

Parent/Carer Support Programmes

April - July 2024

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
Connective Parenting Sessions: Age 0-25 29 April - 13 May 9.30 - 11.30am 1 July - 8 July 7pm - 9pm Online	Triple P Baby Age 0-1 4 June - 23 July 10am - 12 noon 7 Saxon Close E17 8LE	EPEC <i>Baby and Us</i> Age 0 - 9 months 17 April- 12 June 10am - 12 noon Chingford Family Hub E4 6EY	Strengthening Families Strengthening Communities Age 0-18 25 April - 18 July 9.30am-12.30pm Leytonstone Family Hub E11 4LF	Triple P <i>Stepping Stones</i> Age 0-12 26 April- 21 June 9.30am - 12 noon Longshaw Primary Academy E4 6LH	Connective Parenting Sessions: Age 0-25 29 June - 6 July 9.30 - 11.30am Online

Beezee Bodies
 Age 5-15
 Beginning 29 April for 12 weeks
 5pm - 7pm
 Peterhouse Community Centre
 E17 3PW

HENRY
Healthy Families Right From The Start
 Age 0-5
 30 April- 25 June
 10am - 11.15am
 Online

HENRY
 Age 0-5
 15 May - 10 July
 9.30 - 11.30am
 Walthamstow Family Hub
HENRY
Preparation for parenthood
 Beginning 24 April and 12 June
 7.30pm - 9pm
 Online

EPEC
Being a Parent
 Age 2-11
 25 April - 13 June
 10am - 12 noon
 Winns Primary School
 E17 5ET

EPEC
Being a Parent
 Age 2-11
 26 April - 21 June
 10am - 12 noon
 Chingford C of E Primary School
 E4 7EY

Beezee Bodies
 Age 5-15
 Beginning 30 April for 12 weeks
 5.30pm - 7.30pm
 Leyton Cricket Ground
 E10 6RJ

Beezee Bodies
 Age 5-15
 Beginning 30 April for 12 weeks
 5.30pm - 7.30pm
 Leyton Cricket Ground
 E10 6RJ

Mellow Babies for Mum's
Birth - 1 yr
 8 May - 3 July
 3pm - 5pm
 Online
Mellow Bumps
 Age 20-30 weeks gestation
 24 April - 5 June
 Higham Hill Nursery, E17 5PX

Beezee Bodies
 Age 5-15
 Beginning 1 May for 12 weeks
 5pm - 7pm
 Walthamstow School for Girls
 E17 9RZ

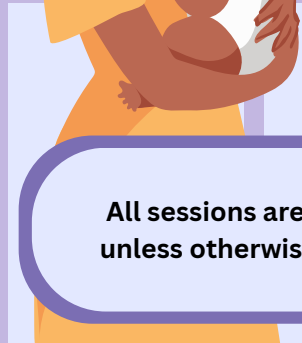
Parenting can be tough at the best of times

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

HENRY
Healthy Families Right From The Start, Age 0-5
 30 April-25 June
 1pm - 3pm
 Leyton Family Hub, E17 8PJ

Triple P
 Age 0-12
 24 April - 19 June
 9.30am - 11.30am
 South Grove Primary School
 E17 8PW



All sessions are weekly unless otherwise stated

Calm Parents
Calm Children
 Age 4-11
 12 June - 10 July
 10am - 12 noon
 Leyton Family Hub, E17 8PJ



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

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 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 and would like to communicate more positively, work on their parenting skills and build positive relationships with their children.

Web: bit.ly/SFSCRefer

Triple P Babies: For parents of babies up to 1 year. Understand what you can do to promote your babies development, build a stronger bond and support their emotional and physical health.

Book via
lloydparkcc.eventbrite.com

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

Web:
www.beezeebodies.com/programs/beezee-families/

Mellow Bumps: An antenatal programme for expectant parents. Feel more relaxed during pregnancy, improve your wellbeing and build a stronger relationship with your baby. Starting at 20 - 30 weeks gestation.

Email: familysupport@tlpcc.org.uk

Families with children with SEND

How to refer/join

Cygnnet: For parents/carers of children aged 5-18 with an autistic spectrum condition. Increase understanding of autistic spectrum conditions; help develop knowledge on how your child experiences the world and what drives their behaviour; provide practical strategies. Recieve ASC resources and provide opportunities to meet with other parents/carers who have had similar experiences.

For dates, times and to refer email: earlyhelpparenting@walthamforest.gov.uk.



Connective Parenting sessions: For parents/carers of children and young people with SEND. Create a calmer family home with practical tips on how to increase connection, manage meltdowns and learn strategies for self care, increasing presence, prioritising and gestures.

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

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 and plan for high-risk situations.

