

Norwood's services safeguard the stability and wellbeing of our community's children and families by providing support through challenging times. For those with learning challenges, we extend this support throughout life, and provide access to education and opportunities which empower the individual to develop, grow and lead an independent life. Norwood is committed to challenging the status quo, to creating new ways of thinking about disability, to championing children and to campaigning for inclusion.

**Services**

Norwood's sector-leading services celebrate our Jewish culture and are run in accordance with Jewish values but are open to all who need our support. The services fall into two main categories:

**Children and families wellbeing**

- Play sessions
- Support groups
- Parenting courses
- Benefits and welfare advice
- Social and emotional wellbeing training for schools
- Group programmes for 7-14 year olds to develop self-esteem
- Social work
- Psychotherapy services

**Learning challenges**

- Support groups for parents and siblings
- Parenting courses
- Therapeutic playgroups
- Respite services – overnight, weekends and holidays
- Therapies – OT, speech and language
- Educational psychology service
- Specialist teaching
- Benefits and welfare advice
- Advocacy
- Social work
- Transition services
- Employment training
- Social enterprise
- Accommodation services – residential and supported living

For further information about these services, visit [www.norwood.org.uk](http://www.norwood.org.uk) or call **020 8809 8809**.



**AUTUMN  
 PROGRAMME**

September – December 2019

# The Kennedy Leigh Family Centre



The Kennedy Leigh Family Centre's opening hours .....	5
Family Support Service.....	6
Twins & More .....	7
Siblings' Group (younger and older).....	8
2Gether Groups .....	9
Teeny Tiny at Buckets and Spades.....	10
Unity and Inbetweeners .....	11
Stepping Up .....	12
Rainbow Group .....	13
Strengthening Families, Strengthening Communities .....	14
Messy Play.....	15
Binoh Educational Support Services.....	16
Benefits and Welfare Advice Service .....	17
Occupational Therapy .....	18
Speech and Language Therapy .....	19
Volunteers at Norwood .....	20
Norwood Wellbeing and Physical Activity .....	21
Sara's Kitchen.....	22
Autumn 2019 Programme .....	23
How to find The Kennedy Leigh Family Centre.....	24
About Norwood .....	25



## The Kennedy Leigh Family Centre's opening hours

Monday to Thursday: 8.00am–5.30pm  
 Friday: 8.00am–1.00pm  
 We are open Sundays for Unity and Inbetweeners

There are regular programmes that run during the week and some evenings.

### The centre is closed on:

- Saturdays
- Bank holidays
- Jewish religious holidays

Please note: our priority is always you. There are charges for our services. However, should you be unable to access a service due to cost, please let us know as no one should be disadvantaged by these charges.

## Family Support Service

A key service based at The Kennedy Leigh Family Centre in Hendon is Norwood's Family Support service, supporting children and families across North-West London and Hertfordshire. Our team comprises of skilled and experienced social workers, family support workers, counsellors and child therapists. We provide support and advice for children and families in crisis or experiencing difficult times, and are available to offer immediate, short- or long-term help, Monday to Friday.



**Kennedy Leigh's Family Support team** can offer specialist help and advice on wide-ranging difficulties, such as supporting children through the challenges of family separation or hardship, or advocating for parents of a child struggling with school because of an emotional or learning difficulty. We also provide short- and long-term therapeutic sessions and counselling, either one-to-one or in a group, with highly trained and experienced professionals.

Additionally, the Family Support team can provide parenting advice through a very popular structured parenting programme, which can enable very positive outcomes for families. A lot of our work with parents and children is carried out in the centre. Some of our work may involve telephone consultations or home visits.

Our staff are friendly, approachable, understanding and reliable professionals.

**For further information, please contact us on 020 8809 8809**



## Twins & More

### **Mondays**

9, 16, 23 September, 7, 28 October, 4, 11, 18, 25 November, 2, 9, 16 December

**Time:** 10.00–11.30am

**Age group:** Parents/full-time carers of 0–5 year olds

**Cost:** £65 per term (please book in advance)

This group offers support to mums who have had twins or triplets, providing:

- an opportunity to think about parenting twins and more
- a place to share experiences, information and ideas
- a crèche with experienced staff and volunteers

### **For further information, please contact**

Daryl Freeman on 020 8809 8809  
daryl.freeman@norwood.org.uk

## Siblings' Group

### **Mondays**

16 September, 7 October, 4, 25 November, 16 December

**Time:** 4.30–6.00pm

**Age group:** 7–11 years old (school years 3–6)

**Cost:** £30 per term

This group offers ongoing support for children who have a sibling with special educational needs and/or a disability.

