

# Parent/Carer Support Programmes

## January - March 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
<b>Beezee Adults</b> Age 18+  Beginning 20 Jan for 11 weeks  10am - 12pm The Paradox Centre E4 8YD	<b>Beezee Families</b> Age 5-15  Beginning 21 Jan for 12 weeks  5.30pm - 7.30pm Leyton sports ground E17 3PW	<b>Baby and Us</b> Age 0-9 months  15 Jan - 19 Mar  10am - 12 noon Walthamstow dog stadium E4 8SJ	<b>Raising Resilient and Confident Children</b> Age 4-11  30 Jan - 13 Feb  7.30pm - 9pm Online	<b>Connective Parenting Sessions</b> Age 0-25  24 Jan - 31 Jan  9.30am - 11.30am Online	<b>Connective Parenting Sessions</b> Age 0-25  1 Mar - 8 Mar  9.30am - 11.30am Online

<b>Being a Parent</b> Age 2-11  20 Jan - 17 Mar  9.30am - 11.30am Riverly Primary School E10 7BZ	<b>HENRY</b> Healthy Families Right From The Start Age 0-5  Beginning Jan  1pm - 3pm Queens Road Family Hub E17 8PJ	<b>HENRY</b> Healthy Families Right From The Start Age 0-5  Beginning Feb  10am - 12pm Walthamstow Family Hub E17 5PX	<b>Beezee Families</b> Age 5-15  Beginning 23 Jan for 12 weeks  5.30pm - 7.30pm Walthamstow School for Girls E17 9RZ		<b>Triple P Stepping Stones</b> Age 0-12  10 Jan - 14 Mar  10am - 12 noon Chingford Family Hub E4 6EY
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		<b>Being a Parent</b> Age 2-11  29 Jan - 2 Apr  9.30am -11.30am Barclays Primary School E10 6EJ	<b>Beezee Adults</b> Age 18+  Beginning 23 January for 11 weeks  5.30pm - 7.30pm Leyton Sports Ground E17 3PW
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**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

- **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**

<b>Calm Parents Calm Children</b> Age 4-11  15 Jan - 12 Feb  10am - 12 noon Queens Road Family Hub E17 8PJ
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<b>Strengthening Families Strengthening Communities</b> Age 0-18  16 Jan - 17 Apr 9.30am-12.30pm Walthamstow Family Hub E17 5PX
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<b>Connective Parenting Sessions</b> Age 0-25  5 Feb - 12 Feb  7pm - 9pm Online
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## Universal Programmes

### Baby and Us

For parents of babies up to 9 months

Support to understand your baby's cues and to cope with challenges around feeding, sleep and crying.

**Web:** [bit.ly/EPECBAP](https://bit.ly/EPECBAP) **Phone:** 07799913026 **Email:** [EPEC@walthamforest.gov.uk](mailto:EPEC@walthamforest.gov.uk)

### Triple P Babies

For parents of babies up to 1 year old

Learn how to promote your baby's development better, build a stronger bond and support their emotional and physical health.

**Book via:** [lloydparkcc.eventbrite.com](https://lloydparkcc.eventbrite.com)

### 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](https://bit.ly/CalmParents)

### Triple P 0-12

For parents of children aged up to 12

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

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

### Raising Resilient and Confident Children

For parents of children aged 5 to 11 years

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

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

### Strengthening Families, Strengthening Communities

For parents of children aged 2 to 18

Helping you to communicate more positively, work on your parenting skills and build positive relationships with your children.

**Web:** [bit.ly/SFSCRefer](https://bit.ly/SFSCRefer)



## 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)

## Being a Parent

For parents of children aged 2 to 12

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](http://bit.ly/EPECBAP) **Phone:** 07799913026 **Email:** [EPEC@walthamforest.gov.uk](mailto:EPEC@walthamforest.gov.uk)



## 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](mailto:familysupport@tlpcc.org.uk)

## 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/carers, with a child up to the age of 2

When you 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 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 Parenting sessions

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

Helping you to create a calmer family home with practical tips on how to increase connection with your child, manage meltdowns and learn tools for self care.

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



## Cygnets

For parents/carers of children aged 5 to 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.

Receive 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](mailto:earlyhelpparenting@walthamforest.gov.uk)

## Triple P Stepping Stones

For parents/carers with children with SEND up to 12

Learn about causes of behaviour that challenges, setting specific goals, and using tools to promote your child's development and plan for high-risk situations.

**Web:** [bit.ly/triplepss](https://bit.ly/triplepss)

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

**Phone:** 07586713368

## 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 and share experiences, discuss ideas, explore resources and develop a support network. Part of the session will be a training slot and the remainder will give the opportunity to chat to other parents and carers. All led by specialist Advisory Teachers from Flourish Specialist Education Services.

**No need to book**, all sessions are 11am - 1pm at 99 Leyton Green Road, E10 6DB on the below dates:

**Autism:** 10 Jan, 7 Mar **ADHD:** 7 Mar, 4 Apr



## Online Programmes and workshops

### Triple P Online

Choose between three selfled online programmes

#### Triple P Fearless:

For parents/carers of children aged 2 to 18: help your child/teenager manage fear and anxiety.

