



We have had many new families joining us online and attending regularly, so a very warm welcome to all!

The past year has without doubt been an extremely challenging one but we are hopeful that with the coming weeks and easing of government restrictions, we will begin to see our lives settle back into some sort of normality.

P.E.S.T.S. is celebrating its 40th Anniversary this year and plans are underway for a re-brand. We plan to announce the name this year, and if possible with a celebration of some sort. Keep checking the [website](#) for more details.

This term we have lots of exciting activities for both adults and children.

If you have never heard of an EHCP, struggled to understand the process or maybe you believe this isn't relevant to you, as it's something the school will deal with, then these series of workshops are for you!

An EHCP is a legal document updated annually, which stays with your child up to the age of 25 years, with detailed information about their education, health and care. We have joined with Ealing ISAID to run a series of workshops, to break down each section of this important document, to explain the process to you fully, so it's much easier to understand. We will focus on each section, so you are aware of the type of information that should be included and you know where to seek help and advice if needed. For more information and to book a place on any or all of the workshops, [click here](#).

Carer's Week will take place this year during Mon 7th June – Fri 11th June. We have a qualified makeup artist running

an online session just for you, giving advice and tips on the best types of make up to use for your skin type and how to do a makeover. Each attendee will receive a goody bag with accessories. Date tbc.

Our partners TESCO, donate clothing regularly but due to the difficulties of distributing them whilst the play & support sessions are currently closed, we have decided to launch them online via our website. The [Clothing Bank](#) will be operating as a click and collect and you can find more details on our website. The page features a range of clothing for both adults and children which is available to parents carers registered at P.E.S.T.S. and their immediate family members. Clothing will be added to the site as they are prepared into their bundles, so please visit the website page regularly to see what's on offer. There are many more items to be uploaded and we are relying on volunteers to assist us with this, so please give us some time to do this. A few items may have imperfections or are slightly damaged with loose stitching or a tear but this will be specified on the site, so you are aware in advance that stitching may be required.

The [website](#) & [Facebook](#) page have lots of information on what's happening at P.E.S.T.S. and is updated weekly.

Have a great Easter break and I hope that you find time to have some quality rest and relaxation over the holiday period.

Best wishes  
Joy Barton  
**Project Manager**



## IN LOVING MEMORY OF OUR DEAR CARRIE

Carrie O'Donnell, Trustee & Treasurer to P.E.S.T.S. since 1987, passed away on Jan 1<sup>st</sup> 21. During her time with the charity, Carrie worked closely with the Management Committee and devoted her time to keeping the charity accounts in perfect order. She attended the play & support sessions weekly whilst at Heller House and made many friends over the years. Carrie continued to devote her time to this role even after her retirement and stayed until a new Treasurer was found. She will be sorely missed. RIP Carrie.

## NEWS FROM OUTREACH

The term ahead looks quite exciting, yet challenging at the same time. Most of the children will be either going into fulltime school or nursery in September. However, this is the term you get to hear if your child has been placed in an education setting of your choice.

I know it can be an anxious time. However, here are few tips to cope with the times ahead:

If you have not got the school of your choice, you have a chance to appeal against the decision. (no hope is lost)

For those that your child has been allocated their school of your choice, it might be a wise idea to ask if you could do a school visit,



this would help you to start getting used to the idea and the environment.

The most important people to know in your child's school is the SENDCO Team, Wellbeing or Pastoral Team, class teacher and their allocated teaching assistant.

Start a picture book to introduce your child to the idea of change. Ask the school for a picture of the classroom, playground, teacher etc to include in the book.

Try out the new school route on a weekend.

Try to find time to do something you like and that makes you relax. Hope you enjoy the holiday break and find the activities and workshops planned informative and useful.



## CO-OP COMMUNITY FUND

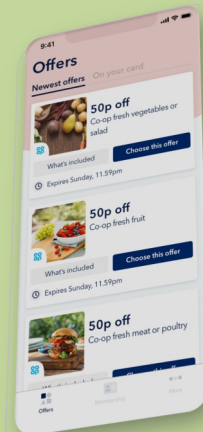
We're part of the Local Community Fund!

