

# PARENT CONNECT

Supporting Newham Families

12<sup>th</sup> November 2021 Edition

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Hi everyone! We hope you have had a good week 😊

If you would like to receive this newsletter direct to your email, every Friday, you can [Sign up for Parent Connect](#)

Have a wonderful weekend!  
Early Help Partnership

Places still available! Book today!

[BOOK YOUR PLACE](#) at the **DICE**  
**Parenting Support Programme p7**

"We thought he was just being a typical teenager spending time on his computer and phone. We didn't know that he was being recruited into crime"

## Coffee Morning

Monday 22nd November 2021

11am to 12.30pm

The Enabled Living Lounge

Tel: 0203 373 8800  
Txt: 07896 664 350  
E: [info@enabledlivinghealthcare.co.uk](mailto:info@enabledlivinghealthcare.co.uk)

[www.enabledlivinghealthcare.co.uk](http://www.enabledlivinghealthcare.co.uk)



Meet with your local Neighborhood Police Team and find out about crime prevention, burglaries and home safety.



FOUNDATION

[CAMHS Wellbeing Workshops](#)

Parent Connect

# Upskill Project – West Ham United Foundation

**October 2021 – March 2022**

***Are you a young man between 18-25 years?***

***Do you live in the borough of Newham?***

***Have you been not in education, employment or training for six months or more?***

*The Upskill Project is a Mentoring Programme over 12-week period, with sessions taking place once a week of 2 hours. The session focus on personal development to enhance access to employment, whilst benefiting from unique guest speakers who talk about their experiences of overcoming challenges (such as being a gang member, extremism and drug and alcohol addiction) to succeed.*

*Participants will also benefit from being supported to access additional educational and employability opportunities via WHUF, including:*

- FA Playmakers
- Apprenticeships
- Volunteering
- Sporting Degree Programmes
- Moving On Up Newham

*Upon completing the 12-week programme participants will be invited to a programme graduation event.*

***The programme is limited to 40 participants so to secure your place complete the registration form and send to our Education Manager, Temisan Williams [temisanwilliams@westhamunited.co.uk](mailto:temisanwilliams@westhamunited.co.uk)***

The registration form is attached to the email from Natalie / Strengthening Families  
12/11/2021



## FOUNDATION

# Enabled Living Coffee Morning Monday 22<sup>nd</sup> Nov

If you are Deaf, deafblind or hard of hearing  
come and meet with your local  
neighbourhood police team in [#Newham](#)  
♥ We have a coffee morning on 22nd Nov.

- ✓ Our coffee mornings are BSL interpreted.
- ✓ talking about crime prevention, burglaries  
& home safety.

[info@enabledlivinghealthcare.co.uk](mailto:info@enabledlivinghealthcare.co.uk)

0203 373 8800

## Coffee Morning Monday 22nd November 2021 11am to 12.30pm The Enabled Living Lounge

Tel: 0203 373 8800  
Txt: 07896 664 350  
E: [info@enabledlivinghealthcare.co.uk](mailto:info@enabledlivinghealthcare.co.uk)



Meet with your local Neighborhood  
Police Team and find out about  
crime prevention, burglaries and  
home safety.

[www.enabledlivinghealthcare.co.uk](http://www.enabledlivinghealthcare.co.uk)



# RSBC New Sessions!

## New Sessions:

### **Connecting Families**

*Children with a VI who also have additional needs*

We are proud to release our next date and title for our Connecting Families Online Group. Does your child have complex needs? Is there a lot else going on for your child, e.g. family circumstances, medical needs, life events? Join our experienced Family Practitioners and other families of children and young people with a vision impairment to discuss and share school experiences, tips and suggestions, challenges and celebrations. Please email [familiesfirst@rsbc.org.uk](mailto:familiesfirst@rsbc.org.uk) to register and a Teams invite will be sent on the day to join the evening session.

### **Siblings Wellbeing Session**

RSBC's Families First team is excited to be launching new online sessions for the brothers and sisters of children and young people with a vision impairment. These sessions will provide space for siblings to connect with each other, share experiences and have fun. To sign up or for more information, please contact Ellie at [ellie.familiesfirst@rsbc.org.uk](mailto:ellie.familiesfirst@rsbc.org.uk)

The logo consists of the letters 'RSBC' in a bold, rounded, orange font. The letters are thick and have a slightly irregular, hand-drawn feel.

