

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

Calm Parents Calm Children
Age 4-11

24 Sep-22 Oct

10am-12pm

Queens Road Family Hub
E17 8PJ



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 **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

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 **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

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 **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

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 **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 **Phone:** 02084965223

Email: 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 **Phone:** 0208 496 5223

Email: 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 **Email:** 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 **Phone:** 07586713368

Email: 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 **Phone:** 07586713368 **Email:** 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
- 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 or 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.

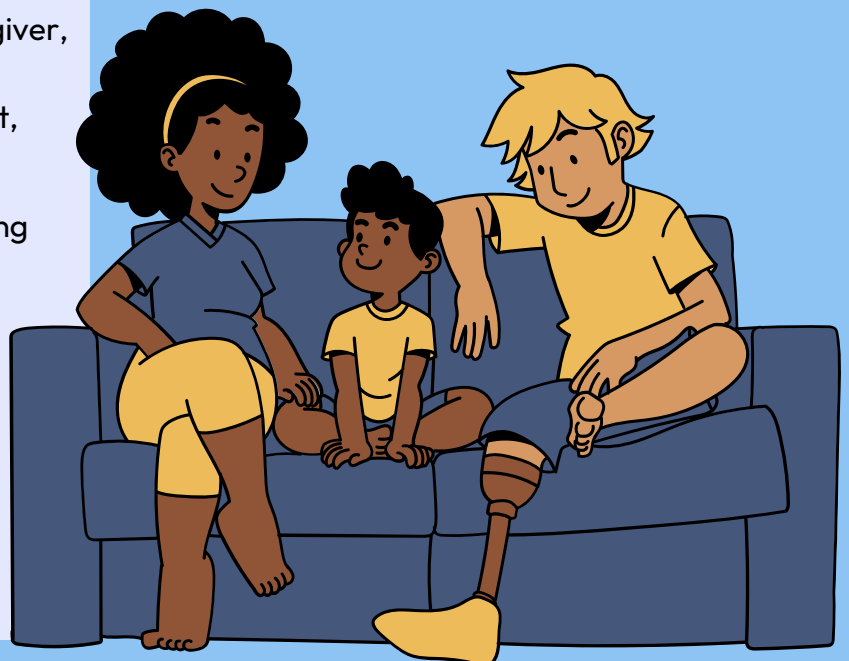
It offers a safe space to explore your parenting values and gain insight into your co-parent's perspective.

Sign up: bit.ly/StrongerRe

If you need any help

email: sfscparent@racefound.org.uk or 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



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

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



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 **Email:** admin@breakthacycle.org **Call:** 07535280467



Which programme is best for me?

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