We're delighted that P.E.S.T.S. has been chosen to benefit from the Co-op Local Community Fund.

At a time when funds for community groups and charitable organisations are becoming more difficult to access, we're incredibly grateful for this opportunity to make a real difference in the London Borough of Ealing.

### Select us as your cause to receive these benefits

- Co-op members get personalised offers every week
- Co-op Offers lets our members save on their shopping.
- Get money off products you like to buy or might want to try.
- When members buy selected Co-op branded products and services, the Co-op will give local causes a helping hand.



You can select us as your local cause by visiting [our page](#) to sign up as a member.

You can also download the Co-op app and select us as your local cause.



## JOB VACANCIES AT P.E.S.T.S.

**Finance Officer/Book Keeper** – We are seeking an experienced and committed finance professional to join our friendly team. This role offers 8 hours per month @ £13.50 per hour inclusive. Some experience of charity finance would be beneficial.

**Administrative Worker** – responsible for providing admin support to staff and Trustees and ensuring the smooth running of the P.E.S.T.S service. 12 hours per week, over three days @ £9.75 per hour inclusive.

*P.E.S.T.S has a clear commitment to safeguarding and promoting the welfare of children and young people. Successful candidates for any of these roles will be required to apply for an Enhanced Disclosure from the Disclosure & Barring Service. Further information can be found at [www.gov.uk](http://www.gov.uk).*

**For more information and to request an application pack, please visit our website [vacancies](#) page.**

**Closing date for applications: 9am, 15th April 2021**



## TOY LIBRARY COMING NEXT TERM!

Playing is the foundation of learning and one of the best ways to develop language, communication and social skills to support and nurture children's development and where play is valued and promoted.



Our new Toy library will focus on sensory learning with fun and creativity, where families can choose to loan from a range of quality, educational toys, games and activities for a minimal fee. All toys will be sanitised.

Look out for details of our new Toy Library starting next term. For more information, please visit [Toy Library](#). Toys are being uploaded daily, so keep checking in.



## COVID UPDATE

P.E.S.T.S. will be continuing all of our activities and [training workshops](#) online until further notice.

Your health & safety is our number one priority and we will only commence face to face sessions at Windmill Children's Centre once we have been given the all clear by the government and our own safety checks are completed.

## FEEDBACK

We value your thoughts and comments on ways to improve our service and P.E.S.T.S. is committed to listening and responding to your views to ensure you receive the very best service for you and your family. Please feel free to email us at [info@pestscharity.org.uk](mailto:info@pestscharity.org.uk) or call 020 8571 9954

## A REMINDER OF P.E.S.T.S. SERVICES



Online **Music Therapy and Makaton Story Time Sessions** every other Tuesday morning during term time, alternating every other week with our **Sing, Sign & Play sessions led by Rosie, Speech & Language Therapist.**

Information workshops & training, offering support & advice for parent carers, together with our partner organisations (*Please see our website for latest timetable*).

The **Outreach Support Line** offers support and a befriending/social contact service for advice and guidance to parents and carers of children with disabilities. We are also here if you just need someone to talk to and are available via zoom, email, text and social media. Lines are open Mon-Fri 8am-8pm.

**Volunteers** to assist with language support in several different languages.

**Parent Carer Group** every two weeks on a Monday 1pm-2.15pm and we also run a weekly **Evening Relaxation** for Parent Carers every Thursday 9pm-9:30pm term-time only.

[Referrals](#) to P.E.S.T.S. can be made online via our website, email or telephone. Bookings for all activities via website or text message to Natalie.