The aims of the group are to:

- offer a safe space for children to express their feelings and share experiences
- create a community of siblings who are all facing similar situations
- make friends and have fun



### **For further information, please contact**

Daryl Freeman on 020 8809 8809  
daryl.freeman@norwood.org.uk

### Tuesdays

10, 17, 24 September, 29 October,  
5, 12, 19, 26 November, 3, 10, 17 December

**Morning:** 10.15–11.45am

**Afternoon:** 1.30–3.00pm

**Age group:** 0–4 years old (pre-school children) and their parents/carers

**Cost: £5 per session (correct money on the day would be appreciated)**

Would you like  
some friendly advice  
about your child?

If so, please ask a  
member of staff,  
who will be glad  
to help.

Families may attend only one session, either in the morning or afternoon. Due to health and safety regulations, spaces are limited. We operate on a first-come, first-served basis.



This is a weekly stimulating and fun session for you and your children to learn through play. Families can use our soft-play room. Healthy snacks available from Sara's Kitchen.

Activities may include:

- painting
- arts and crafts
- Play-Doh
- themed play
- cooking activity (once a month)

If you have questions relating to your child's development or if you are concerned about sleeping, eating, toilet training etc, our Children and Family Support team is on hand to offer support.

### For further information, please contact

Alison Riffkin on 020 8809 8809  
alison.riffkin@norwood.org.uk

(for families living in the Borough of Barnet)

### Wednesdays

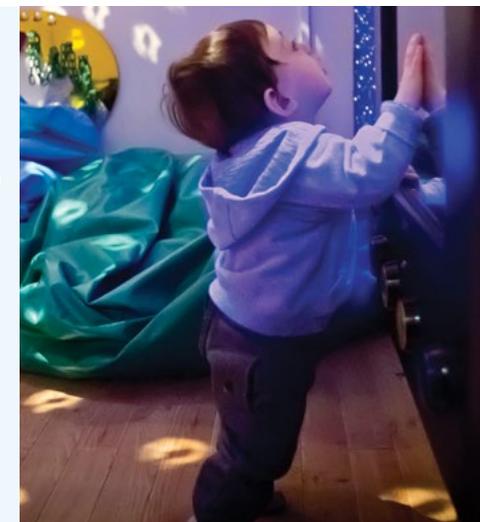
11, 18, 25 September, 30 October  
6, 13, 20, 27 November, 4 December

**No group:** 2, 9, 16 October 23 (half term)

**Time:** 10.00am–1.00pm

**Age group:** 16 months–5 years old

**Cost: £50 per term (10 sessions)**



The service provides:

- play sessions for children with complex health needs/ life-limiting conditions
- one-to-one care from highly trained and dedicated staff
- a break for parents

Snacks and lunch included.

Referrals must be made through Barnet Short Breaks Service.

### For further information, please contact

Priscilla Brobby on 020 8809 8809  
priscilla.brobby@norwood.org.uk

**Unity** is Norwood's recreational service for children and young people aged 5–18 years with learning disabilities. It provides activities to broaden their experiences, while making new friends. At Unity we develop fun and creative programmes that meet each child's individual needs.

Our staff can also support children/young people with epilepsy and additional health needs, and are trained in tube feeding and in administering medication. The building is fully accessible for children and young people using a wheelchair.

