with other board members and council officers to support continuous improvement

## We are looking for someone who:

- Is an Ealing Council House Tenant
- Is passionate about improving housing services
- Can bring a resident perspective and share constructive challenge
- Can commit time to attend meetings and get involved

## What happens next?

- Find out more by calling us or using the QR code
- You will be invited to complete a short application
- The successful applicant will receive an induction and attend the first meeting on 7 December 2026

## Interested?

Scan the QR code for more information or call 020 8825 9998 option 5 to discuss

**Working together for a better Ealing**

People – A more inclusive Ealing

Place – A greener Ealing

Health – A healthier Ealing

Prosperity – A more prospereous Ealing

Ealing Carers Partnership

carershub EALING
Empowering unpaid carers to thrive

London Borough of Ealing

# Carers Rights Day

Information • Support • A Stronger You

**Thursday November 19th**

**10am – 3pm**

**Hope Community Church**
184 Horsenden Lane South,
Perivale, UB6 7NT

*Theme:*
*Someone you know is a carer – but do they know it yet?*



## Join us for Carers Rights Day

A friendly event with information, advice and support to help you understand your rights and access the help you're entitled to.

Know your rights, meet other carers and organisations supporting carers.

- **Guest speakers** from Health and Social Care and Voluntary services
- Information and advice stalls
- Health checks
- Refreshments and lunch provided

For further details contact
**info@ealingcarerspartnership.org**

CARERS TRUST
Hillingdon & Ealing