

PARENT/CARER SUPPORT PROGRAMMES

SEP – DEC 2023

A comprehensive guide to the parent/carer support programmes available from conception to adulthood in Waltham Forest



**Best Start
in Life**

WALTHAM FOREST

FAMILY HUBS



Waltham Forest

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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HENRY:
Healthy Families Right from the Start, Age 0-5
9.30-11.30am
9 Oct - 4 Dec
Weekly
The Paradox Centre, E4 8YD

Triple P:
Stepping Stones Age 0-12
9.30am-12pm
26 Sep - 28 Nov
Weekly
Jenny Hammond Primary School, E11 3JH

Calm Parents Calm Children:
Age 4-11
10am-12pm
27 Sep - 1st Nov
Weekly
Leyton Family Hub E17 8PJ

Beezee Bodies:
Age 5-15
5-7pm
21 Sep - 11 Dec
Weekly
Walthamstow School for Girls E17 9RZ

EPEC:
Being a Parent Age 2-11
10am-12pm
13 Oct - 15 Dec
Priory Court E17 5NA

Positive Behaviour Support:
Age 0-25
10am-12.30pm
11 and 18 Nov
Online

EPEC
Being a Parent Age 2-11
10am-12pm
25 Sep - 27 Nov
Weekly
Stafford Hall E17 8JZ

HENRY:
Healthy Families Right From The Start, Age 0-5
1-3pm
10 Oct - 5 Dec
Leyton Family Hub E17 8PJ

HENRY:
Healthy Families Right From The Start, Age 0-5
10-11am
4 Oct - 29 Nov
Online

Triple P:
Age 0-12
6-8pm
21 Sep - 16 Nov
Leyton Family Hub E17 8PJ

Parenting can be tough at the best of times

Parent support programmes are a chance to:

- Increase knowledge and understanding of children's development and needs
- Build positive relationships
- Share ideas and concerns about being a parent
- Improve behaviour and communication
- Meet other parents
- Reduce parenting stress

Positive Behaviour Support:
Age 0-25
4.30-6.45pm
9 and 16 Oct
Walthamstow Family Hub E17 5PX

Beezee Bodies:
Age 5-15
5:30-7:30pm
19 Sep - 9 Dec
Leyton Cricket Ground E10 6RJ

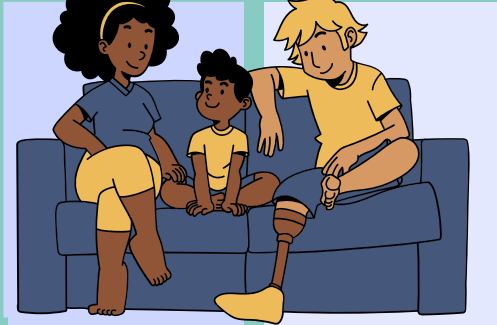
Strengthening Families Strengthening Communities:
Reducing Parental Conflict Age 0-18
9.30-12.30pm
13 Sep - 13 Dec
Mayville primary school E11 4PZ

Mellow Bumps:
Age 20-30 weeks gestation
1-3pm
26 Oct - 7 Dec
7 Saxon Close E17 8LE

Beezee Bodies:
Age 5-15
5-7pm
18 Sep - 10 Dec
Peterhouse Community Centre E17 3PW

EPEC:
Being a parent Age 2-11
10am-12pm
10 Oct - 12 Dec
Paradox Centre E4 8YD

Mellow Bumps
Age 20-30 weeks gestation
1-3pm
13 Sep - 25 Oct
Walthamstow Family Hub E17 5PX



Beezee Bodies:
Age 5-15
5-7pm
20 Sep - 12 Dec
Chingford C of E Primary School E4 7BP



Universal Programmes

How to refer/join

Triple P 0-12

For parents of children up to 12, promoting their child's development and potential and supporting with and helping prevent children's behavioural concerns.

Web: bit.ly/wftriplep
Phone: 07586713368
Email: earlyhelpparenting@walthamforest.gov.uk

HENRY Healthy Families Group Programme: For families with children under 5.

Each week join an interactive session with other families, exploring parenting confidence, wellbeing, eating well as a family, physical activity for your little ones and family lifestyle habits. Free creche provided.

Web: bit.ly/wfhenry
Phone: 02084965223
Email: wfsupport@henry.org.uk

Calm Parents Calm Children

Increase knowledge and skills in parenting, managing emotions, modelling this for their children and parenting in a positive and confident manner. Reflect on parenting strengths, learn strategies to stay calm in challenging family situations and to apply effective solutions and develop parenting skills in a positive way.

