

# Parent/Carer Support Programmes

## September - December 2025

A full guide to the programmes available from pregnancy to adulthood in Waltham Forest



**Best Start  
in Life**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Cygnets Teens**  
Age 12-18  
  
6 Oct-17 Nov  
  
4.30pm-7pm  
Chingford Family Hub  
E4 6EY

**Connective Family Formula**  
Age 11-18  
  
9 Sep-14 Oct  
  
7.30pm-8.30pm  
  
Online

**HENRY**  
Healthy Families  
Age 0-5  
  
15 Oct-10 Dec  
1pm-3pm  
Leytonstone library  
E11 1HG

**Strengthening Families  
Strengthening Communities**  
Age 0-18  
  
4 Sep-18 Dec  
  
9.30am-12.30pm  
  
Walthamstow Family Hub  
E17 5PX

**Triple P Toddlers**  
Age 1-2  
  
19 Sep-14 Nov  
  
10am-12pm  
Queens Road Family Hub  
E17 8PJ

**Triple P Stepping Stones**  
Age 0-12  
22 Sep-10 Nov  
  
9.30am-11.30am  
Queens Road Family Hub  
E17 8PJ

**HENRY**  
Healthy Families  
Age 0-5  
  
7 Oct-2 Dec  
1pm-3pm  
Queens Road Family Hub  
E17 8PJ

**EarlyBird**  
Age 0-5  
  
24 Sep-12 Nov  
  
5.30pm-8pm  
  
Online

**Raising Resilient and Confident Children**  
Age 4-11  
  
2 Oct-16 Oct  
  
7.30pm-9pm  
Online

**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

**EarlyBird**  
Age 0-5  
  
22 Sep-10 Nov  
  
9.30am-12pm  
Leytonstone Library  
E11 1HG

**Cygnets Primary**  
Age 5-11  
  
30 Sep-11 Nov  
  
9.30am-12pm  
Walthamstow Library  
E17 7JN

**Cygnets Primary**  
Age 5-11  
  
10 Sep-22 Oct  
  
5.30pm-8pm  
  
Online

**Beezee Adults**  
Age 18+  
  
22 Sep-1 Dec  
  
1pm-3pm  
Walthamstow Library  
E17 7JN

**Beezee Families**  
Age 5-15  
  
23 Sep-9 Dec  
  
5.30pm-7.30pm  
  
Leyton Sports Ground  
E10 6PY

**Connective Family Formula**  
Age 0-11  
  
10 Sep-15 Oct  
  
12.30pm-1.30pm  
  
Online

**Beezee Families**  
Age 5-15  
  
24 Sep-9 Dec  
  
5pm-7pm  
Chingford C of E Junior School  
E4 7BP

**Calm Parents Calm Children**  
Age 4-11  
  
24 Sep-22 Oct  
  
10am-12pm  
  
Queens Road Family Hub  
E17 8PJ

**Descriptions of all courses can be found on the following pages**

- All sessions are weekly unless otherwise stated
- All programmes are fully funded by the London Borough of Waltham Forest



## Universal Programmes

### **You Matter Too - Parent and Baby wellbeing workshops**

For parents of babies up to 1 year

Reflect, recharge, and explore simple ways to care for your wellbeing. You'll Leave with practical tools and a personal action plan. Babies welcome!

Wednesday 6 August, Tuesday 16 September, and Thursday 23 October at Queens Road Family Hub, E17 8PJ.

**Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) **Phone:** 07586713368

### **Calm Parents Calm Children**

For parents of children aged 4 to 11

Increase knowledge and skills in parenting in a positive and confident manner. Reflect on parenting strengths and learn strategies to manage behaviour and stay calm in challenging family situations.

**Web:** [bit.ly/CalmParents](http://bit.ly/CalmParents)

### **Triple P Toddlers**

For parents of children aged 1 to 2

Promote your child's development and help prevent challenging behaviour.

**Web:** [bit.ly/wftriplep](http://bit.ly/wftriplep) **Phone:** 07586713368

### **Raising Resilient and Confident Children**

For parents of children aged 5 to 11

Learn how to effectively support your child's mental health and wellbeing.

**Web:** [bit.ly/CalmParents](http://bit.ly/CalmParents)

### **Strengthening Families, Strengthening Communities**

For parents of children aged 2 to 18

This course helps you make positive changes at home by building your child's social skills and self-control. You'll also learn useful ways to handle challenges and grow your confidence as a parent.

**Web:** [bit.ly/SFSCRefer](http://bit.ly/SFSCRefer) **Phone:** 07586713368



### **BeeZee Families**

For 5 to 15 years old and their families

Fun-filled, family-focused sessions with exciting activities and practical healthy eating advice to help you feel great and live your best life.

