

Harrow Parent Carer Forum

Newsletter

12 January, 2026

**Our next Coffee Mornings will be on Friday 16th
January, 2026**

Happy New Year!

Harrow Parent Carer Forum First Drop-in Coffee Morning of 2026

Happy New Year!

We'd love you to join us for our first Coffee Morning of 2026. Drop in for a relaxed chat, connect with other parents, and hear what we have planned for future sessions

Date
**Friday 16
January
10-12**

**FREE onsite Parking
FREE refreshments**



**Old Lyonians Sports &
Social Club, 74 Pinner View
Harrow HA1 4QF**

We hope all our families had a restful and calm festive period and were able to enjoy some time to pause and recharge. As we step into the new year, the Harrow Parent Carer Forum is now back in operation, and we're looking forward to reconnecting with you all.

We'll be kicking things off with our first drop-in Coffee Morning of the year on Friday 16 January — a relaxed opportunity to come along for an

informal chat, meet other parent carers, and hear a little about what we have planned for the months ahead. Whether you're a familiar face or joining us for the first time, you'll be very welcome.

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Stars and SEND Sports Club - Cedars Family Hub - Saturday 7th February



STARS & SEND SPORTS CLUB

SENSORY PLAY

- Winter themed Arts and Crafts
- Musical instruments
- Explore different textures and smells
- Drinks and snacks

SATURDAYS
TIME :11:30- 12:30
Cedars children's centre
Whittlesea Road
Harrow
HA3 6LS

www.starsandsendsportsclub.com

The poster features a dark blue background with white snowflake patterns. It includes images of snow globes, snow globes, a xylophone, and a hot chocolate drink with whipped cream.

Stars and SEND Sports Club will be delivering a Winter Sensory Play Group from Cedars Children Centre on Saturdays. [Stars and SEND Sports Club | sports classes children special needs | Harrow, UK](https://starsandsendsportsclub.com)

The next groups will take place on Saturday 7th February.

Stars and SEND Sports Club are based in Harrow and Ealing and offer Multi-Sports classes to all children. Their sessions are taught by a qualified SEN teacher and supported by assistants. Their programmes are designed to support and engage children with Special Educational Needs and Disabilities (SEND), with or without diagnoses, supporting them to develop physical skills, confidence, and feel part of a welcoming community.



STARS & SEND SPORTS CLUB

MULTI-SPORTS CHILDREN WITH SEND

SATURDAYS 2PM
PRIMARY AGES
CLAREMONT HIGH SCHOOL Harrow
HA3 0UH

SUNDAYS 2PM
PRIMARY AGES
ALEC REED ACADEMY ,Bengarth Rd,Northolt
UB5 5LQ

SUNDAYS 3PM
SECONDARY AGES
ALEC REED ACADEMY ,Bengarth Rd,Northolt
UB5 5LQ

WWW.STARSANDESENDSPORTSCLUB.COM

The poster features a light grey background with a soccer ball icon and a trophy icon. It includes images of a soccer ball, a basketball, and a colorful umbrella.

The Winter sensory play sessions are for children between 4-11, older children can be considered if they're interested. Parents carers are to book online, links are below for each poster (please note, fees are attached to each group)

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Optivita Health and Well-Being Event Tuesday 13th January 2026

Delivered by Blossom and HEALTHY HARROW. Optivita Early Years. LONDON BOROUGH OF HARROW.

Working with GP Direct and Shaftesbury Medical Centre

Meet your local Community Health and Wellbeing Workers

Come and speak to the local professionals

Learn more about your child's health and your family's wellbeing, including:

- Cadent (Age Concern)
- Community Pharmacies
- Conversation Cafe
- Early Years Team
- GPD Asylum Seeker Group
- Harrow Housing Needs
- Harrow Law Centre
- Hestia Support Services
- Homestart
- Oral Health (Dentist)

Meet the Blossom Maternity Champions

Tuesday 13th January 2026
10:00am – 12:00 noon
Roxeth Community Church,
Coles Crescent, South Harrow
HA2 0TN

Refreshments and soft drinks available.

Suitable for families with at least one child under six years old.

Email: optivita@blossomantenatal.com

No need to book – families can just turn up

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Fair Shot Cafe Supported Internship Online Information Event



Fair Shot Cafe are planning an online event in the new year for people to find out about work experience placements at their Covent Garden cafe that are available from September 2026 as part of the supported internship programme that the Mencap Training Academy deliver in partnership with Fair Shot.

The event is open to eligible young people aged between 16 and 24 who have an EHCP, their parents/carers and any other professionals working with young people with SEND.

