



**CHILDREN
AND FAMILY
SERVICES**

2024

GROUPS, COURSES, SUPPORT

Inclusive services for children, young people and their families

At Norwood we provide a range of early intervention groups and services, specialist help and advice to children and families in the Jewish community and beyond.

Our experienced team offers emotional, therapeutic and specialist advice and guidance. We provide a range of group and individual support to help parents to manage supporting their children who may be neurodivergent or have neurodevelopmental disabilities.

This booklet gives a short introduction to the range of courses, groups and therapies available in 2024. If you would like to discuss these in any more detail, or would like to discuss your own circumstances in complete confidence, please call us on 020 8457 4745 or email us at kennedy.leighinfo@norwood.org.uk.

Kind regards,

Heather Cohen

Head of Children & Family Services





Counselling & Psychotherapy

Our specialist Counselling & Psychotherapy Team is made up of qualified therapists who specialise in supporting children, young people and families. We offer weekly 1:1 sessions, which enable children to explore their experiences in a safe and non-judgmental space.

Our experienced therapists work with the support network and systems around the child including parents / carers, schools, and Child and Adolescent Mental Health Services (CAMHS). This is because we understand that therapeutic outcomes are improved by offering a joined-up approach, helping to prevent issues from escalating. We believe early intervention is vital in ensuring that more serious mental health issues are avoided in the future. We help children and young people process loss, trauma, challenging developmental stages and complex family relationships. Each case is carefully assessed to ensure a suitable match with one of our team. Our adult counsellors provide support to parents whose children are using our services.

Back by popular demand Homework Club

An after-school club, where children in school years 3-6 who need support to focus gain new tools to help them complete their homework independently, receive expert guidance and tools from experienced and dedicated teachers, in a relaxed and fun atmosphere.

When

Thursdays, contact us for further details

Time

4.30 – 6.00pm

Where

The Kennedy Leigh Family Centre

Cost

£10 per session

Email:

alison.riffkin@norwood.org.uk

Phone:

020 8457 4745



Back by popular demand

2Gether Stay & Play

A weekly drop-in session for parents, babies & young children aged 0 – 5. Let your child explore their creativity through arts and crafts and messy play. Give your child the opportunity to build their confidence and skills through trying new experiences and learning to play with others. Staffed by our Family Support team, who can give support to parents with any questions they may have regarding their child and their developmental milestones.

When

Tuesdays, starting 5th March

Time

1.30 – 3.00pm

Where

The Kennedy Leigh Family Centre

Cost

£5 per child per session

Email:

alison.riffkin@norwood.org.uk

Phone:

020 8457 4745

One to One Parenting Support

Taking place at a time to best suit you, these six tailor-made one-to-one parenting sessions are designed to empower you with personalised strategies, specialist guidance and support with parenting children and young people who may be neurodivergent or have a neurodevelopmental disability. The course will help develop bespoke techniques to nurture healthy relationships, effective communication, positive behaviours and build confidence to help create long-lasting harmonious family dynamic.

When

At mutually convenient dates

Time

At a mutually convenient time

Where

The Kennedy Leigh Family Centre

Cost

£60 for six sessions

Email:

alison.riffkin@norwood.org.uk

Phone:

020 8457 4745

EXPLORING AUTISM



Exploring Autism

PARENTS' GROUP

A 6-week parenting programme designed for parents and carers of children and young people who may recently have had, or may be waiting for, a diagnosis of autism. The group focuses on providing a comprehensive understanding of autism, together with tailored strategies and behaviour management tools. A supportive environment is maintained whilst highlighting the uniqueness of each autistic child.

When

Please contact us for details

Time

10.00am – 12.30pm

Where

The Kennedy Leigh Family Centre

Cost

Course fee: £60

Email:

daryl.freeman@norwood.org.uk

Phone:

020 8457 4745

Siblings Groups

CHILDREN'S GROUP, SCHOOL YEARS 3 – 6

The Sibling Group meets monthly and offers an opportunity for brothers and sisters who have siblings, a place to have fun, share experiences and feel safe to discuss their feelings.