## Sundays

8 September - 15 December

**No club:** 29 September, 13, 20 (half term and Simchat Torah) October

## Times:

11.00am–1.00pm (12–18 years old)

2.00–4.30pm (5–11 years old)



**Inbetweeners** is a recreational transition group for young adults aged 16–25 years with learning disabilities.

## Sundays

8 September - 15 December

**Time:** 5.30–7.30pm



## For further information, please contact

Jo Shone on 020 8809 8809  
jo.shone@norwood.org.uk



## Wednesdays

25 September, 2, 16, 30 October, 6, 13, 20, 27 November, 4, 11 December

**Time:** 4.30–6.00pm

**Age group:** 7–11 years old (school years 3–6)

**Cost:** £60 for 10 sessions

The group is for children who are having social and emotional difficulties. It aims to:

- build confidence and self-esteem
- be a safe place for them to express their feelings and share experiences

## For further information, please contact

Catherine Bunoti on 020 8809 8809  
catherine.bunoti@norwood.org.uk

## Wednesdays

11, 18, 25 September, 2, 16, 30 October,  
6, 13, 20, 27 November, 4, 11, 18, December

## Thursdays

12, 19, 26 September, 3, 10, 17, 31 October  
7, 14, 21, 28 November, 5, 12, 19 December

**Age group:** for parents/full-time carers of children aged 0–8 years with special educational needs and/or a disability

**Time:** Both groups will run from **1.30–3.00pm**

**Cost: £65 per term (please book in advance)**



## Thursdays

9 January - 26 March 2020

**Time:** 9.30am–12.30pm

**No group:** 20 February 2020 (Half term)

**Aimed at:** Parents

**Cost: £60 per term (includes parenting manual).  
Concessions offered if needed**

An 11-week programme designed to support parents to raise happy and successful children.

The course aims to help parents:

- motivate their children
- build a better relationship with their children
- set boundaries

The programme will provide:

- a safe space to share ideas
- an opportunity to gain information and strategies
- new skills and support in developing confidence in parenting
- connections with people in the wider community and to local services

Please note, spaces are limited and are allocated on a first-come, first-served basis.

The group provides an opportunity for parents to:

- talk about their feelings
- receive emotional and practical support
- exchange information

For all children (including siblings), the group provides:

- a safe and stimulating environment run by a team of experienced staff and volunteers
- full use of the family centre's facilities, including the soft-play room and sensory room
- parachute and singing time

## For further information, please contact

Daryl Freeman on 020 8809 8809  
daryl.freeman@norwood.org.uk

## For further information, please contact

Vera Hart on 020 8809 8809  
vera.hart@norwood.org.uk

# Messy Play

## Thursdays

12, 19, 26 September, 3, 10, 17, 31 October,  
7, 14, 21, 28 November, 5, 12, 19 December

**No group:** 30 May (half term)

**Time:** 10.30–11.45am

**Age group:** 1–4 years old and parents/carers

**Cost:** £5 per session or six sessions for £25

Messy Play is an important part of early education and it offers many opportunities for learning and development.

Our sessions offer creative and messy play activities with songs and snacks provided.

Benefits of the activity:

- expands the imagination
- unleashes creativity
- makes learning fun
- helps with developmental stages
- meet other parents

Everything you need to know:

- limited spaces per session – please arrive early to guarantee a place
- all equipment provided
- wear clothes to get messy



**For further information, please contact**

Alison Riffkin on 020 8809 8809  
alison.riffkin@norwood.org.uk



## Binoh Educational Support Services

Binoh supports children and young people with social, emotional, mental health and special educational needs or disabilities who experience difficulties with their learning.

This includes:

- difficulties with development and learning
- difficulties in language and communication
- difficulties with independent function or motor skills
- emotional, social and behavioural difficulties

The services offer:

- early identification of need
- early years advice and support
- multi-professional programmes of therapy and specialist teaching that are tailored to the needs of each child, and also their families and schools
- screening and assessments, consultations and advice
- specialist services including Autism Spectrum Disorder (ASD); Specific Learning Difficulties (SPLD); Behavioural, Emotional, and Social Difficulties (BESD); sensory processing and integration; and cognitive development
- advice and training for families, schools and professionals
- specialist support delivered to families at home, and therapists and teachers at school and in the community, in partnership with all involved in the child's life

**For further information, please contact**

Daniel Stavrou on 020 8809 8809  
daniel.stavrou@norwood.org.uk or go to [norwood.org.uk/binoh](http://norwood.org.uk/binoh)



## Benefits and Welfare Advice Service

### Wednesdays

4, 18 September, 16, 30 October, 13, 27 November, 11 December

**Time:** 10.00am–12.00pm

We have a volunteer adviser who can give you advice on topics such as:

- welfare rights
- employment
- benefits
- housing
- debt
- consumer issues
- immigration

Only three appointments are offered per morning, with one over the telephone. Telephone support is available outside these times.

