



November Edition



Sycamore Trust U.K. offers a range of services specifically designed to support autistic individuals and their families.

Family Support Groups

The monthly support groups for parents/carers of children and adults on the Autistic Spectrum is a great way to access information and meet with other parents in an informal and friendly setting.

Staff are also on hand to offer advice and information either in the group setting or where needed on a one-to-one basis.

The next Support Group takes place on Monday **15th December**, 10:30pm-12:30pm at:

27-29 Woodward Road, Dagenham RM9 4SJ

Please book a space by emailing amanda.shaw@sycamoretrust.org.uk or calling 020 8517 9317

Warm Spaces

Warm Spaces are relaxed places where anyone is welcome! They are inclusive and accessible for anyone & are friendly spaces that offer a little something extra for people to enjoy during the day.

This could be a space that offers arts and crafts, board games, toddler zones, computers, Wi-Fi access and snacks and refreshments.

It's a space where visitors can come and go as they please with no need to pre-book and free access.

For a list of Warm Spaces in Barking and Dagenham, please visit the [LBBd website](http://www.lbbd.org.uk).



Apply online now
for a reception school place
www.eadmissions.org.uk

The closing date for your online application and the other information we ask for is

15 January 2026



If your child was born between 1st September 2021 and 31st August 2022, they will start full-time school in September 2026.

Children already in our School Nursery **must** make an online application for a Reception place- having a nursery place does **NOT** guarantee a place in Reception next year.

For more information about applying for a Reception place, please visit [LBBd School Admissions](http://www.lbbd.org.uk) and click on the link entitled '[Starting School Children Aged 3 and 4](#)'

Valence House- Santa's Grotto with SEND session

Tickets must be booked in advance by either visiting Valence House reception or calling them on 020 8227 2034



Meet Father Christmas in his grotto, let him know what you want for Christmas and get a special present.

£3.50 per child.

Time slots available: 10.15am – 11.15pm, 11.15pm – 12.15pm, 1.30pm – 2.30pm & 2.30 – 3.30pm



A sensory reduced experience for SEND children to enjoy with their families.

Meet Father Christmas and take part in fun arts and crafts. £5 per child. Limited spaces available.





ADDUP stands for "Attention Deficit Disorders: Uniting Parents". They are a registered charity, support and action group run by parents of children with ADHD

- Do you suspect your child has ADHD?
- Has your child been diagnosed with ADHD?
- Do you need advice and/or support?

Ask at CYPD HUB reception or call 0208 227 5500 about booking an appointment to have a chat with the ADDUP team about any concerns you have around your ADHD child.

Dates: The last Tuesday of the month during school termtime

Times: 9am to 1pm

Location: Children and Young People Disability Hub, Becontree Community Hub, Dagenham

This session is run
by <https://www.addup.co.uk/>

Next date is 25th November

14TH OCTOBER - 30TH NOVEMBER 2025



GIVE A GIFT APPEAL

We believe that every child should have a present to open on Christmas morning. Sadly for over 33% of children living in London and surrounding areas, this won't be the case with over 700,000 children living in poverty.

With your help, last year we provided gifts to over 2400 local children. Can you help us support the 2800 children we have relying on us for a gift this year?

Just pop into our KidEco store in Brompton Walk, Lakeside shopping centre and select a tag from our tree with the age, gender and interests of a child in need of a gift Christmas morning. Alternatively, email us and we can provide you with details. Gifts then need to be returned to us by 30th November, unwrapped so we have time to distribute them before the big day.



www.thekidsbankhq.org
info@thekidsbankhq.org

The Kids Bank HQ - Registered Charity No. 1198462



Women's Self Defence Classes

As part of the 16 Days of Activism, which launches on Tuesday 25th November, Barking and Dagenham are offering FREE self-defence classes across the borough for women. Learn practical skills, boost your confidence, and take control of your safety.

When & Where:

Thursday 27th November | 12.30pm to 2.30pm
Barking Learning Centre

Saturday 6th December | 10am to 2pm
Barking Learning Centre

Monday 8th December | 10am to 12pm
Thames Community Hub

Wednesday 10th December | 12.30pm to 2.30pm
Barking Rugby Club

Book your place now: <https://orlo.uk/XXWgn>