When

Runs monthly, please contact us for details

Time

4.15 – 5.45pm

Where

The Kennedy Leigh Family Centre

Cost

£40 per term

Email:

vera.hart@norwood.org.uk

Phone:

020 8457 4745



Rainbow Groups

PARENTS' GROUP

Rainbow Groups offer support to parents and carers who have children aged 0 - 11 who are neurodivergent or have a neurodevelopmental disability. They provide an opportunity for parents to talk about their feelings, receive emotional and practical support and information share with other members of the group.

When

Monday PM,
Wednesday AM,
Thursday PM,
Please contact us for details

Where

The Kennedy Leigh Family Centre

Cost

£80 per term

Email:

daryl.freeman@norwood.org.uk

Phone:

020 8457 4745

Rainbow Plus

PARENTS' GROUP

Rainbow Plus is a monthly Group which offers support to parents and carers of older children aged 11+ who are neurodivergent or have a neurodevelopmental disability. They provide an opportunity for parents to talk about their feelings, receive emotional and practical support and information share with other members of the group.

When

Monthly, please contact us for details

Time

1.00 – 2.30pm

Where

The Kennedy Leigh Family Centre

Cost

£40 per term

Email:

sandy.rapp@norwood.org.uk

Phone:

020 8457 4745



Twins and More

PARENTS' GROUP

The Twins and More Group offers support to parents and carers of multiple births. Parents/carers will have the opportunity to think about parenting and share experiences, information and ideas. Children are looked after in a crèche which is run by caring trained members of staff and volunteers.

When

Mondays, please contact us for further details

Time

10.00 – 11.30am

Where

The Kennedy Leigh Family Centre

Cost

£80 per term

Email:

jackie.lewin@norwood.org.uk

Phone:

020 8457 4745

Talking Teens

PARENTS' GROUP

A 4 week parenting programme designed for parents of secondary school students aged 11 – 18, including those who are neurodivergent or have a neurodevelopmental disability.

Programme aim

To ease the transition from childhood to adolescence, by encouraging positive parenting and relationship building.

What the sessions cover

Effective communication, relationship building, managing conflict, building self esteem, managing problem behaviour.

When

Next group will start in September, contact us for further information

Time

7.15 – 9.15pm

Where

The Kennedy Leigh Family Centre

Cost

£65 to include parent manual

Email:

vera.hart@norwood.org.uk

Phone:

020 8457 4745



Non-Violent Resistance

PARENTS' GROUP

The NVR Parenting Approach supports adults caring for young people, aged 3 – 18 years, who present with challenging and/or violent behaviours.

This 9-week course focuses on how to better understand and manage your child's behaviour and improve family relationships and communication, despite the difficulties

It offers practical tools to enable and empower parents to feel confident in their responses to challenging behaviour including the unique difficulties children who are neurodivergent or have neurodevelopmental disability might display.

When

Contact us for details

Time

10.00am – 12.30pm

Where

The Kennedy Leigh Family Centre

Cost

£100 per person

Email:
sandy.rapp@norwood.org.uk

Phone:
020 8457 4745

First Steps

SHORT BREAKS GROUP

First Steps is for pre-school children (16 months to 5 years) with complex health needs and life-limiting conditions including speech & language, mobility and communication difficulties. The group offers parents a break from caring whilst a trained and experienced team provides one to one support. Children will have the opportunity to:

- Engage in fun activities: arts & crafts, cooking, music, indoor/outdoor play
- Socialise and interact with other children
- Gain greater confidence
- Develop independence
- Every child will enjoy a healthy snack and a well-balanced lunch
- 1:1 support provided for every child

When

Every Wednesday (term time only)

Time

10.00am – 1.00pm

Where

Hendon or Finchley

Cost

Funding through Local Authority - £5 parental contribution per session required

Email:
priscilla.brobby@norwood.org.uk

Phone:
07955 311 319



After School Clubs

CHILDREN'S GROUPS, AGES 5 - 11 AND 12 - 18

We provide inclusive play opportunities for children and young people, enabling them to participate in activities after school whilst being fully supported by a dedicated and skilled staff team. We offer after-school clubs for children between the ages of 5 - 11 years and 12 - 18 years. We create fun programmes to meet each person's individual needs.