### Contact details:

Joy Barton 0208 571 9954,  
email: [info@pestscharity.org.uk](mailto:info@pestscharity.org.uk)  
Office opening hours: 9am to 4pm (Monday to Friday)

Natalie Stone 07914 311298,  
email: [outreach@pestscharity.org.uk](mailto:outreach@pestscharity.org.uk)  
Outreach Support Line: 8am to 8pm (Monday to Friday)

Website: [www.pestscharity.org.uk](http://www.pestscharity.org.uk)



## WAYS YOU CAN SUPPORT P.E.S.T.S.



Donate to P.E.S.T.S. every time you shop with Amazon Smile

Amazon will make a donation to your choice of charity when you shop through the Smile URL.

When you visit [smile.amazon.co.uk](https://smile.amazon.co.uk) instead of the regular Amazon URL, you'll be asked to select a UK charity before browsing Amazon. Although the URL will change, you'll still be browsing the regular Amazon store, with the same items you'd normally see.

It doesn't add anything to your cost either. When you make an eligible purchase, Amazon will donate 0.5 per cent of the cost to your chosen charity.

### **GIFT AID**

Gift Aid is reclaimed by P.E.S.T.S. from the tax you have already paid for the current tax year. Your address is needed to identify you as a current UK taxpayer. For your donation to qualify for Gift Aid, please go to [www.pests-ealing.org.uk](http://www.pests-ealing.org.uk) and complete our simple form.



Support P.E.S.T.S. for free when shopping online with over 2000 popular retailers, including Argos, NEXT, M&S, John Lewis, Debenhams, HMV, Vodafone, DELL, The Body Shop®, PLAY.com, Interflora, Comet and many more.

Follow the link below as it takes you directly to the P.E.S.T.S. personal easyfundraising page, where you can sign up and start raising funds for P.E.S.T.S. each time you shop to earn amazing discounts, whilst helping P.E.S.T.S.

<https://www.easyfundraising.org.uk/causes/pests/>

Find us on 

By using the Donate button on our Facebook page [here](#), you can donate in just a few taps without leaving Facebook. You can also choose to give a one-time or monthly recurring gift.

### **UNSUBSCRIBE**

If you would like to unsubscribe from receiving P.E.S.T.S. updates, email notifications and newsletters/timetables, please click [here](#)

## WHAT'S ON THIS TERM AT P.E.S.T.S.

**Sing, Sign & Play** — Every other week starting on Tue 20th April, a joint session with Rosie, Speech & Language Therapist & Lucy, music Therapist. Sessions include bucket time, Makaton, music and more. The last 5 mins is for parents to ask Rosie questions relating to your child's development.



**Music Therapy and Makaton Story Time with Lucy** — Starts Tuesday 27th April and is every other week (check out the [timetable](#) for more details). Bring along your shakers, bells and drums for an interactive music session.

**Evening Relaxation** - Discover your inner peace by joining this weekly session every Thursday evening from 9pm-9:30pm. Join others for breathing practices and visualisation to relax your body and mind. If children are not in bed yet, they are welcome to join the session as it's beneficial for calming children too. Starts again on **Thurs 22nd April**.

**Support Group for Parents & Carers** — a way for those sharing a common experience to come together to share their experiences and benefit from practical advice and tips. Every other week, starting on **Mon 26th April 1pm-2:15pm**.

**Colourful Semantics** is an approach that can be used with children who have a range of Speech, Language and Communication Needs including Specific Language Impairment, Developmental Delay or Disorder, Autistic or Down Syndrome. This training workshop will be on **Weds 5th May from 10:30am-12pm**.

The **Family Information Service** are joining us online on **Fri 7th May** to talk about Ealing's Local Offer and how this service can help in supporting you and your child in accessing local services.

**Intensive Interaction** — learn the pre-speech fundamentals of communication such as enjoying being with another person, giving sustained attention, turn-taking, use and understanding of eye contacts, facial expressions, body language and non-verbal signalling. This session takes place on **Fri 14th May**.

**Legal Advice Workshops for Parents & Carers** — **11th June 10:30am-12:30pm**— book a 20 minute 1:1 appointment with our resident Solicitor to discuss issues on housing, benefits, immigration or other.