**Any appointments made will be strictly private and confidential.**

**For further information and to make an appointment, please contact**

Joanne Waterman on 020 8809 8809  
joanne.waterman@norwood.org.uk



## Occupational Therapy

This service supports children and young people with social, emotional, mental health and special educational needs or disabilities, experiencing difficulties with independent function and development.

### Our assessment offer includes:

- individual and classroom screenings and assessments
- standard developmental tests
- sensory processing difficulty and handwriting assessments

### Therapeutic programme and specialist support includes:

- personalised occupational therapy programmes
- individual and group support
- joint occupational therapy and speech and language support
- cognitive approach to support visual perception and planning skills to enhance daily performance
- adaptive sensory motor, developmental and functional approaches
- advice on reasonable classroom, schools or curriculum adjustments and strategies to meet students' needs
- handwriting skills development and coaching
- strategies for daily routines and techniques to set, manage and achieve goals
- support with statements, Education Health and Care Plans (EHCP) and Individual Education Plans (IEP)
- advice workshops for families
- referrals to other professionals and agencies when required

**For further information, please contact**

Tanya Rihtman on 020 8809 8809  
tanya.rihtman@norwood.org.uk



## Speech and Language Therapy

This service works with children and young people with a range of speech, language and communication needs, helping them to develop skills and strategies for effective communication so that they can make the most of their school and home life.

This service is provided at schools, Norwood's family centres and appropriate locations in the community.

### Our offer:

- consultations, screenings and assessments, and personalised speech and language therapy programmes to address different areas of difficulty
- individual and group-therapy sessions
- joint speech and language and occupational therapy support
- support to families and schools to integrate strategies and approaches in students' everyday lives
- advice on school-wide strategies and planning to meet students' needs
- support with statements, Education Health and Care Plans (EHCP) and Individual Education Plans (IEP)
- training and support for teaching staff and families
- outreach support and programmes

### For further information, please contact

Lilo Seelos on 020 8809 8809  
lilo.seelos@norwood.org.uk



## Volunteers at Norwood

Norwood is a leading UK charity supporting vulnerable children and their families, children with special educational needs, and people with learning disabilities and autism.

**Our volunteers help to make our vital work possible.**

**Could you be one of them?**

### You can:

- support an adult with learning disabilities
- enjoy play time with children at one of our family centres
- help out at one of our charity shops
- assist with vital administration work in our offices
- brighten up someone's day with a coffee and chat
- share one of your favourite hobbies with an individual or group

**There are lots more ways to get involved with opportunities located all over London, Essex and Berkshire. Find out more today!**

### For further information, please contact our

Volunteering department on 020 8809 8809  
info@norwood.org.uk



## Norwood Wellbeing and Physical Activity

The Norwood Wellbeing and Physical Activity team offers a wide range of in-house and community-based physical activity opportunities for adults with a learning disability. Sessions can take place on a one-to-one basis or as part of a group and are led by qualified instructors.

### Types of session offered

- bocchia
- fitness
- health walks
- circuits
- oomph! physical activity programme
- gym
- multi sports
- rebound therapy
- 1:1 or group sessions

### Benefits

- increased energy levels
- decrease resting blood pressure
- improve reaction time and co-ordination
- improve flexibility and balance
- everyday tasks feel easier
- enjoyment and happiness
- decrease stress and anxiety
- improve overall wellbeing and quality of life

### For further information, please contact

Andrea Ford on 020 8809 8809  
andrea.ford@norwood.org.uk

## Sara's Kitchen

Sara's Kitchen is a fully functioning catering training kitchen, offering food preparation and barista training in a realistic setting for young adults with learning difficulties.

Our aim is to equip our trainees with practical and social skills that will enable them to live more independently.

The kitchen is attached to a café – offering soup, hot meal of the day, salads, sandwiches, cakes and biscuits – prepared by our young adults in the training kitchen, as well as coffee, tea and soft drinks.