**Royal Society for Blind Children**



Royal Society for Blind Children

# RSBC November Programme of Activities

Go to our website for more  
information:

<https://www.rsbc.org.uk/calendar-of-activities/>

## November Programme of Activities

Orange Font = Face to Face

Black Font = Online

### Week 2

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
Assistive Tech 3pm - 5pm  Audio Book Club 11 - 25yrs 5pm - 6pm	Sisterhood 11 - 25yrs 5pm - 6pm	Siblings Wellbeing Session 4:30pm - 5:15pm  Audio Book Club 11 - 25yrs 5pm - 6pm  Youth Forum (CLOSED GROUP) 5:30pm - 7pm	Supper Squad 16 - 25yrs 5pm - 6pm	Assistive Tech, 3pm - 5pm	HAWB Workout 8 - 25yrs 11am - 11:45am  Supper Squad 8 - 15yrs 12pm - 1pm

### Week 3

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
Assistive Tech 3pm - 5pm  Audio Book Club 11 - 25yrs 5pm - 6pm	Creative 8 - 25yrs 5pm - 6pm  Connecting Families Online 7:30pm - 9pm	Sensory Story Time 0 - 8yrs 1pm - 2pm  Siblings Wellbeing Session 4:30pm - 5:15pm  Audio Book Club 11 - 25yrs 5pm - 6pm	NO ACTIVITY	Assistive Tech, 3pm - 5pm	Tower Hamlets HAWB 8 - 25yrs 11am - 1pm  Creative 8 - 25yrs 10am - 1pm

**Week 4**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Assistive Tech 3pm - 5pm  Audio Book Club 11 - 25yrs 5pm - 6pm	Sisterhood 11 - 25yrs 5pm - 6pm	Siblings Wellbeing Session 4:30pm - 5:15pm  Audio Book Club 11 - 25yrs 5pm - 6pm	Creative 8 - 25yrs 5pm - 6pm	Assistive Tech, 3pm - 5pm	PAN London HAWB 8 - 25yrs 10am - 1pm  Creative 8 - 25yrs 10am - 1pm

**Week 5**

<b>Monday</b>	<b>Tuesday</b>				
<b>29</b>	<b>30</b>				
Assistive Tech 3pm - 5pm  Audio Book Club 11 - 25yrs 5pm - 6pm	Creative 8 - 25yrs 5pm - 6pm				

# Active Newham NEWHAM ABILITY CAMP

Newham ability camp runs 3 sessions a week for young people in Newham.

- Mondays 5 - 6pm
- Wednesdays 5 - 6pm
- Saturdays 10 - 11am

Get involved today by contacting Paul  
@NewhamAbility

[paul495@btinternet.com](mailto:paul495@btinternet.com)

07811 671 082



## NEWHAM ABILITY CAMP

**Mondays 5PM-6PM at Newham Leisure Centre Hub**

**Wednesdays 5PM-6PM at NewVic College**

**Saturdays 10AM-11AM at Newham Leisure Centre**

The Newham Ability Camp is a multi-sports club run by Paul Archer and specialist coaches, which aims to give children and young adults with disabilities their first steps into sport!

The club is open to any young person or young adult with any disability and you are invited to come along and try out all of the different sports we offer. These sports can include Cricket, Table Tennis, Athletics, Volleyball, Basketball, Badminton, Frisbee, Archery, Fitness, Fencing, Softball & much more!



**Membership Fee is £10 per term or £30 per year per participant**  
**\*The first session is FREE!**  
**\*\* This gives access to ALL 3 club sessions per week!**

 @NewhamAbility
  /NewhamAbilityCamp

 paul495@btinternet.com
  07811 671 082

Tickets still available!

## DICE Parenting Programme

DICE is a **4 week Parenting Support Programme**

It provides families with **information, advice** and **support** that can help them to provide a safe and protective environment for their child or young person

Each session will be **relaxed** and **informal**, with a **variety of activities, discussions** and **videos**. There will be a maximum of **12 parents/carers**, providing an ideal opportunity to meet others in similar situations and to share experiences. The programme will take place **virtually** until further notice.