**Web:** [beezeebodies.com/programs/beezee-families](http://beezeebodies.com/programs/beezee-families)

### **Parent/carer check-in sessions**

For parents and carers of children aged 0 to 18

Led by parent champions. A chance to meet other parents and carers, share experiences, and find out about all of the services available at the Family Hubs.

**Sessions are online, Last Monday of the month at 12.30pm to 1.30pm.**

**Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) **Phone:** 07586713368



### **HENRY Healthy Families Group Programme**

For families with children under 5

Supporting parenting confidence, wellbeing, eating well as a family, physical activity for your little ones and family lifestyle habits.

Online sessions available.

Free creche provided.

**Web:** [bit.ly/wfhenry](http://bit.ly/wfhenry) **Phone:** 02084965223

**Email:** [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

### **HENRY Wellbeing Buddies Support**

For expectant or new parents and carers, with a child up to the age of 2

When family life feels tough, a HENRY buddy can offer a listening ear.

Regular 1-1 phone or video support, lasting six weeks.

Buddies will listen and provide you with the support offering practical ideas and signposting.

**Web:** [links.henry.org.uk/registrationwellbeingprogramme](http://links.henry.org.uk/registrationwellbeingprogramme) **Phone:** 0208 496 5223

**Email:** [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

# Programmes for families with children with special educational needs and disabilities (SEND)

## Connective Family Formula

For parents and carers of children and young people aged 0 to 25 with SEND

Helping you create a calmer family home with practical tips on bonding with your child, managing meltdowns and supporting your well-being.

**Web:** [bit.ly/WFPBS](https://bit.ly/WFPBS) **Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) **Phone:** 07586713368



## Cygnets and EarlyBird

For parents and carers of children with an autistic spectrum condition

- **EarlyBird** is for parents and carers of children aged 0 to 5
- **Cygnets** is for parents and carers of children aged 5 to 18

Increase your understanding of autism, learn how your child experiences the world, and explore what drives their behaviour. You'll receive ASC resources and have the chance to connect with other parents and carers who share similar experiences.

**Web:** [bit.ly/cygnetscourse](https://bit.ly/cygnetscourse) **Phone:** 07586713368

**Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk)

## Triple P Stepping Stones

For parents and carers with children with SEND up to 12

Learn what causes challenging behavior, set clear goals, and use practical tools to support your child's development and handle high-risk situations.

**Web:** [bit.ly/triplepss](https://bit.ly/triplepss) **Phone:** 07586713368 **Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk)

## Waltham Forest Parent Forum SEND Family Support Groups

For parents and carers of children aged 0 to 25 with SEND in Waltham Forest

Come along to share experiences, explore helpful resources, and build a support network. The session includes a training segment, followed by time to connect with other parents and carers. All sessions are led by specialist Advisory Teachers from Flourish Specialist Education Services.

**No need to book.**

**Autism:** Friday 3 October and 5 December, 11am to 1pm.

**ADHD:** Friday 7 November, 11am to 1pm.

At Gill house, 99 Leyton Green Road, E10 6DB.

**Dual diagnosis Autism & ADHD:** Monday 22 September, 11am to 1pm.

At William Morris Gallery, Lloyd Park, Forest Rd, E17 4PP.



# Online Programmes and workshops

## Strengthening Families Strengthening Communities

For parents of children aged 0 to 18

Gain some new ideas to help you be the best parent you can be, and enhance your relationship with your children.

### Topics include:

Building healthy relationships, Understanding and managing behaviour, Boosting your child's self-esteem, Exploring emotions and developing empathy, Understanding your child's developmental stage.

### The course includes:

- Six self-led online sessions that you can access anytime
- Six group discussion sessions with a parenting expert

### Getting started is easy:

- Go to: [bit.ly/SFSCONLINE](https://bit.ly/SFSCONLINE)
- Choose the age range that matches your child
- Pick a day and time for your group discussions
- Fill in your contact details and answer a short questionnaire
- Click on 'Your Profile' to begin your course

### If you need any help

**email:** [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk) or [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk)

**Call/text:** 07586713368



## Stronger Relationships programme

For parents and carers of children aged 0 to 18

Whether you're a couple, co-parent, or caregiver, this programme will help you communicate positively, recognise harmful parental conflict, and understand its impact on children.