We are open for breakfast, lunch and tea from 9.30am–5.00pm  
Monday to Thursday and Fridays from 9.30am–12.30pm.



### For further information, please contact

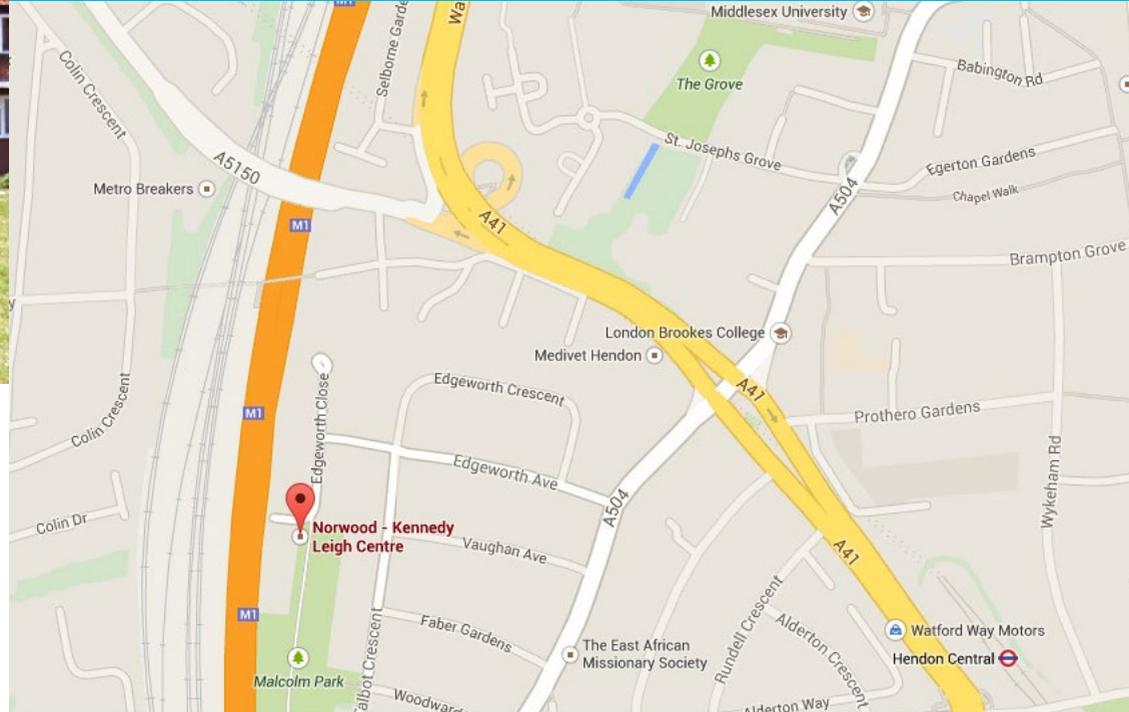
Mariette Mensah on 020 8809 8809  
mariette.mensah@norwood.org.uk



**AUTUMN  
PROGRAMME**

The Kennedy Leigh  
Family Centre

# How to find The Kennedy Leigh Family Centre



DAY	Morning	Afternoon	Evening
<b>MONDAY</b>	Twins & More 10.00–11.30am	—	Siblings' Group (monthly) 4.30–6.00pm
<b>TUESDAY</b>	2Gether AM (Parent/toddler drop-in) 10.15–11.45am	2Gether PM (Parent/toddler drop-in) 1.30–3.00pm	—
<b>WEDNESDAY</b>	—	Rainbow Group 1.30–3.00pm	Step Up 4.30–6.00pm
<b>THURSDAY</b>	SFSC 9.30am–12.30pm	Rainbow Group 1.30–3.00pm	—
	Messy Play 10.30–11.45am		

**If you need any further information you can reach us at:**  
The Kennedy Leigh Family Centre,  
Edgeworth Close, Hendon, London NW4 4HJ

-  020 8809 8809
-  kennedyleighinfo@norwood.org.uk
-  norwood.org.uk/kl

**If you would like to add your details to our mailing list or make a new referral, please contact**

020 8809 8809 • kennedyleighinfo@norwood.org.uk  
or Julie Marcow, Centre Manager, at julie.marcow@norwood.org.uk