Sycamore Trust
Barking & Dagenham Family Services
November Update

See below for the latest events, courses, playgroups and support we can offer to families of autistic children living in Barking and Dagenham.

COMING UP

Parent Support Groups

- **Parents of Autistic Girls Coffee Morning Friday 2nd Nov 10am – 12pm**
- **Autism Family Service Coffee Morning – Friday 13th Nov 10am – 12pm**

Workshops

- **PICA & ARFID Workshop – Monday 2nd Nov - 10am – 1pm**
  27-29 Woodward Rd, RM9 4SJ (still a few places left)
- **Sensory Differences Workshop – Monday 20th Nov - 11am – 2pm**
  HAT Community Hub, Scargill Infants, RM13 7PL
- **Supporting Your Child's Emotional Wellbeing (EBSA) – Tuesday 10th Nov – 10.30am – 1.30pm Gearies School, Gants Hill, IG2 6TF**
- **Working with School (EBSA)– Tuesday 16th Nov – 10.30am – 1.30pm**
  Gearies School, Gants Hill, IG2 6TF
- **Looking After Yourself as a Parent/Carer (EBSA) – Tuesday 1st Dec**
  10.30am – 1.30pm Gearies School, Gants Hill, IG2 6TF

(See below for full details)

Parenting Programmes

- **CONNECTING THROUGH PLAY TODDLER GROUP –** currently taking bookings for January.
- **SPARK –** Next course starts January. See flyer below for full details
- **EPEC Autism –** 2 courses starting in January 2027 at Woodward Rd, Dagenham and Barking Learning Centre. See flyer below for full details.

With best wishes,
Barking and Dagenham Family Services Team

To unsubscribe please email:
bdautismfamilyservice@sycamoretrust.org.uk

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Barking & Dagenham
Autism Family Service

Strengthening family wellbeing through understanding and support

Autism Support Group

Join us for coffee and a chat and the chance to meet other parents and carers for whom autism is a part of everyday life.

10am - 12pm

Friday 13th Nov 2026
Friday 4th Dec 2026
Friday 15th Jan 2027
Friday 12th Feb 2027
Friday 19th March 2027
Friday 23rd April 2027
Friday 21st May 2027
Friday 11th June 2027
Friday 9th July 2027

To save a place, please email
bdautismfamilyservice@sycamoretrust.org.uk



Supported by
COMMUNITY FUND

at
Sycamore Trust UK
27-29 Woodward Rd
Dagenham
RM9 4SJ

Coffee Morning

To support Sycamore Trust UK, scan the QR code

sycamoretrust rooted in the community UK
RAISING 30K FOR 30 YEARS

www.sycamoretrust.org.uk
BDautismfamilyservice@sycamoretrust.org.uk
020 8517 9317

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Parents/carers of girls aged 11-17

YOU ARE INVITED

We are inviting parents and carers of girls on the autistic spectrum, aged 11-17 to a coffee morning, at Sycamore Trust UK

This is a relaxed and informal gathering, aimed at bringing parents of autistic girls together and giving them a chance to meet, and share knowledge & experience.

The event will be hosted by two members of Sycamore Trust UK staff

Free places must be booked in advance. Please email *jan.hawkins@sycamoretrust.org.uk*



Venue:
Sycamore Trust UK
27-29 Woodward Rd
Dagenham
RM9 4SJ

Friday
6th Nov
10am-12pm

Coffee Morning

sycamoretrust rooted in the community UK
RAISING 30K FOR 30 YEARS

www.sycamoretrust.org.uk
jan.hawkins@sycamoretrust.org.uk
020 8517 9317

We still have a few spaces left at our PICA/ARFID Workshop on Monday 2nd November: Click the link below to book: https://www.eventbrite.co.uk/e/1996983139327?aff=oddtdtcreator



Scan the QR Code to access the Eventbrite page for the workshops below:

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RAISING 30K FOR 30 YEARS

Sycamore Trust U.K. Parent/Carer Workshop

Supporting your Child's Emotional Wellbeing

Gearies Primary School, Gants Hill,
Ilford, IG2 6TF
Tuesday 10th November, 2026
10.30am - 1.30pm

Scan here for booking info

Funded by
North East London Health & Care Partnership
NHS

Supporting your child's Emotional Wellbeing

A training workshop for Parents and/or Carers.