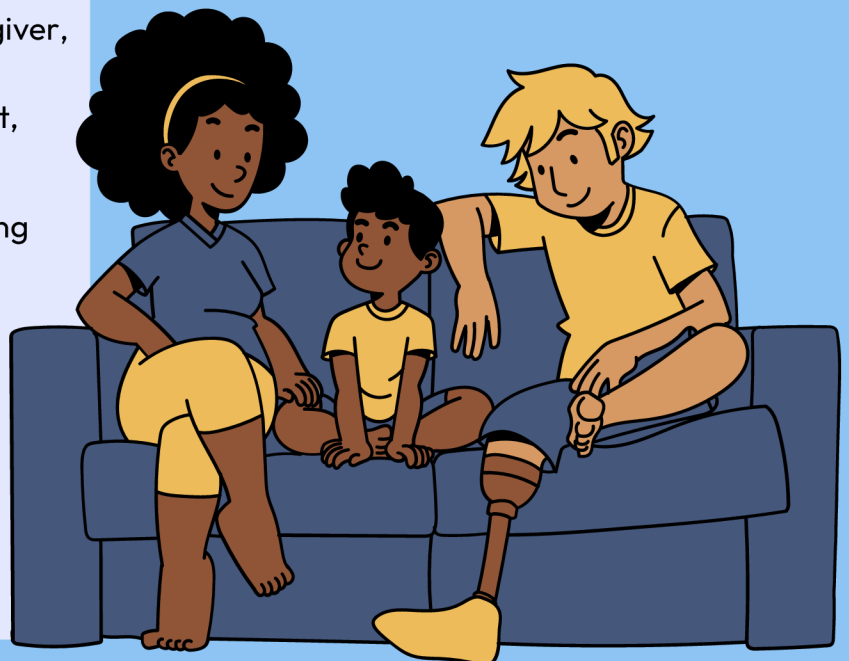
It offers a safe space to explore your parenting values and gain insight into your co-parent's perspective.

**Sign up:** [bit.ly/StrongerRe](https://bit.ly/StrongerRe)

### If you need any help

**email:** [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk) or [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk)

**Call/text:** 07586713368



## Other Support for Parents/Carers



### Waltham Forest Parent Forum

A friendly voluntary group for parents and carers of children and young people (0 to 25) with special educational needs and disabilities in Waltham Forest. Offering a range of training, workshops, and sessions for both parents, carers and children.

**Web:** [walthamforestparentforum.com](http://walthamforestparentforum.com)

### Picking Up The Pieces

For mothers and female carers with children affected by domestic abuse

A three-week group program to help you regain confidence and strength after domestic abuse. Build parenting skills, heal in a safe space, and make sense of your experiences.

To book a place **phone:** 0300 330 5479 or **email:** [wftherapeuticmarketplace@solacewomensaid.org](mailto:wftherapeuticmarketplace@solacewomensaid.org)

### Playtime - A stay and play for bereaved families

Hosted by Daphne & Friends CIC

A welcoming play session for babies, toddlers and their caregivers who have experienced the loss of a pregnancy, baby or child. Connect with others who understand your journey, while your children enjoy toys and activities.

Find us at the Castle Play Space in Leytonstone and the Grow Well Centre in Walthamstow every week in term time.

To book your free space or access further support please visit <https://daphneandfriends.org/for-families/>

### Sleep Service and Short Breaks

For families with a child aged 0 to 25 with SEND



**Short breaks** provide a chance for children with disabilities to spend time away from their carers, try out new things, have fun and make new friends.

**Sleep service** offers one-to-one support from specialist sleep practitioners, providing practical help for you and your child with a sleep issue.

It can be requested as part of a short break application or on its own.

For more information or to apply **visit:** [bit.ly/shortbreakswf](http://bit.ly/shortbreakswf)

## Break Tha Cycle's Parent Lounge

For parents and carers of children aged 0 to 18

### An advocacy service and so much more!

Supporting you to navigate the school system and complete forms such as Disability Living Allowance (DLA), Personal Independence Payment (PIP), Blue Badge applications, and other paperwork.

We provide a safe and secure space for parents to connect, share experiences, and support one another.

Through the Parent Champion volunteer program, you can access training to help support other parents in the community.

**Weekly**, Tuesdays 1pm to 3pm, term time only, at the Queens Road Family Hub, E17 8PJ. Appointments by referral. A professional can refer you, or you can complete a self-referral form on the day.

**Website:** [breakthacycle.org](http://breakthacycle.org) **Email:** [admin@breakthacycle.org](mailto:admin@breakthacycle.org) **Call:** 07535280467



## Which programme is best for me?

<b>Under one</b>	<b>You Matter Too Wellbeing Workshops</b>		
<b>One to three</b>	<b>Healthy Families Right from the Start</b>	<b>Triple P Toddlers</b>	
<b>Two to twelve</b>	<b>Strengthening Families Strengthening Communities</b>	<b>Raising Resilient and Confident Children</b>	<b>Beezee Families</b>
<b>Two to twelve continued</b>	<b>Calm parents Calm children</b>	<b>Healthy Families Right from the Start</b>	
<b>Families with children with SEND</b>	<b>Triple P Stepping Stones Age 0-12 (No diagnoses required)</b>	<b>Connective Family Formula Age 0-25</b>	<b>Cygnets Age 5-15 (ASC Diagnoses required)</b>
<b>Twelve to eighteen</b>	<b>Strengthening Families Strengthening Communities</b>	<b>BeeZee Families</b>	