## Sign up to DICE!

**Course 1** (Weds, 10-12pm), 8th, 15th, 22nd and 29th September 2021 **(FULL)**

**Course 2** (Weds, 6-8pm), 29th September, 6th, 13th and 20th October 2021 **(FULL)**

**Course 3** (Tues, 10-12pm), 2nd, 9th, 16th and 23rd November 2021 **(FULL)**

**Course 4** (Mon, 6-8pm), 10th, 17th, 24th and 31st January 2021 **(LIMITED SPACES AVAILABLE)**

**Session 01**-Introductions and thinking about the life of a teenager

**Session 02**-Exploitation and the grooming process

**Session 03**-Digital Dangers

**Session 04**-Parenting top tips & support networks

Exploitation & The Grooming process

Digital Dangers

Parenting Top Tips & Support Networks

The Teenage Brain

# Enabled Living

## About the course

Our Deaf Awareness and introduction to British Sign Language (BSL) course teaches you how to communicate with Deaf people and how to use basic BSL in everyday situations. During the course you will cover a variety of different topics including numbers & time, home and travel and the beginnings of a conversation.

The course delivered by Deaf trainer Audrius Kiminius from BSL Now! alongside a communication worker.

We've a few spaces left, 6 weeks FREE Deaf Awareness & Introduction to BSL course for Newham residents & businesses.

If you're passionate about learning a new skill which can make a difference to people's lives then don't wait sign up!

<https://www.eventbrite.co.uk/e/deaf-awareness-and-an-introduction-to-british-sign-language-6-weeks-tickets-183388759717>



# Online and On-Site Courses by Haringey London

Open to Newham Residents!

Haringey Adult Learning Services have FREE courses starting this November 2021.

**Courses starting November 2021**

To apply for courses, go to:

<https://www.webenrol.com/hals/?page=courses>

To Sign up to the HALS Newsletter email:

[hals@haringey.gov.uk](mailto:hals@haringey.gov.uk)

For more information call HALS Reception:  
020 8489 2596

A promotional poster for Haringey London's 'Online and On-site Courses'. The top half features a smiling man with glasses working on a laptop. The Haringey London logo is in the top right corner, and a yellow circle with 'FREE COURSES' is on the right. The bottom half lists course categories in colored bars: Accounting, Book-keeping, Business Skills (yellow); English (purple); Creative Communication (green); Health and Social Care (grey); Information Communication Technology (orange); and Maths (red).

**Haringey**  
LONDON

**Online and On-site Courses**

**FREE COURSES**

Accounting, Book-keeping, Business Skills

English

Creative Communication

Health and Social Care

Information Communication Technology

Maths

Tickets still available!

## Open Conversation – Romanian Group

Newham Romanian Parents and Carers are invited to join this discussion group.

More community discussion groups are coming soon, watch this space!

**Translated Live  
in Romanian**

## OPEN CONVERSATION

**Newham Romanian Parents and Carers** are invited to join this discussion group!

This will be a safe space where parents and carers within the **Romanian community** can **connect with each other** and to **share their experiences** as a parent/carer living in Newham.

The group will be **facilitated in English** but with a **Romanian Speaker** who will **translate live for speakers of the Romanian language** in the room.

Date and time:  
**Thu, 25 November 2021**  
12:30 – 14:00 GMT

[Book your place on Eventbrite!](#)

WE ARE NEWHAM.

People at the Heart  
of Everything We Do

[Book your place!](#)

Tickets still available!

Tradusa in  
Romaneste

# CONVERSATIE DESCHISA

**Parintii si ingrijitorii  
rezidenti in Newham**  
sunt invitati sa se alature  
acestui grup pentru  
**discutii informative**

Acesta este un spatiu sigur in care parintii si  
ingrijitorii din comunitatea romaneasca se  
pot conecta unii cu ceilalti si pot impartasi  
experientele ca parinte sau ingrijitor  
rezident in Newham.

Grupul va fi facilitat in Engleza dar cu un  
traducator roman ce va traduce  
conversatiile in timp real pentru vorbitorii  
de limba romana din acest eveniment.