Web: bit.ly/CalmParents

Strengthening Families, Strengthening Communities

For co-parents and carers who are together or apart from all backgrounds who would like to communicate more positively, work on their parenting skills and build positive relationships with their children.

Web: bit.ly/wfsfsc

Empowering Parents, Empowering Communities - Being A Parent

Run for parents, led by parents supporting you to manage your and your child's feelings, communicate and interact positively with your child, use positive behaviour management strategies and manage parental stress

Web: bit.ly/EPECBAP
Phone: 07799913026
Email: EPEC@walthamforest.gov.uk

BeeZee Families

For 5-15 year olds and their families. Fun-filled, family-focussed sessions filled with exciting activities and practical healthy eating advice to help you feel great and live your best life!

Web:
<https://beezeebodies.com/programs/beezee-families/>

Mellow Bumps

For expectant parents with health and social care needs. For parents to feel more relaxed during pregnancy, improve wellbeing and start to build a relationship with their baby. Must be between 20-30 weeks gestation at the start of the course.

Email:
familysupport@tlpcc.org
.uk

Families with children with SEND

How to Refer/Join

Triple P Stepping Stones

For parents/carers of children with a disability up to 12-years. Learn about causes of child behaviour challenges, setting specific goals, and using strategies to promote child development, manage behaviour, and plan for high-risk situations.

Web: bit.ly/triplepss
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Positive Behaviour Support

For parents with children with autism, a learning disability, and a range of other complex care needs up to 18 years old. Improve the quality of life for the person, their family, and create opportunities for meaningful engagement.

Web: bit.ly/WFPBS
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

More Programmes for families with children with SEND overleaf



Connective Family NVR: Principles of non-violent resistance (NVR)

Focusing on developing the relationship between the parent and the child by raising the parental presence. NVR is never just about dealing with violence. It can be used for any kind of conflict. In fact, there doesn't have to be conflict before you start using this approach – it's about creating a strong bond with your child.

Running a variety of courses covering topics including Connecting with Teens, Emotional based school avoidance and Self harm. View the NVR timetable and book onto a course: <https://bit.ly/44bKyEX>

Cygnnet: For parents/carers of children and young people aged 5-18 with an autistic spectrum condition. Increase understanding of autistic spectrum conditions; help develop knowledge on how a child on the autistic spectrum experiences the world and what drives their behaviour; provide practical strategies. Give information on relevant ASC resources and provide opportunities to meet with other parents/carers who have had similar experiences to gain support and learn from each other. **To refer:** Contact your School SENCO **Email:** educationalpsychologyservice@walthamforest.gov.uk **Phone:** 07970604192/07980014974

Online Programmes and workshops

How to refer/join

Triple P Teens

Set your own parenting goals - Communicate better - Build a stronger relationship - Agree on rules - Deal calmly with conflict - Navigate emotional ups and downs and Equip your teen to handle life's challenges

Web: bit.ly/459TjAZ
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Triple P Fear Less

Help your child or teenager manage fear and anxiety, learn what's within your power to change. Understand more about anxiety, Know how to respond to your child when they are anxious and develop skills to cope with anxiety

Web: bit.ly/3siXfk2
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Triple P 0-12

To support parents to cope with difficulties and emotional stress, Encourage good behaviour, prevent tantrums, manage challenging behaviour and strengthen your relationship

Web: bit.ly/45y5Uxl
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Other Support for Parents/Carers

Waltham Forest Parent Forum:

 Supporting Families with SEND children

A friendly, voluntary group of parent/carers of children and young people with special educational needs and/or disabilities aged 0-25 in Waltham Forest, offering a variety of training, workshops and sessions for both Parents/Carers and children **Web:** www.walthamforestparentforum.com

HENRY Wellbeing Buddies Support: When families are finding family life tough, a HENRY buddy can provide a listening ear. Regular 1-1 phone or video support, typically lasting 6 weeks, buddies will listen and provide families with the support offering practical ideas and signposting. For expectant or new parents or carers, with a child up to the age of 2. **Web:** <https://links.henry.org.uk/registrationwellbeingprogramme> **Phone:** 0208 496 5223 **Email:** wfsupport@henry.org.uk.

NEWPIN: A proven, highly effective project to support parents who are willing to attend regularly for at least one year and explore, in a supportive, non-judgemental group setting the reasons for their parenting challenges, going back to their own childhoods. Their under-5s play in a therapeutic playroom, and parents are helped one-to-one to bond with and play with their child. Parents find that NEWPIN leads to permanent, significant improvements in family life. **Email:** roskane@btinternet.com