Supporting a child experiencing Emotionally Based School Avoidance (EBSA) can be challenging for the whole family. This workshop is designed for parent carers of neurodivergent children and focuses on practical ways to nurture your child's emotional wellbeing during periods of school-related distress. We'll explore strategies to reduce anxiety, build emotional resilience, strengthen connection, and create a sense of safety while responding to your child's individual needs. You'll leave with practical ideas, helpful resources, and greater confidence in supporting your child's wellbeing at home and beyond.

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Sycamore Trust U.K. Parent/Carer Workshop

Working With School - how to have better conversations

Gearies Primary School, Gants Hill,
Ilford, IG2 6TF
Monday 16th November, 2026
10.30am - 1.30pm

Scan the QR code for booking info

Funded by
North East London Health & Care Partnership
NHS

Working With School – how to have better conversations

A training workshop for Parents and/or Carers.

Building positive relationships with school can make a significant difference for children experiencing Emotionally Based School Avoidance (EBSA). This workshop is designed for parent carers of neurodivergent children and focuses on how to have constructive, collaborative conversations with school staff.

We'll explore how to communicate your child's needs effectively, prepare for meetings, advocate with confidence, and work together to identify supportive, realistic strategies that prioritise your child's wellbeing. You'll leave with practical communication tools, greater confidence, and ideas for building stronger home–school partnerships.

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Sycamore Trust U.K. Parent/Carer Workshop

Understanding Sensory Differences

HAT Community Hub, Scargill Infant School, Rainham
Friday 20th November, 2026
11am - 2pm

Scan the QR code to book your place

Funded by Schroder CHARITY TRUST

Understanding Sensory Differences

A training workshop for Parents and/or Carers.

This workshop explores sensory differences and how they can affect everyday life, emotional wellbeing, learning, communication, and social experiences. We will look at how people may respond differently to noise, touch, light, movement, clothing, food, smells, and busy environments. The session will offer practical strategies for parent/ carers to better understand sensory needs, reduce overwhelm, and support individuals to feel more comfortable, regulated, and confident.

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RAISING 30K FOR 30 YEARS

Sycamore Trust U.K. Parent/Carer Workshop

Looking After Yourself as a Parent/Carer

Gearies Primary School, Gants Hill, Ilford, IG2 6TF
Tuesday 1st December, 2026
10.30am - 1.30pm

Scan the QR code for booking info

Funded by North East London Health & Care Partnership NHS

Looking After Yourself as a Parent/Carer

A training workshop for Parents and/or Carers.

Supporting a child experiencing Emotionally Based School Avoidance (EBSA) can be emotionally and physically exhausting. This workshop is designed for parent carers of neurodivergent children and focuses on your wellbeing, helping you recognise the impact that supporting a child in distress can have on you. We'll explore practical self-care strategies, managing stress and uncertainty, coping with feelings of guilt or isolation, and building resilience while continuing to support your child. You'll leave with practical tools, helpful resources, and reassurance that looking after yourself is an important part of supporting your family.

Barking & Dagenham

SPARK

Supporting Play, Attachment, Regulation & Communication for Kids

Ten week parenting programme designed to give you the confidence, knowledge and practical strategies to support your child's development and transition to school

For parents/carers of children under five with social communication differences, an autism diagnosis or who are waiting for an autism assessment

The programme includes:

- 5 parent/carer workshops
- 5 personalised parent and child one-to-one sessions
- Support with play, communication, routines & sensory needs

Location:
Sycamore Trust UK, 27–29 Woodward Road, RM9 4SJ

When:
Workshops: Start Tues 12th Jan 10am–12pm (fortnightly)

1-to-1 sessions: Tues or Weds (fortnightly) start 13th Jan



To find out more, email sparklbbd@sycamoretrust.org.uk or call 020 8517 9317. Spaces are limited.

