

CAMDEN Special Parents Forum

Coffee Morning

When: Tuesday 04th March @ 10.30-11.30am

Where: Greenwood Centre, 37 Greenwood Place, NW5 1LB



Join us for a chat and meet other parents!

Our coffee mornings are a great opportunity to catch up with other parents and/or continue conversations about any issues or challenges that have come up for you as a parent/carer of a child or young person with additional needs living in Camden.

Share your experiences. Meet other parents.

Be a part of the Forum community.

Come along to share your experiences or simply listen to the conversation.

If you are new and haven't joined one of our coffee mornings before – come along anyway, we are a friendly bunch, and we'd love for you to join us!

To book a place please email Natasha.Burgess@kids.org.uk call or text 07711 767 258

Or Aishatu.Mohammed@kids.org.uk call or text 07385 003 662

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

CAMDEN Special Parents Forum

Join us for our **SPRING TERM 2025 Walk & Talk sessions**



Our popular Walk & Talk sessions are led by Ali who herself is a Camden parent. This is a chance to get together with other parents who all share the experience of having a child with additional needs and/or learning disabilities. Talk about your problems, get some emotional support and find possible solutions. Everyone gets some time to talk and to learn from each other's experiences. Midway we stop off for a coffee at the café at Kenwood. You are also welcome even if you just want to walk and listen. You will feel great after a walk on the Heath with us – so why not come along?

When: Mondays: 27th January, 24th February and 31st March 2025

Time: 10.15am – 12.30pm

Where: Hampstead Heath - Meet by the water fountain/cafe/toilets on Hampstead Heath by the Parliament Hill side of the Heath near the tennis courts (bus access from C2 or 214 or C11 get off at Parliament Hill/ Swains Lane bus stop).

What: Wear appropriate clothing as we will go rain or shine, and please be on time!

Please let Ali know if you're coming and also if you have to cancel last minute so we don't wait

Ali: 07788 521693

Keep an eye on facebook, add your name to our contact list and keep in touch.

www.facebook.com/CamdenSpecialParentsForum

KIDS PRESENTS: CAMDENS SPECIAL PARENT CARER

Well-Being Day

Come along and get together with Camden parents/carers of children (0-25yrs) with SEND - Get pampered, relax, socialise and eat! The day will also feature a keynote speech delivered by Joanna Griffin- Counselling psychologist and author of Day by Day. There will also be opportunity for providing feedback on services in the community!

Hand massage

Lunch

Still- life sketching

Cakes



Henna

Worry worms

Feedback

Special Gift

WEDNESDAY, FEBRUARY 26TH

10:30AM-2PM

GREENWOOD CENTRE, 37 GREENWOOD PLACE,
LONDON NW5 1LB

TO BOOK YOUR FREE PLACE EMAIL:
NATASHA.BURGESS@KIDS.ORG.UK TEXT OR CALL NATASHA
ON 07711 767 258 OR AISHATU.MOHAMMED@KIDS.ORG.UK
TEXT OR CALL AISHA 07385 003 662.

Movement, Relaxation & Lunch

When: Wednesday 5th March

Time: 12pm - 2pm

Where: Kentish Town Congregational Church,
Kelly Street, Kentish Town,
NW1 8PH.

(The entrance is through the gates and across the garden)



Come and join us for some gentle movement and relaxation sessions followed by a lovely lunch.

These session will be focusing on gentle movement, stretching, relaxation and well-being, followed by a re-invigorating lunch freshly prepared by KIDS keyworkers – suitable for all abilities. Come along and try it out, this one is for looking after YOU!

To book onto this pamper session please text your name to:
Aisha on 07385 003 662 or email Aishatu.mohammed@kids.org.uk
OR Natasha on 07711 767 258 or email Natasha.burgess@kids.org.uk

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

Limited numbers - booking in advance is required.
Bring an exercise mat or something comfortable to use.