

# NEWSLETTER

FEBRUARY 2026



## Welcome

Hello from the Barnet Children & Families Autism Hub!

We hope that your 2026 is off to a great start!

Read on to find out more about what events the Hub have coming up during the Spring term and February half-term.

We're also sharing some of the other excellent services available to families in Barnet.

**If you've used our services in the last year, we'd love to get your feedback. Please [click here](#) to complete our short feedback form!**

Sincerely,

Barnet Children & Families Autism Hub Team

## What's On for Families (Term Time Only)

### 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 5pm - 7pm

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

### THURSDAY CLUB FOR 7-12 YEARS

Take part in a range of autism friendly activities. Children will have the opportunity to meet peers, explore their creativity, and have fun.

**When:** Thursdays 5pm - 6pm

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

### PARENT CARER COFFEE MORNING

Join a community of parents and carers for advice and guidance. Share your lived experience with others who understand.

**When:** Tuesday 24<sup>th</sup> February 11am - 1pm

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



Sign up for these groups by following the link or scan the QR code



[bookwhen.com/barnetautismhub](https://bookwhen.com/barnetautismhub)

## AUTISM DROP IN

Meet our team and ask your questions. Our Autism Drop Ins are a safe space to explore challenges, successes, and more with our experts.

**When:** Bookable Monday to Friday (scan the QR code)

**Where:** Online



[click here to book](#)

## February Half Term with the Hub

### FAMILY FILM AFTERNOON

Join us for a family-friendly movie afternoon at the Hub!

We'll be watching The Lego Movie.

We kindly ask that parents and carers stay with their child or young people throughout.

**When:** Friday 20<sup>th</sup> February 1pm - 3pm

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



[bookwhen.com/barnetautismhub](http://bookwhen.com/barnetautismhub)

## Other Barnet Activities

### EMBRACING AUTISTIC IDENTITIES - EVENTS WEEK

BELS Embracing Autistic Identities Events week is running from **March 2<sup>nd</sup> - 6<sup>th</sup>**. See below for the list of events, and click each one for a link to sign up.

All week: [Ask an Autistic Person](#)

Monday 2<sup>nd</sup> March: [Autistic and beyond: Empowering your young person's multiple identities at home](#)

Wednesday 4<sup>th</sup> March: [Whose identity is it anyway? How to A.C.E intersectionality among young autistic people](#)

Thursday 5<sup>th</sup> March: ["How to Include Me" Collaboration, Care, and What Really Helps](#)

Friday 6<sup>th</sup> March: [Making Connections and Finding Community](#)

### BARNET AUTISTIC PEER MENTORING

BELS are offering the opportunity for autistic young people in year 10 and 11 to be mentored leading up to their exam periods. To sign up and learn more, scan the QR code or [click here](#).



## YOUTH STRATEGY - INSIGHTS FROM SEND YOUNG PEOPLE

Barnet Council has been working together with the youth sector and partners (schools, etc) to coordinate the development of a Youth Strategy for the borough. This questionnaire is for young people to tell us about the activities and places they like to attend and use in their free time. Parents and carers are welcome to help their young people complete it.



[click here to complete](#)

## Services with Resources for Autism

### YOUTH GROUPS

#### Monday EP Group

Social group for autistic girls and nonbinary people to develop skills and build relationships with peers.

Ages: 14-18

When: Mondays 6pm - 8pm

Cost: £10

Where: Finchley Arts Depot

#### Saturday Club (LN)

Social group for autistic children to develop skills and meet new people. Take part in a variety of games, activities and trips.

Ages: 8-12

When: Saturdays (biweekly) 10:30 - 2:30

Cost: £100

Where: 858 Finchley Road

**For more information and sign up for groups, please contact**

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



#### Wednesday Club

Develop communication and independence skills, build relationships, take part in a range of activities.

Ages: 14-18

When: Wednesdays 6pm - 8pm

Cost: £35

Where: 858 Finchley Road

#### Saturday Club (HN)

Group for autistic teens and young people. 1:1 support provided by our team of Support Workers, take part in a range of activities & develop skills.

Ages: 13-18

When: Saturdays (biweekly) 10:30 - 2:30

Cost: £168

Where: 858 Finchley Road

### OTHER SERVICES

#### Online Autism Advice Sessions

One-to-one sessions providing tailored advice and practical strategies for autistic adults and parent carers.

Cost: £65

[Click here to book.](#)

#### Counselling

Supportive, autism-friendly counselling sessions for autistic adults.

Cost: £40

[Click here for more info.](#)

## Upcoming Workshops

### MANAGING SCREEN TIME WITH AUTISTIC YOUNG PEOPLE

Examining benefits and concerns around screen time and how to find the right balance and provide strategies.

**When:** Tuesday 24<sup>th</sup> February 6pm - 7pm

**Where:** Online

**Access:** Sign up by scanning the QR code or clicking the link.



[click here to book](#)



### BARNET SENDIASS INFORMATION SESSION - THE ANNUAL REVIEW PROCESS

Join this in person information session for an overview of the Education Health and Care Plan (EHCP) annual review process.

**When:** Thursday 12<sup>th</sup> March 10am - 12:30pm

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

**Access:** Sign up by scanning the QR code or clicking the link.



[click here to book](#)

### AUTISM & OCD WORKSHOP WITH CAMHS

Learn more about Autism and OCD in children and young people and what support could be available.

**When:** Friday 27<sup>th</sup> 10am - 11am

**Where:** Online

**Access:** Sign up by scanning the QR code or clicking the link.



[click here to book](#)

## Share Your Views

If you've used our services in the last year, we'd love to get your feedback. Please [click here](#) to complete our short feedback form!

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

- ▶ You can **visit our website** by clicking the link for more information: [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**



SEE YOU SOON

Caring for people, our places and the planet