Barking & Dagenham Family Hub

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Barking & Dagenham

EPEC- Autism

Two new courses starting in January 2027

Empowering Parents, Empowering Communities (EPEC) Autism is a 10-week parenting course for families living in Barking and Dagenham with a child 4 or under who is autistic or experiencing social communication differences.

When and where?
Choice either Tuesdays or Thursdays

Tuesdays: weekly from Tues 12th Jan 2027 until Tues 23rd Mar (no session on 16th Feb due to half term) 10am-12.30pm at Barking Learning Centre, IG11 7NB.

Thursdays: weekly from Thurs 14th Jan until Thurs 25th Mar (no session on 18th Feb due to half term) 10am-12.30pm at Sycamore Trust UK, RM9 4SJ

Interested families must meet eligibility criteria. To register, email **epeclbbd@sycamoretrust.org.uk** or call **020 8517 9317**



EMPOWERING PARENTS EMPOWERING COMMUNITIES

Barking & Dagenham Family Hub

sycamoretrust UK

NHS
North East London
NHS Foundation Trust

B&D HELPLINE

Are you a parent of a child under 6 with social or communication difficulites?

We can help you support your child with toilet training, sleep, feeding, diet and nursery or school applications. As parents ourselves, we have lots of ideas for play to enjoy spending time with your child. By phone or by email, our friendly team can help identify the best resources for you.

HELPLINE NUMBER

(ask for Christine)

020 8517 9317

Opening times

Monday
9am to 4pm

Or email *BDHelpline@sycamoretrust.org.uk*
Please note - e-mails will be responded to during the times stated above



sycamoretrust.uk

NHS
North East London
NHS Foundation Trust

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All behaviours welcome!

Bem-vindo

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Connecting Through Play

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Is it difficult for your toddler to communicate with you using words?

Would you enjoy finding new ways to play with your child?

Are busy play groups overwhelming?

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Join our parent-toddler play sessions supporting you to play with your little one, meet a small group of other families, and connect with local support and advice.

Monday	Tuesday
10 am to 11.15 am	10.15 am to 11.30 am
Dagenham	**Barking**
Sycamore Trust 27 -29 Woodward Road RM9 4SJ	Al Madina Mosque 2 Victoria Road IG11 8PY

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Welcome

Supporting family, friends and professionals are welcome.
Let us know if you would like a translator present and we will try to provide this

Our friendly team is here to book you into a session and answer any questions:

ConnectingThruPlay@sycamoretrust.org.uk

0208 517 9317

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Bienvenue

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Barking & Dagenham Autism Family Service

Strengthening family wellbeing through understanding and support

1:1 advice
Monthly parent/carer support groups
Workshops and training
Wellbeing events

Support with:

- Understanding autism
- The pathway to diagnosis
- Positive strategies for social interactions & communication
- Supporting behaviour & sensory needs
- Navigating the SEND system (including education and EHCPs)
- Signposting to local services and professionals



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B&D Autism Family Service

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www.sycamoretrust.org.uk
BDautismfamilyservice@sycamoretrust.org.uk
020 8517 9317