The link for the event for those who might be interested

is: <https://www.eventbrite.com/e/mencap-fair-shot-supported-internship-tickets-1976436848819?aff=oddtcreator>

The event will be held online between 6pm and 7.30pm on Thursday 22nd January. To receive the link to join the call, please sign up via the Eventbrite page

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Afghan Breastfeeding Session with Blossom



Blossom

برای
اطلاعات
بیشتر



For more
information on
breastfeeding
support

Brent

For up to date times and locations of our BfN support groups, please **like** and **follow** us on:



<https://tinyurl.com/BfNBrentFacebook>



<https://tinyurl.com/BfNBrentInstagram>



<https://www.breastfeedingnetwork.org.uk/project/brent/>

Harrow

For up to date times and locations of Harrow support groups and online courses visit:



www.breastfeedinginharrow.org



www.blossomantenatal.com

Education, support and community for new families

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Understanding autistic children from the inside by Laura Kate Hutton, Autistic Parent & Author



Here is a resource to explain what safety feels like from the inside - and how it shapes behaviour and regulation in autistic children.

It isn't a programme or toolkit. It's a practical framework that helps parents and educators understand what drives behaviour, and how to create environments where children feel genuinely safe.

You can view an 8-page free preview here: bit.ly/48WQtSX

The full booklet is £14.99: bit.ly/3KvOm0i

Laura Kate Hutton, Autistic Parent & Author

beyondthebehaviour.info@gmail.com | <https://beyond-the-behaviour.myshopify.com>

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contact *For families
with disabled children*

Welcome to What's new

Happy New Year from everyone at Contact. We hope you had a lovely Christmas break with your family.

We're back this week with news about a youth employment review and how you can share your thoughts, more Contact Weekly Lottery winners and our advice on upcoming changes to the welfare benefits system.

And don't miss our partner shop Fledgling's January sale!

Milburn Review on youth employment launched — Contact urges families to speak up



The [government has launched the Milburn Review to investigate](#) why so many 16–24-year-olds are not in education, employment or training (NEET).

The review is now calling for evidence from young people, families and employers. Disabled young people must be part of this conversation too.

This comes at a critical time when many families are anxiously awaiting the government's decision on

whether it will [scrap the Universal Credit health element \(currently called the LCWRA\) for severely disabled young people under 22](#). The consultation on this proposal closed earlier in the year, and a final announcement is expected this year.

The Milburn Review is inviting evidence until 30 January 2026. Parent carers and disabled young people can share their experiences by emailing youngpeopleandwork.report@dwp.gov.uk

We will be submitting evidence informed by what families tell us every day. If you'd like to share your views with us directly, please email una.summerson@contact.org.uk

News round-up

- **More parents of disabled children win £1,000 in the Contact Lottery**

We're delighted to share the amazing news that another [FIVE parent carers of disabled children have won £1,000](#) each in the [Contact Weekly Lottery!](#)

- **Thank you for being part of our incredible community last year**

We think it's important to celebrate the wins of 2025 – because there were a lot of them! [Watch our joy-filled video to see some of our highlights.](#)

Vote for our film and help us win a Smiley Award!

We've entered [our film about the many ways Contact's parent advisors support families](#) with disabled children and children with additional needs into the Smiley Charity Film Awards.

The short 3-minute film features our team in Ealing, where Contact has been supporting families for over 40 years. Your vote will decide whether our film is shortlisted for an award, so your vote really matters.

Voting closes on 30 January, and every vote could get us one step closer to winning a Smiley Award and help us reach more families.

[Watch our film and vote for us now!](#)

Find out about upcoming benefits changes

The UK welfare benefits system is often subject to reform, and many changes are proposed over the next few years. This includes to Universal Credit, Personal Independence Payment, and Work Capability Assessments.

You can find out more about all these changes and more on our page, [ongoing benefits changes](#).

New DCP survey launched

As proud members of the Disabled Children's Partnership (DCP), we're encouraging parent carers to take part in the new DCP Parent Carer Survey. Your experiences and insights are crucial in building a clearer picture of the challenges families face, and what support truly makes a difference.

Find out more and take part.

It's the Fledglings new year's sale!

Our partner shop Fledglings is [welcoming the new year with its January Sale](#), offering families the chance to save across a wide range of trusted sensory, adaptive and everyday essentials. Throughout January selected products are reduced, from calming sensory items to practical solutions for daily routines. And as a not-for-profit CIC, every purchase from Fledglings helps support its wider work for families of disabled children and adults.