There's a wide range of activities on offer, including:

- Arts and crafts
- Dance
- Cookery
- Music
- Sports
- Sensory play

When

Tuesdays (term time only)

Time

4 – 6.00pm

Where

The Kennedy Leigh Family Centre or
The Hub, location TBC on booking

Cost

£35 per session

Email:
unity@norwood.org.uk

Phone:
020 8457 4745



Unity

SHORT BREAKS

Unity short breaks in NW London enable children and young people to explore new opportunities, have fun, and broaden their social networks and independence.

We provide inclusive play, sports, music, cookery and other activities including day outings, fully supported by skilled staff. Our team supports neurodivergent children and young people who may have a neurodevelopmental disability, co-existing physical disabilities, and complex health needs and can undertake tube-feeding and administer medication. Our settings are fully accessible for wheelchairs, with ceiling track hoists and adapted bathrooms with changing facilities. There is also a sensory room, adventure playground and soft play room.

Sunday Clubs (term time)

Sundays during term-time
5yrs - 11yrs: 10am - 1pm
12yrs - 18yrs: 2pm - 5pm

Holiday schemes (school holidays)

Weekdays including half term
5yrs - 11yrs: 10am – 4pm
12yrs - 18yrs: 10am – 4pm

Where

The Kennedy Leigh Family Centre

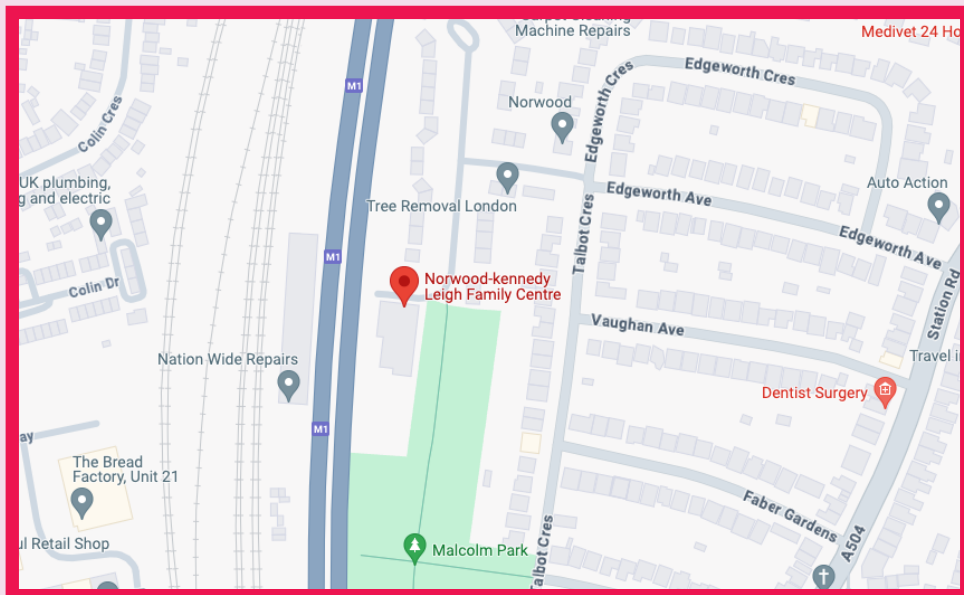
Cost

Please contact for details

Email:
referrals@norwood.org.uk

Phone:
020 8457 4745

Where to find us



The Kennedy Leigh Family Centre
Edgeworth Close, London NW4 4HJ

NORWOOD
Taking on life together

Norwood, Broadway House,
80-82 The Broadway, Stanmore HA7 4HB

www.norwood.org.uk • info@norwood.org.uk • 020 8809 8809



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NorwoodCharity



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