Data si orele:  
**joi, 25 Noiembrie 2021**  
12:30 – 14:00 GMT

[Programa-ti-va online  
pe Eventbrite!](#)

## The AAA Zone

### LEGO CLUB

It's FREE, it's FUN and it's BACK! We're back building again at our Lego Club @Arc and you can come along too!! Every Tuesday from 3.30pm to 5pm (term time only). Contact Paula on [paula@theaaazone.com](mailto:paula@theaaazone.com) for more information and to book your place! PRE BOOKING ESSENTIAL **#LEGO**

### SEND MULTI-SPORTS CLUB

Our new and exciting SEND Multi-Sports club started on Sunday kicking things off with lots of skateboarding fun! and it's already proving to be a big hit! Contact Paula to find out more and to get involved [paula@theaaazone.com](mailto:paula@theaaazone.com) **#AAA**  
**#MakingADifference** **#changinglives**  
**#SENDsports**



## Ambition Aspire Achieve

“Making a difference, changing lives.”

### POSITIVE TRANSITIONS SEND PROJECT

Our Positive Transitions SEND Project is back! For young people with additional needs aged 16 to 24 - Mondays: Life Skills Tuesdays: Multi Sports and Exercise Thursdays: Creative sessions and workshops Contact Leo for more details [leo@theaaazone.com](mailto:leo@theaaazone.com)

[The AAA Zone Website](#)

Follow **@theaaazone** on Twitter!

# Mothers For Change – FREE COURSE!

Groundswell Project is here to help, train and give mothers the tools they need to ensure their children are safe both on and offline.

Let's safeguard our children and ourselves from these harms.

Where: **Durning Hall, Newham**

When: **Tuesdays**

Time: **10.30-12.30am**

Start Date: **November 16<sup>th</sup>**

Email [Maeve@groundswell.world](mailto:Maeve@groundswell.world) to register! Limited places!

## GROUNDSWELL PROJECT



**Safeguarding  
Children  
Online**

**MOTHERS FOR  
CHANGE  
FREE COURSE!  
LIMITED PLACES**

Groundswell Project is here to help, train and give mothers the tools they need to ensure their children are safe both on and offline. We are here to help you feel informed and to able to tackle harmful and dangerous content and influences if you are faced with them.

Let's safeguard our children and ourselves from these harms.

- Understand the dangers
- Educate ourselves on hate crime and extremism  
Learn first hand from survivors and experts  
those who have been affected by harmful extremism
- Feel equipped and confident to challenge online harms
- Create a protective shield around your children
- Make strong and lasting friendship bonds with other mothers who want to tackle this important issue

Starting Nov. 2021, Location TBC in Newham

This is an eight week training program.  
Covering subject matters around hate crime, racism,  
domestic violence, radicalisation/extremism and online safety.

**REGISTER NOW**

[Maeve@groundswell.world](mailto:Maeve@groundswell.world)



# ELOP Youth Out East LGBTQ+ Youth Group and Mentoring

We offer our service across London and the surrounding Essex boroughs

**Youth Out East ~ Youth Group** for LGBTQ+ young people aged 12-18. The sessions are a safe space to make friends, enjoy fun activities and discuss issues. They run every TUESDAY evening on zoom at the following time:

12-15s 5-6.30pm

15-18's 7-8.30pm

**Youth Out East ~ Mentoring** offers LGBTQ+ young people, aged 12-18, individual mentoring support sessions with a trained LGBTQ+ professional. The mentoring sessions are a safe, accepting, and affirming space where the young person is supported to identify their issues and concerns, and to set goals for the sessions. This could include a space and opportunity to:

- explore their LGBTQ+ identities
- develop strategies to build and
- sustain confidence, self-acceptance, and pride develop coping mechanisms for future coming out, or dealing with anti-LGBTQ+ hate gain increased knowledge and information on sexual orientation and gender identities and/ or LGBTQ+ rights.

Our LGBTQ+ youth mentoring is not therapy or a clinical intervention and should not be used as an alternative should either be needed. Our mentoring service is free and can be held via phone or online until we fully return to a physical face-to-face service. Sessions are usually weekly, for 6 weeks and last for up to one hour/ session.

Info and sign up by emailing: [youth@elop.org](mailto:youth@elop.org)

An online **LGBTQ+** safe and inclusive space to be you

# YOUTH OUT EAST

Meet-up online, make friends, enjoy activities and share experiences with other **LGBTQ+** young people

## TUESDAYS ONLINE

**5-6.30pm for 12-15s**    **7-8.30pm for 15-18s**

CONTACT ~> [YOUTH@ELOP.ORG](mailto:youth@elop.org)

**elop**  
LGBT+ mental health and wellbeing

ELOP is a Registered Charity 1067474 & Company Limited by Guarantee 3355423

# Youth Out East LGBTQ+ 18-25s Meetup Group

**Youth Out East ~ 18-25's LGBTQ+ Social Group** is a safe and inclusive space for young adults to make friends, enjoy activities and talk all things LGBTQ+. It runs twice a month every 2<sup>nd</sup> and 4<sup>th</sup> Monday from 7-8.30pm on zoom.