**Web:** [bit.ly/3PFearLess](http://bit.ly/3PFearLess)

#### Triple P 0-12

For parents/carers of children aged 0 to 12: helping you to encourage good behaviour, prevent tantrums and strengthen your family connections.

**Web:** [bit.ly/TripleP-12](http://bit.ly/TripleP-12)

#### Triple P Teens:

For parents/carers with children aged 12 to 18

Helping you to build stronger family connections and equip your teen to handle life's challenges.

**Web:** [bit.ly/3PTeens](http://bit.ly/3PTeens)

### Preparation for Parenthood

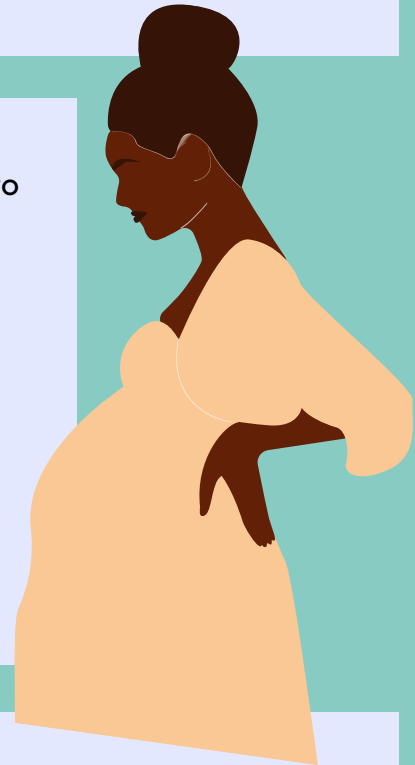
Practical and evidence-based information to support you in pregnancy and to help give your baby a healthy start in life.

The programme explores several topics over 6 sessions including:

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

For families pregnant for more than 20 weeks at the start of the programme. To book your place:

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



### Mellow Courses

For parents/carers of children aged 1 to 3

This attachment and relationship based programme will give you tools and practical techniques to help with any challenging family situations. Separate groups for mothers and fathers.

**Book:** [lloydparkcc.eventbrite.com](http://lloydparkcc.eventbrite.com)

### Stronger Relationships programme

For parents/carers of children aged 0 to 18

Whether you are a couple, co-parent or carer, this programme will help you communicate positively and recognise when parental conflict is harmful and its effects on children.

A safe space to work out your parenting values and see your co-parent's perspective.

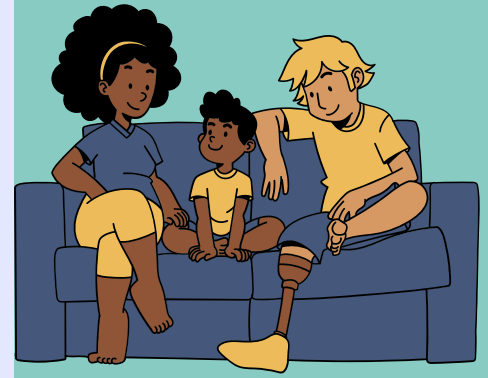
**Sign up:** [bit.ly/StrongerRe](http://bit.ly/StrongerRe)

## Other Support for Parents/Carers

### Waltham Forest Parent Forum

A friendly, voluntary group of parent/carers of children and young people with special educational needs and/or disabilities aged 0 - 25 years in Waltham Forest, offering a variety of training, workshops and sessions for both parents/carers and children.

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



### Fathers' Wellbeing Service

For expectant Fathers or Fathers of children aged up to 2

Being a father can be joyful and rewarding but it can also bring you new emotions, and be challenging and stressful. This service provides you with free, flexible 1-to-1 or group therapy.

Contact group coordinator **Lilien Lucic** via:

**Phone:** 0208 527 1737 or **email:** [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)

### Parent/carer check-in sessions

For parents/carers of children aged 0 to 18

A chance for you to meet other parents/carers, talk through successes and challenges and learn new strategies to increase connection with your children and manage behaviour. Online, Mondays at 6pm.

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



### Sleep Service and short breaks

For families with a child aged 0 to 25 with SEND

One-to-one support from specialist sleep practitioners providing practical help to support you and your child with a sleep issue. Sleep support can be requested as part of a short break application, or on it's own.

For more information or to apply visit [bit.ly/SLEEPSUPPORT](https://bit.ly/SLEEPSUPPORT)

### Picking Up The Pieces

For mothers and female carers with children affected by domestic abuse

A three week group programme to empower you around domestic abuse. Help to increase confidence in your parenting and providing a safe and confidential space to help you heal, energize, and make sense of your experiences.

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

## Break Tha Cycle's Parent Lounge

For parents/carers of children aged 0 to 18

**An advocacy service and so much more!**



Supporting you to navigate the school system, fill in forms e.g disability living allowance (DLA), Personal Independence Payment (PIP), blue badge applications and various other application forms.

We provide a platform that offers a safe and secure space for you to engage with each other parents and benefit from the experiences of a supportive community. Through the Parent Champion volunteer program you can enroll in training to provide support for other parents in the community.

**Weekly**, Tuesdays 1pm - 3pm, term time only, at the Queens Road Family Hub, E17 8PJ. Walk-ins are welcome or book yourself in here **Website:** [breakthacycle.org](http://breakthacycle.org).

## Which programme is best for me?



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