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

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/3PTeens
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

Triple P Fear Less: Help your child/teenager manage fear and anxiety, and learn what's within your power to change. Learn and develop skills to cope with your child's anxiety, and know how to respond when they are anxious.

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

Preparation for Parenthood

Practical and evidence-based information to support families in pregnancy and to help give new babies a healthy start in life. The programme explores the following topics over 6 sessions:

- Wellbeing during pregnancy
- Planning for birth and afterwards
- Meeting your baby's needs
- Life as a new or growing family

Referrals for families pregnant over 20 weeks at the start of the programme.

Email wfsupport@henry.org.uk to refer a family or book your place.

Mellow Courses: An attachment and relationship based programme for parents/carers of children aged 1-3. Reflective and practical techniques are used to allow parents to address challenges. Separate groups for mothers and fathers.

Book via
www.lloydparkcc.eventbrite.com

Stronger Relationships programme

Developed from the Strengthening Families, Strengthening Communities, 'SFSC' parenting programme to help co-parents/carers:

- Recognise 'harmful parental conflict'
- Understand the effects of harmful conflict on children
- Work out their parenting values, particularly around their child's physical, educational, mental/emotional and spiritual needs
- Work out what stresses them and how they can best deal with these stresses
- See their co-parent's perspective
- Reduce harmful conflict by communicating clearly and respectfully and working things out or agreeing to disagree

The group discussion half of the course (1 hour via Zoom) is offered in daytime and evening slots, so parents/carers are able to find a time that suits their schedules. The other half of the course is self study and can be accessed at any time.

Sign up: bit.ly/StrongerRe

More online courses overleaf



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/TripleP-12
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.

Sleep Service and short breaks:

1-1 support from sleep practitioners providing practical help to support families and professionals working with families who have a child with a sleep issue. They specialise in sleep support for children with and without special needs. Sleep support can be requested as part of a short break

For eligibility, to find out more and apply for a short break either

- Complete a self-referral. Information and guidance and a guide to completing the form is available at <https://bit.ly/SHORTBREAKS>
- If you are currently being supported by a Social Worker, Early Help Practitioner, or SEND Officer you can ask them to make a professional's referral as they will be completing an assessment with your family.

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, lasting 6 weeks. Buddies will listen and provide families with the support offering practical ideas and signposting. For expectant or new parents/carers, with a child up to the age of 2. **Web:** links.henry.org.uk/registrationwellbeingprogramme. **Phone:** 0208 496 5223.

Email: wfsupport@henry.org.uk.

Fathers' Wellbeing Service: Being a father can be joyful and rewarding but it can also bring new emotions and can be challenging and stressful. The fathers' wellbeing service offers free 1-1 or group therapy for expectant fathers or fathers of an under 2, living in Waltham Forest. Contact group coordinator **Lilien Lucic:** 0208 527 1737. **Email:** familysupport@tlpcc.org.uk.

Break Tha Cycle's Parent Lounge is more than just an advocacy service. It's a comprehensive support system that helps parents navigate school meetings, appointments, and administrative processes. We assist with paperwork, provide additional resources, and offer ongoing aftercare support, ensuring that parents are never alone in their journey.

We also provide a platform that offers a safe and secure space for parents to engage with each other and benefit from the experiences of a supportive community. Through the Parent Champion program, parents can enrol in training modules to become reliable support systems for other parents in the community.

Sessions held term time only on Tuesdays 1-3pm from 26 March at the Leyton Family Hub, E17 8PJ.

All referral forms available on the website www.breakthacycle.org.

Additionally, walk-ins are also accepted.

Peer to Peer support group (under-5s) - Delivered by Lloyd Park Children's Charity

Come and meet other parents and share lived experiences.

1pm - 3pm Leyton Family Hub. No booking required, just come along.

- Thursday 25 April - LGBTQI+ Families.
- Thursday 30 May - Families with children with SEND.
- Thursday 27 June - Fathers.
- Thursday 25 July - Foster Carers/Adoptive Families.



Which programme is best for me?



Age of child

Pregnancy	Preparation for parenthood	Mellow Bumps		
Under one	Baby and Us	Triple P Baby	Online Mellow Babies	
One to three	Healthy Families Right from the Start	Triple P 0-12	Being a Parent	
Two to twelve	Healthy Families Right from the Start Ages 0 - 5	Triple P 0-12 BeeZee Families Ages 5 - 15	Strengthening Families Strengthening Communities	Calm parents Calm children Ages 4 - 11 yrs Triple P FearLess
Families with children with SEND	Triple P Stepping Stones Ages 0 - 12 (No diagnoses required)	Connective Parenting Sessions Ages 0-25	Cygnets Ages 5 - 15 (ASD Diagnoses required)	
Twelve to eighteen	Triple P Teens	Strengthening Families Strengthening Communities	BeeZee Families Ages 5 - 15	Triple P FearLess