If a young person/adult wants to get involved with any of the above they can email [youth@elop.org](mailto:youth@elop.org) or call 07908 553744. They can self-refer or you can refer on their behalf. If you want to follow us on Social Media and share any posts that may be useful for your young people that would be much appreciated.

Our twitter handle is:

[https://twitter.com/ELOP\\_LGBT](https://twitter.com/ELOP_LGBT) and Facebook:  
<https://www.facebook.com/elop.LGBT>

Info and sign up by emailing: [youth@elop.org](mailto:youth@elop.org)



The poster features a rainbow flag design with a large black chevron pointing right. The text 'LGBTQ+' is in red on a black background, '18-25s' is in black on a yellow background, and 'meet up group' is in black on a blue background. Below this, a white box contains the meeting details. At the bottom, the ELOP logo is shown with the tagline 'LGBT mental health and wellbeing' and 'ELOP is a Registered Charity 1067474'. A blue cloud-like shape contains the contact information.

**LGBTQ+**  
**18-25s**  
**meet up group**

**online meet-up ~ twice a month**  
**every 2nd & 4th Monday**  
**7-8:30pm**

A welcoming, relaxed & inclusive space to  
meet with others, enjoy activities & talk all things LGBTQ+

**elop**  
LGBT mental health and wellbeing  
ELOP is a Registered Charity 1067474

**INFO & SIGN UP**  
**EMAIL**  
**[youth@elop.org](mailto:youth@elop.org)**

## Our Newham Learning & Skills

Unleash your inner artist! We offer a range of part-time courses for adults at our specialist centres across Newham - enrol now while places last!

Website and how to enrol:

<https://ournewhamls.co.uk/>

Course Guide:

<https://ournewhamls.co.uk/downloads/ONLS-Adult-Course-Guide-2021.pdf>

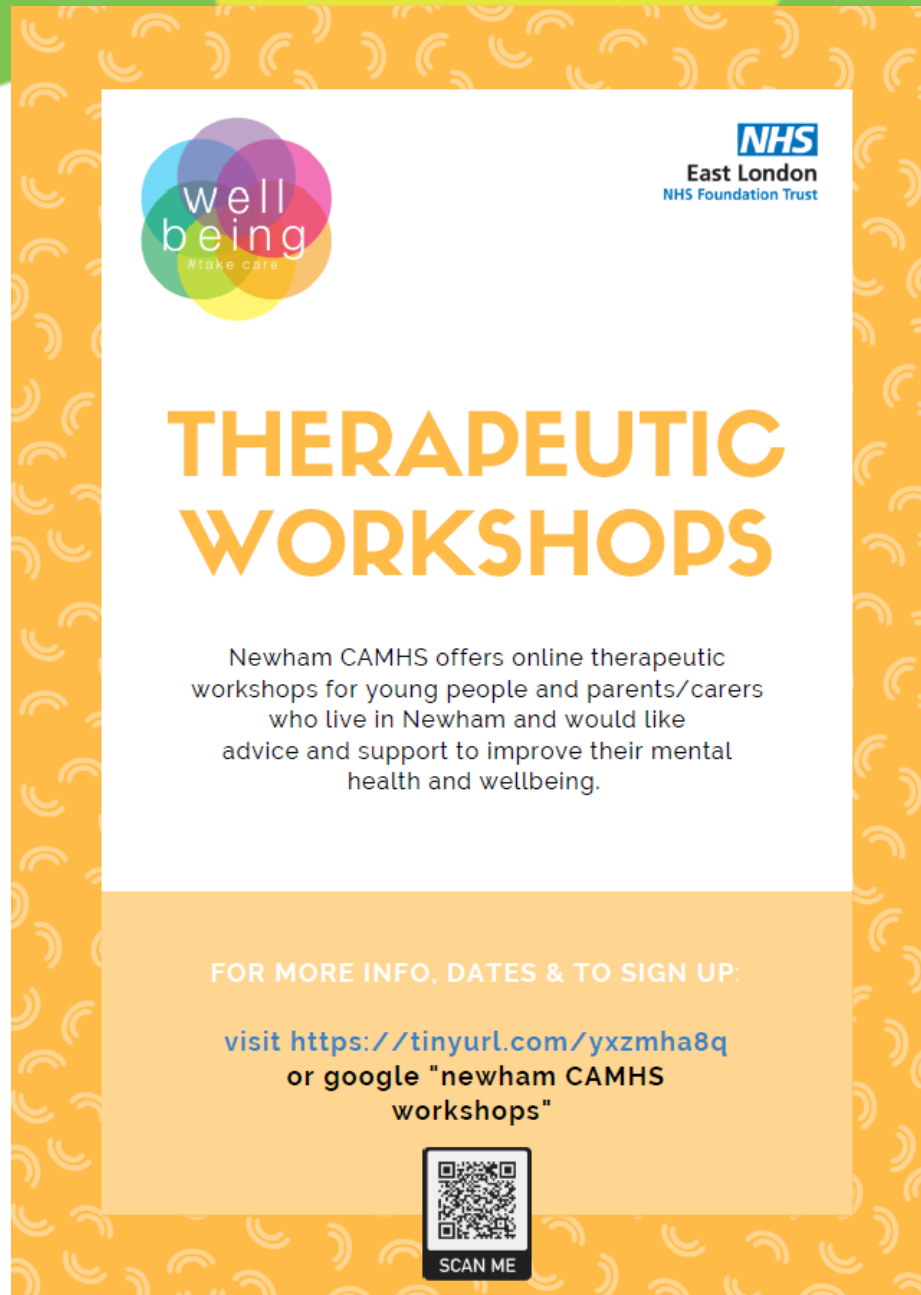


# Therapeutic Workshops

We are excited to launch another round of online therapeutic workshops. We welcome **all young people and families in Newham** to our workshops. They can be open to CAMHS, but **do not need to be open to CAMHS** to access the workshops and can sign up directly on Eventbrite.

We have upcoming workshops on topics such as:

- *Managing mood (8<sup>th</sup> December)*

A poster for 'Therapeutic Workshops' with an orange background and a repeating pattern of small white crescent shapes. At the top left is the 'well being' logo with the tagline '#take care'. At the top right is the NHS East London NHS Foundation Trust logo. The title 'THERAPEUTIC WORKSHOPS' is in large, bold, orange letters. Below the title, text states: 'Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.' At the bottom, it says 'FOR MORE INFO, DATES & TO SIGN UP: visit https://tinyurl.com/yxzmha8q or google "newham CAMHS workshops"'. A QR code is at the bottom center with the text 'SCAN ME' below it.

**well being**  
#take care

**NHS**  
East London  
NHS Foundation Trust

## THERAPEUTIC WORKSHOPS

Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

FOR MORE INFO, DATES & TO SIGN UP:  
visit <https://tinyurl.com/yxzmha8q>  
or google "newham CAMHS workshops"

SCAN ME

Book your place:  
<https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

# Parent Childcare Survey 2021

Newham's annual parent childcare survey is now live at [www.newham.gov.uk/childcareparentsurvey2021](http://www.newham.gov.uk/childcareparentsurvey2021)

Newham Council wants to hear from parents about their experience of childcare and what their needs and preferences are. This helps us shape services to meet residents needs.

Participants completing the survey can also opt in to get information about help with childcare costs and be entered into a draw for £ 100 of shopping vouchers.

The survey is open until **Friday 3<sup>rd</sup> of December**



Newham Parent Childcare Survey 2021

[www.newham.gov.uk/childcareparentsurvey2021](http://www.newham.gov.uk/childcareparentsurvey2021)

# Newham Family Support Sessions - Early Help Partnership Team

Romanian

BSL

[Supporting Parents](#)

[Supporting Parents](#)

[Supporting Children](#)

[Supporting Children](#)

[Supporting Teenagers](#)

[Supporting Teenagers](#)

[Supporting Children  
and YP with Additional  
Needs](#)

[Supporting Children and  
YP with Additional  
Needs](#)

[Taking Care of Yourself](#)

More to come!

[Immigration Support](#)

[Keeping Safe in the  
Community](#)

[Keeping Safe Online](#)

Urdu and Punjabi coming soon!



