

Parent/Carer Support Programmes

January - March 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
HENRY <i>Healthy Families</i> <i>Right from the Start, Age 0-5</i> 9.30am - 11.30am 29 Jan - 25 Mar Weekly The Paradox Centre, E4 8YD	Triple P <i>Age 0-12</i> 9.30am - 11.30am 30 Jan - 19 Mar George Tomlinson Primary School E11 4QN	Calm Parents Calm Children <i>Age 4-11</i> 10am - 12 noon 10 Jan - 7 Feb Weekly Leyton Family Hub E17 8PJ	Beezee Bodies <i>Age 5-15</i> 5pm - 7pm 18 Jan - 4 Apr Weekly Walthamstow School for Girls E17 9RZ	Strengthening Families Strengthening Communities <i>Age 0-18</i> 9.30am - 12.30pm 19 Jan - 10 May Leyton Family Hub E17 8PJ	Connective Parenting Sessions <i>Age 0-25</i> 9am - 11am 2 and 9 Mar Online

EPEC
Being a Parent
Age 2-11
 10am - 12 noon
 29 Jan - 25 Mar
 Weekly
 Handsworth Primary School
 E4 9PJ

HENRY
Healthy Families
Right From The Start, Age 0-5
 1pm - 3pm
 30 Jan - 26 Mar
 Weekly
 Leyton Family Hub E17 8PJ

HENRY
Healthy Families
Right From The Start, Age 0-5
 10am - 11am
 31 Jan - 27 Mar
 Weekly
 Online

EPEC
Being a Parent
Age 2-11
 10am - 12 noon
 1 Feb - 28 Mar
 Weekly
 Mission Grove Primary School
 E17 7EL

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

Beezee Bodies
Age 5-15
 5pm - 7pm
 15 Jan - 1 Apr
 Peterhouse Community Centre
 E17 3PW

Beezee Bodies
Age 5-15
 5.30pm - 7.30pm
 16 Jan - 2 Apr
 Leyton Cricket Ground
 E10 6RJ

Mellow Bumps
Age 20-30 weeks gestation
 1pm - 3pm
 17 Jan - 28 Feb
 Higham Hill Nursery
 E17 5PX

Triple P
Stepping Stones
Age 0-12
 9.30am - 12 noon
 25 Jan - 21st Mar
 Weekly
 Oakhill Primary School
 IG8 9PY

Triple P Baby
Age 0-1
 9.30 - 11.30am
 16 Jan - 5 Mar
 7 Saxon Close
 E17 8LE

Beezee Bodies:
Age 5-15
 5pm - 7pm
 17 Jan - 3 Apr
 Chingford C of E Primary School
 E4 7BP

Connective Parenting Sessions: 0-25
 24 and 31 Jan
 10am - 12 noon
 21 and 28 Feb
 7pm - 9pm
 Online



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 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/wfsfsc

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
www.lloydparkcc.eventbrite.com

Empowering Parents, Empowering Communities - Being a Parent: Run for parents, led by parents supporting you to manage your's 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: 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

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

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



Cygnets: 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. Receive ASC resources and provide opportunities to meet with other parents/carers who have had similar experiences **To refer:** Contact your School SENCO
Email: educationalpsychology@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/3PTeens
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/3PFearLess
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/TripleP-12
email: earlyhelpparenting@walthamforest.gov.uk
Phone: 07586713368

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

Book via
www.lloydparkcc.eventbrite.com

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, 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:** <https://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 emotion 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

Connective Family: This approach focuses on managing behavior through developing the relationship between the parent and child by raising the parental presence and creating a strong bond with your child. **A variety of courses available. View the NVR timetable and book onto a course:** <https://bit.ly/3v7vbl3>

Break the Cycle Parents Lounge: A safe space for parents to discuss all things related to parenting. Share personal experiences and insights, avoid replicating detrimental patterns and foster a nurturing atmosphere that supports children's growth and development. Refreshments provided. Tuesdays from 1-3 pm
Phone: 07535280467, **Email:** zoelentz@breakTheCycle.org, **web:** <https://www.breakthecycle.org>