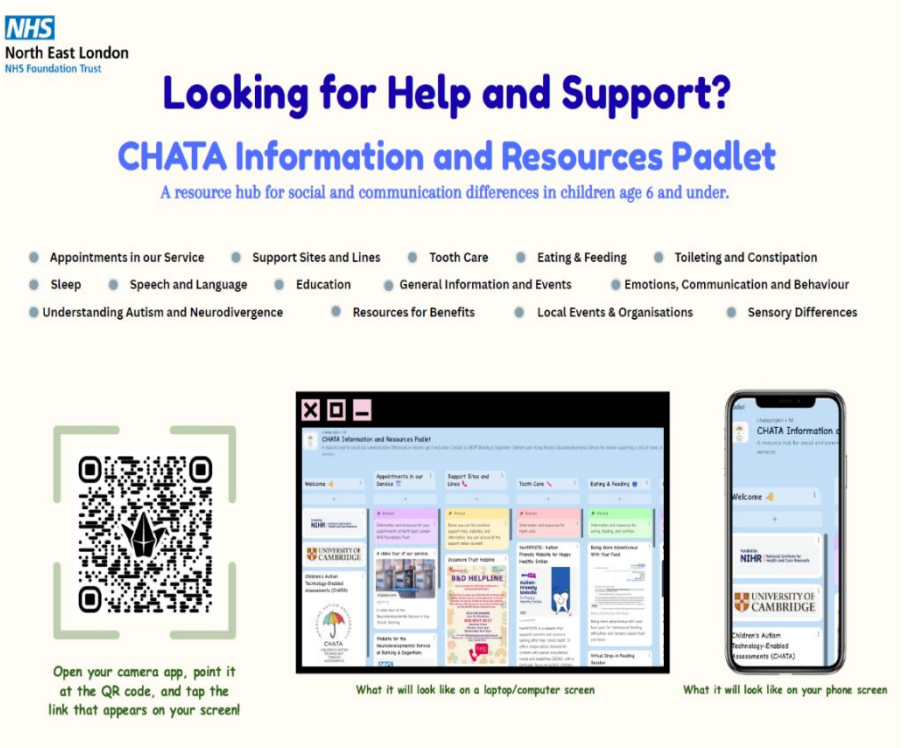
Our B & D Facebook Page

Another way to keep updated about what's going on in your local borough.

Click on the link below to start following us



:**https://www.facebook.com/profile.php?id=61590008855149**



Click here:

[CHATAProject Information and Resources Padlet]

B & D Educational Psychology Service – Parent/Carer Helpline

Spaces for this service do go fast but it is always worth going on the waiting list as you should get priority when new slots are available and the hope is that if there is evidence of demand, the service may be expanded.



Barking and Dagenham Educational Psychology Service

Parent & Carer Support Helpline

Barking & Dagenham



Who are we, and what do we do?

We are trained Educational Psychologists (EPs). We work with families, nurseries, schools and colleges to help children and young people aged 0-25. We use what we know about how young people think and learn to support them to do their best.

How does this helpline work?

Parents and carers can talk to an EP about things **at home** that might be tricky for them and their child and **explore helpful ways to support their child.**



PHONE CALL	WHEN	HOW
Up to 45 minutes	Tuesday mornings School terms only	Book a time in advance

Confidential Discussions: We keep your information private. If we are worried that someone may be at risk of harm, we may need to share information to help keep them safe.

What can you talk to us about?

- ✓ Helping your child feel happy and calm
- ✓ Helping your child learn at home
- ✓ Making friends
- ✓ Following routines
- ✓ Managing strong emotions
- ✓ Worries about going to school

How can we help?

LISTEN

We will listen to your concerns and what you have tried.

UNDERSTAND

We can help to understand what might be going on.

SHARE IDEAS

We will share practical ideas and next steps you can try at home.

Will the EP see your child?



No, this is a one-off consultation service for parents and carers.

We will not:

- × meet or assess your child, or write a report
- × contact your child's school
- × provide ongoing Educational Psychology support
- × contribute to Education, Health and Care (EHC) needs assessments or reviews.

Need different help?

Support in school: Talk to your child's teacher, SENCO or Inclusion Lead.
EHC needs assessment / EHCP: Visit Barking & Dagenham Local Offer

How to book a session?

- ❖ Scan the QR code to choose a time or fill out a form here: http://bit.ly/42E9YgC
- ❖ New timeslots will come out at the start of each school term.
- ❖ If there aren't any timeslots available and you want to be notified of the new timeslots, fill out this other form here: https://forms.cloud.microsoft/e/95GT6d5uiw

Updated October 2026

How to get in touch:

Autism Family Service
Jan Hawkins
bdautismfamilyservice@sycamoretrust.org.uk

B &D Helpline (0-6)
Christine Langan
BDHelpline@sycamoretrust.org.uk

SPARK
Emily Harber & Christine Langan
sparklbbd@sycamoretrust.org.uk

Connecting through Play
Marie Jones & Kerry Benham
connectingthruplay@sycamoretrust.org.uk

EPEC
Emily Harber
epeclbbd@sycamoretrust.org.uk

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