Playlist:

[https://www.youtube.com/playlist?list=PLfBuvuA\\_uMZIS5U9HlxG0QpjwtEJ98zQ](https://www.youtube.com/playlist?list=PLfBuvuA_uMZIS5U9HlxG0QpjwtEJ98zQ)



Newham Family Support Workshop – Supporting Parents during the Pandemic – Translated in BSL



# Links Studios - Youth Music Studio Project

Community Links are delighted to announce that our brand-new dedicated recording studio - Links Studios - is now open and ready to begin working with and welcoming young people & youth organisations.

As part of our youth studio offer, young people aged 11 – 19 can access free positive and meaningful activities while channeling their curiosity, passion and energy through creative activities.

Our state-of-the-art production facility offers a fun, safe and enriching entry point experience to a professional recording studio.

The youth programme will enable young people's voices to be heard while giving young people the opportunity to explore their interests, develop their skills and network with other young people across the following dedicated workshops & sessions.

- Music production \* Vocal recording \* Podcasting \* Music producers club \* The Choir \* The cypher \* Are you a musician

Young people who join any session as part of the youth programme can receive guided 1-1 & group coaching to support their personal development & growth, through improving wellbeing, resilience & confidence building and supporting the development of new & transferable skills

**WANT FREE STUDIO  
TIME FOR YOUR  
NEXT CREATIVE  
PROJECTS? 11-19yrs**

**MUSIC PRODUCTION VOCAL WORKSHOPS  
RECORDING STUDIO PODCASTING  
LIVE MUSIC JAMMIN**

**SIGN UP & BECOME A MEMBER**

FILL IN OUR REGISTRATION FORM AT  
<https://www.community-links.org/youth-employment/links-studios>

**WEEKLY SESSIONS & WORKSHOPS  
PLACES ON A FIRST COME FIRST SERVE BASIS  
EACH DAY**

**Limited spaces available  
ENROLMENT THROUGHOUT 2021-2022**



# WHAT MUSIC COULD YOU MAKE WITH NO LIMITATIONS?



## links Studios

SCAN THIS CODE & BECOME A MEMBER



BY KIND PERMISSION OF MUSIDOR R.V

## links Studios

**ALL SESSIONS & WORKSHOPS ARE FREE**

**TUESDAY**  
3PM - 7PM  
**MUSIC PRODUCTION**  
**VOCAL CYPHER**

**WEDNESDAY**  
3PM - 7PM  
**VOCAL RECORDING**  
**MUSIC PRODUCTION**

PODCASTING BOOKING ONLY\*

**THURSDAY**  
3PM - 7PM  
**MUSIC PRODUCTION**  
**CHOIR WORKSHOP**

**FRIDAY**  
3PM - 7PM  
**MUSIC PRODUCTION**  
**LIVE JAMMING**

PODCASTING BOOKING ONLY\*

### EMAIL

[links.studios@community-links.org](mailto:links.studios@community-links.org)

### CALL:TEXT:WHATSAPP

Joelle 07739 687521

Amanda 07545421861

### VISIT US

105 Barking Road, Canning Town  
E16 4HQ

0207 473 2270

Registered Charity Number 1124127

# Headstart Peer Parenting Sessions

It is clear that this pandemic is having an impact on us beyond 2021. As we continue to adjust and readjust, parents have found it helpful to come to a safe space to share strategies to build resilience.

We are ready to begin recruiting for both our online and face to face **Being a Parent group** which commence this week. The e-flyer is attached, and we will be running 4 groups, 1 which will be delivered in Urdu.

The Being a Parent Group is a weekly space for parents with children aged 9-16 to come together sharing experiences and learning tried and tested approaches that can help us navigate this difficult time. Many parents have already benefited from this course, and we want to reach as many parents (and grandparents, aunts, uncles, carers too) as possible.



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES




## Being a Parent Course

A free course for parents of children aged 9 to 16 years

Delivered digitally via video call app called zoom OR  
in a safe community setting following government guidelines.

