

## Top 5 Local Resources

### Enfield Local Offer: [Enfield's local offer for SEND | Enfield Council](#)

#### 1) **Enfield Advisory Service for Autism**

##### [Enfield Advisory Service for Autism - Home](#)

- Cuppa and Chat for parents
- Request for Individual Involvement (Self-Referral)
- Training/Workshops for Parents (E.g. Supporting Self-Care)

EASA provides comprehensive support for families with autistic children:

- **Supporting Self-Care Workshops:** A 5-week program for parents of children under 12, focusing on developing self-care skills such as toileting, mealtime routines, dressing, and grooming. The workshops encourage sharing experiences and strategies among parents, guided by professionals. [Enfield Advisory Service for Autism](#)
- **Post-Diagnosis Support:** Tailored sessions for parents of newly diagnosed autistic children, offering psychoeducation to understand autism and strategies to support their child effectively. [Enfield Advisory Service for Autism](#)
- **Cuppa and Chat Sessions:** Monthly informal gatherings for parents and carers to connect, share experiences, and receive support from the EASA team. [Enfield Advisory Service for Autism](#)
- **Time to Play:** Sessions for parents with children up to 3 years and 6 months, providing opportunities for play and interaction in a supportive environment. [Enfield Advisory Service for Autism](#)
- **Tree of Life and PEERS Sessions:** Therapeutic programs for parents and their children aged 11–17, focusing on building resilience and social skills. [Enfield Advisory Service for Autism](#)



## 2) **Enfield Carers Centre**

### **[Enfield Carers Centre - information and support charity](#)**

- Health and Wellbeing Services (E.g. Counselling, Support Groups, Sitting Service, Days Out, Relaxation and Exercise sessions)
- Training and Information Sessions (E.g. First Aid, Carer Advocacy Skills, Benefits & Legal Advice)

ECC offers a range of services for carers, including parents and young carers:

- **Training and Information Sessions:** Workshops on topics like first aid and basic nursing skills to equip carers with essential knowledge.
- **Young Carers Support (EyPIC):** Programs for young carers aged 5–18, including:
  - **Wednesday Evening Hubs:** Bi-weekly clubs featuring activities such as arts and crafts, therapy dog visits, theatre workshops, and games. [Enfield Carers Centre](#)
  - **Outings and Activities:** Regular trips and events, including seaside visits, theatre outings, and residential weekends, providing respite and social opportunities. [Enfield Carers Centre](#)
- **Help and Advice:** Support with education-related costs, debt advice, and access to resources like free data SIM cards for carers. [Enfield Carers Centre](#)



### 3) **Our Voice**

#### **OurVoice - Home**

- Coffee Mornings
- Workshop/Information Sessions (PBS, Healthy Parent, Information about the SEN Services)
- Our Voice Family Party Days

Our Voice is a parent-led organization aiming to improve services for children with disabilities and special educational needs:

- **Information and Support:** Regular updates, newsletters, and workshops to inform and empower families. [ourvoiceenfield.org.uk](http://ourvoiceenfield.org.uk)
- **Family Network Support Helpline:** A dedicated line offering advice and support to families navigating services and challenges.
- **Consultancy Services:** Running parent consultations and providing training for parents and professionals to enhance understanding and collaboration.



### 4) **Cheviots – Joint Service for Disabled Children**

#### **Cheviots children's disability service | Enfield Council**

- Possible eligibility for Short Breaks – parent should look into.
- Behaviour Support Service
- Sleep Workshops

Cheviots offers services for children with disabilities and their families:

- **Positive Behaviour Support Workshops:** Collaborative sessions with Our Voice, focusing on strategies to manage challenging behaviors in children with special educational needs and disabilities.

- **Behaviour Support Drop-in Sessions:** Monthly informal sessions at Cheviots Children's Centre, providing an opportunity to discuss behavioral challenges with professionals and other parents.



#### 5) **Enfield NAS (National Autistic Society)**

##### Enfield Branch NAS

- Coffee Mornings
- Workshops/Information Sessions (E.g. ATLAS, Rising to Reception)
- Family Activities (Summer Sunday Play Sessions)

ENAS provides support and activities for autistic individuals and their families:

- **SEN Trampoline Sessions:** Held at AirHop in Enfield every Monday from 6:00 pm to 7:00 pm. Pre-booking is required.
- **Coffee Mornings:** Regular informal gatherings for parents and carers to connect and share experiences.

