

# NEWSLETTER

JULY 2025



## Welcome

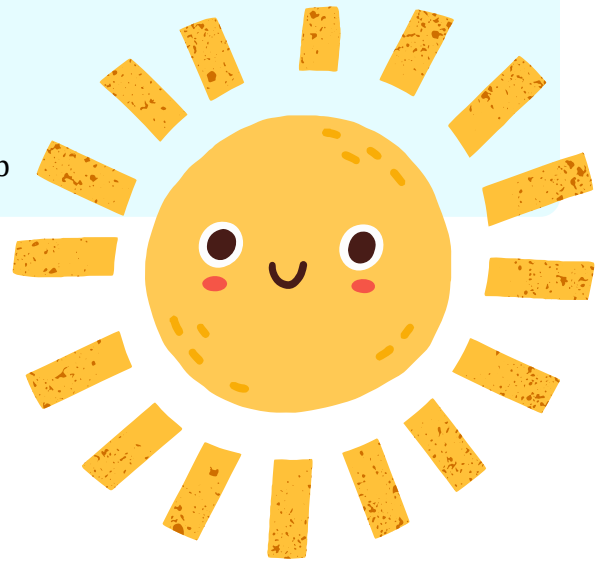
Hello from all of us at the Barnet Children & Families Autism Hub,

As we embrace the summer holidays this month, we are soaking up the sunshine and engaging in a variety of outdoor activities! Stay tuned for more updates on our exciting plans for the holidays coming your way soon!

We are also thrilled to announce our official Launch Day! Join us on Tuesday, July 15th, to celebrate the Hub, meet our team, and much more! You'll find additional details about this event later in the newsletter.

A heartfelt thank you to everyone who participated in our activities throughout June. It was wonderful to see so many new faces and connect with amazing families and professionals.

Sincerely,  
Beth Adams  
Manager, Barnet Children & Families Autism Hub



## What's On

We have a range of exciting workshops, activities and group for children and families. Keep reading to find out what's on in June.

**Please note that our groups for children and young people will pause for the summer holidays.** Families accessing these groups will receive more information soon.

### STAY & PLAY FOR 0-8 YEARS

Join our team and engage in activities, ask questions, and play. Stay & Play is an opportunities for parents and carers to gain support and have fun.

**When:** Fridays 13:00-14:00

**Where:** 858 Finchley Road, NW11 6AB

### CREATIVES CLUB FOR 8-12 YEARS

Unleash your creativity in this fun new group! Children will have the opportunity to meet peers, explore their creativity, and have fun with a variety of art based activities.

**When:** Wednesdays 16:00-17:00

**Where:** 858 Finchley Road, NW11 6AB

### OUTINGS GROUP FOR 13-18 YEARS

Engage in the community & meet peers in this exciting new social group!

Sessions will take place in-house as well as out and about across Barnet.

**When:** Fridays 17:00-19:00

**Where:** 858 Finchley Road, NW11 6AB

### AUTISM DROP INS

Meet our team for expert advice and support throughout the week.

Autism Drop In sessions are an opportunity for families to ask questions, seek advice, and learn.

See below for session days & times:

**Wednesdays:** 10am - 2pm (weekly)

**Thursdays:** 12pm - 2pm (weekly, virtual)

Book your slot now by following this link: [Autism Drop Ins Booking](#)

### PARENTS COFFEE MORNINGS

Join our community of parents and carers to ask for and share advice. A unique opportunity to meet other families and share lived experiences and gain support from our team. You can join in on:

**For more information email**

**[vesna@resourcesforautism.org.uk](mailto:vesna@resourcesforautism.org.uk)**

### EARLY COMMUNICATION WORKSHOP - SPEECH AND LANGUAGE THERAPY

Meet the Speech and Language Therapy team for information on the service, how to access, and early communication strategies.

**Thursday 24<sup>th</sup> July - 12pm - 1pm**

Join the session by [clicking here](#).



## Summer Holidays

We have big plans for the summer holidays and we're excited to share more information with you all soon. For now, here's an idea of what to expect:

### STAY & PLAY

We'll be continuing to run our Stay & Play sessions throughout the summer, and also offering a new session for older children and their families too.

## GROUPS FOR CHILDREN AND YOUNG PEOPLE

We'll be offering social groups for children and young people, focussing on fun summer activities!

## FAMILY FILM NIGHTS

Look forward to evenings filled with popcorn and family friendly films.

## LGBTQIA+ STEERING GROUP

At the Barnet Children & Families Hub, we want to celebrate autistic individuals who also identify with the LGBTQIA+ community. Our idea is to create a safe space for LGBTQIA+ young people to meet peers and get support. But we need your help -We'd like to invite you to take part in our Steering Group to help us build this service and ensure your voice is heard. If you're aged 13-18 and would like to take part - [please click here to get involved.](#)



## Hot Weather & Autism

With the weather getting warmer, it's important to be aware of how hot weather and sun can impact autistic individuals.

Autistic individuals can be more likely to be overly or underly sensitive to heat - creating higher risk for dehydration or heat exhaustion.

In this weather, we'd like to encourage you to keep safe by:

- Wearing sunscreen when outdoor
- Staying in shaded areas and wearing a hat to protect from the sun
- Drinking water and staying hydrated
- Using a fan to keep yourself and your home cool

For more information on autism and hot weather, [click here to read \*Autism and Heat Intolerance: How to Handle the Warm Weather\* by Augmentive.](#)

For more information on autism and sensory, [click here for information from the National Autistic Society.](#)



## LAUNCH EVENT

**TUESDAY 15<sup>TH</sup> JULY 2025**

Join us for a special launch event at the Barnet Children and Families Autism Hub.

- Meet the team and learn more about the hub
- Take part in autism friendly activities
- Speak to the team, ask your questions, and find out how to get involved

**10:30AM - 12:30PM or  
12:30PM - 2:30PM  
at 858 Finchley Road,  
NW11 6AB**

**Book now to join us by  
scanning the QR Code**



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resources for  
**autism**



**NHS**  
Whittington Health  
NHS Trust

**BELS**  
Barnet Education  
& Learning Service



**BARNET**  
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## More Info: How to Sign Up for Activities & Events

- ▶ You can **visit our website** by clicking the link for more information on how to register for each activity and event: **[Barnet Children & Families Autism Hub Website](#)**
- ▶ Complete a referral by **[clicking here](#)**.
- ▶ Get in touch via email: **[barnet@resourcesforautism.org.uk](mailto:barnet@resourcesforautism.org.uk)** or by phone: **020 8458 3259**



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