Offers are available for a limited time and while stocks last. [Shop the sale now.](#)

Want to receive Contact's information directly to our own email inbox? Sign up to news and updates from Contact [here](#)

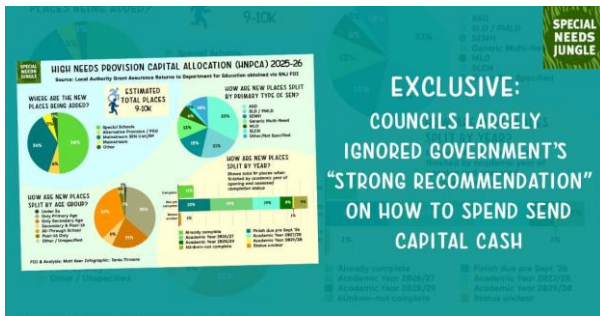
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SPECIAL NEEDS JUNGLE
SPECIAL EDUCATIONAL NEEDS ♦ DISABILITY ♦ HEALTH CONDITIONS ♦ RARE DISEASE

Parent-led information, resources and informed opinion about children and young people 0-25

EXCLUSIVE: LAs largely ignored Government’s “strong recommendation” on how to spend SEND Capital cash



Old wine, new, smaller bottles

The £740m grant was dished out to LAs last summer. It’s part of a long-running scheme called the [High Needs Provision Capital Allocation](#) (HNPCA).

[Read on here](#)

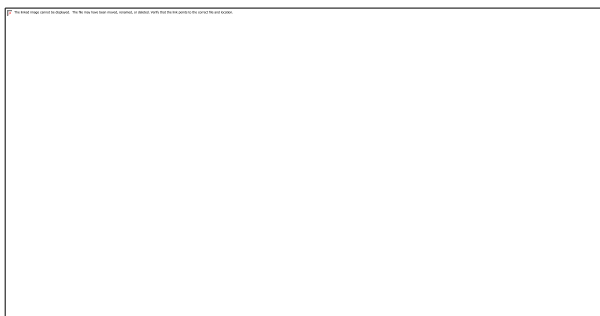
At 13, Functional Neurological Disorder changed my life forever—my EHCP’s therapy activities helped me get back outside



SEN and disability can affect anyone at any time. It’s always interesting to wonder if those who decry properly supporting disabled children and young people, suddenly found themselves caring for a child or relative with a disability, or if they themselves became disabled, how their attitude would change.

[Read on here](#)

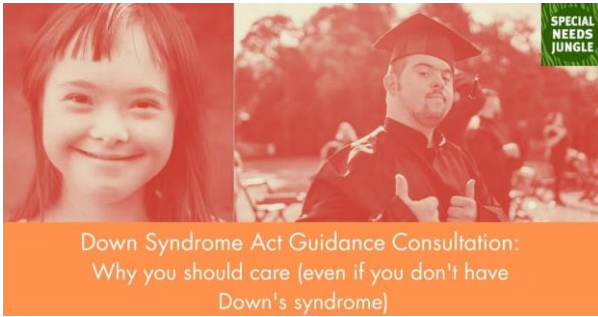
Leaks, denials, and fake conversations are no way to inspire parental confidence in Government SEND plans



What’s going on at the Department for Education? How can this be happening again? Even though we are all supposed to be in the middle of (checks notes) “the biggest national conversation about SEND in a generation”, it seems the only way national policymakers can share their intentions about a

massive overhaul of SEND is via leaks from insiders to national newspapers (paywalled, [read it free here](#)) [Read on here](#)

Down Syndrome Act Guidance Consultation: Why you should care (even if you don't have Down's syndrome)



The [Down Syndrome Act 2022](#) has been quietly making its way through the policy machine since it gained Royal Assent back in April 2022. It included a [comprehensive call for evidence](#) that received over 1,500 responses back in autumn 2022.

The Act started life as a Private Members Bill from Dr Liam Fox MP. Unusually for Westminster, the Act managed to attract cross-party support and had very little scrutiny by politicians (though that is not to say it was uncontroversial as [we previously reported](#)). [Read on here](#)

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Harrow's SEND Local Offer



The Harrow Local Offer sets out the services and support available in our borough for children and young adults under the age of 25 with special educational needs and those who are disabled. It also provides information

about a young person's transition into adulthood.

The purpose of the local offer is to enable parents and young people to see more clearly what services are available in their area and how to access them. Knowing what is available and how it is accessed gives more choice and control to families and young people.

Visit Harrow's SEND Local Offer [here](#)

Cost of Living Support

As The Cost of Living crisis continues, causing a huge impact on families across Harrow, with soaring energy bills, mortgage rates, and food price increases. HPCF provide the following link for information about food support, mental health & local support, housing and low-cost furniture. For full details click [here](#)

The Government is delivering a support package worth billions of pounds to help people with the cost-of-living. For information about the support available and to see if you are eligible, please see the below links:

[Hardship Fund Scheme](#)

[Cost of living support - GOV.UK \(www.gov.uk\)](#)

[Help for Households - Get government cost of living support](#)

<https://www.harrow.gov.uk/benefits/help-cost-living>

[Benefit calculator \(entitledto.co.uk\)](#)