**Delivered for Parents by Parents**

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

*Comfort breaks will be built in to the course*

Course Details:

Tuesdays (On Zoom)	Wednesday Canning Town Community Library	Thursdays (On Zoom)	Thursdays Canning Town Community Library (Delivered in Urdu)
Start: 28th Sept 2021 End: 30th Nov 2021 Time: 10am–12pm	Start: 6th Oct 2021 End: 8th Dec 2021 Time: 12pm–2pm	Start: 30th Sept 2021 End: 2nd Dec 2021 Time: 6–8:00pm	Start: 23rd Sept 2021 End: 25th Nov 2021 Time: 10am–12pm

To sign up for the course, please follow the link below:  
<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

For more information and support, please follow us on Facebook, Twitter and Instagram  
@HeadStartNewham

You can still contact us Monday–Friday from 9am–5pm on the following details:  
headstart.programmeteam@newham.gov.uk






# Headstart Peer Parenting Sessions

All parents will need to **register for a place** as the group has limited capacity. Parents can sign up via the link on the flyer or <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

We have a short video about our groups which can be viewed here <https://www.youtube.com/watch?v=eAV-db8TJVA&feature=youtu.be>

## Being a Parent Course (for parents/carers with a 9 -16 year old)



Each week the group looks at different topics related to your relationship with your child/ren including:

<b>Being a Parent</b>	<b>Parenting skills and Listening skills</b>
The good enough parent Taking care of ourselves	Communication and listening
<b>Feelings</b>	<b>Valuing your child</b>
Expressing and acknowledging feelings	Using descriptive praise to change behaviour
<b>Understanding conflict, negotiation and problem ownership</b>	<b>Quality Time</b>
Negotiation skills Choices, consequences and sanctions	Building your child's self esteem What is it like to be a young person in Newham
<b>Understanding children's behaviour</b>	<b>Stress management, Review and Ending</b>
Exploring needs of your child and their behaviour Discipline and household rules Family meetings	Coping with stress Reviewing your learning and celebration

For more information and support, please follow us Facebook, Twitter and Instagram @HeadStartNewham  
You can also visit our website [www.headstartnewham.co.uk](http://www.headstartnewham.co.uk)

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[headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



## 'والدين ہونا' کورس

۹ سے 16 سال کی عمر کے بچوں کے والدین کے لئے ایک مفت کورس

یہ کورس آن لائن بذریعہ زوم، سرکاری ہدایات کے مطابق محفوظ کمیونٹی مقامات پر فراہم کیا جاتا ہے۔

**والدین کے ذریعے، والدین کے لئے فراہم کیا**

یہ کورس بچوں کی بہتر تربیت کرنے میں والدین کی رہنمائی کرتا ہے۔ جانتے کہ اپنے بچوں کو کس طرح اپنی بات سننے پر آمادہ کریں اور براہِ اعتماد اور خوش بچے پروان چڑھائیں

- اس کورس میں شرکت کر کے والدین کی حیثیت سے اپنا تجربہ بیان کر کے دوسروں کی مدد کریں
- اپنے بچوں سے بات چیت کرنے ، کامیابیوں کا جشن منانے اور مل کر مسائل حل کرنے کے نئے طریقے سیکھیں
- اپنے گھر کے ماحول کو پرسکون اور خوشگوار بنائیں

جانبی کا وفد  
فراہم کیا  
جائے گا

## تفصیلات

بروز جمعرات

## آغاز

٢٢ ستمبر ٢٠٢١

## اختتام

25 نومبر ۲۰۲۱

**وقت:**

صبح ۱۰ سے ۱۲  
بچے تک

کورس میں داخلے کے لئے اس لنک پر رابطہ کریں

<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

مذہب معلومات کے لئے ہمیں، فیصلہ، نگر، ٹھنڈ، اور بنسٹاگ اور بن فالہ کی بن،

آپ ہم سے مندرجہ ذیل ای میل پر پیر سے لے کر جمعے تک ۹ بجے سے ۵ بجے تک رابطہ کر سکتے ہیں  
headstart.programmeteam@newham.gov.uk



# Reporting Indecent Images

Children and the **Internet Watch Foundation** (IWF) have launched a new tool which allows children and young people, or trusted adults on their behalf, to report a nude image or video of themselves so that the IWF can take steps to remove it from the internet.

You can report an image/video that hasn't been uploaded or shared. The IWF will assign a 'hash' to prevent the image being uploaded by anyone.

Image hashing is the creation of a unique digital description/copy of an image that can be used by the image being uploaded or shared, and prevent that action from asking place.

- Information from the IWF  
<https://iwf.org.uk/news/new-tool-empowers-children-and-young-people-stop-spread-nude-images-online>
- Childline reporting tool, Report Remove –  
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>