

PARENT CONNECT

Supporting Newham Families

3rd December 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 for DICE Parenting Support Programme! [BOOK YOUR PLACE](#)

WE ARE SUPPORTING FAMILIES.

WE ARE NEWHAM.



**FREE HOLIDAY
FOOD AND FUN.**

People at the Heart
of Everything We Do



[CAMHS Wellbeing
Workshops](#)

HAF - Holiday Activities and Food Programme

The HAF Christmas Programme is here!

As with the summer HAF programme, Newham Council is working with a range of organisations to **offer free places at holiday clubs** during the Christmas holidays. A choice of activities are available between 20th December 21 to 4th January 22.

There is something for everyone! Sport, drama, day trips, cooking, music, arts & crafts, dance and family fun days. This is an opportunity to have fun, learn new things and make new friends! Clubs will also provide a delicious, healthy meal each day

Click the below link to view the brochure:

<https://www.newham.gov.uk/downloads/file/3966/christmas-2021-haf-brochure>

WE ARE SUPPORTING FAMILIES.

WE ARE NEWHAM.



**FREE HOLIDAY
FOOD AND FUN.**

People at the Heart
of Everything We Do



- BECKTON, ROYAL DOCKS AND CUSTOM HOUSE
- EAST HAM
- FOREST GATE
- MANOR PARK
- PLAISTOW
- STRATFORD & WEST HAM
- SPECIALIST SEND CLUBS
- BOROUGH-WIDE

If you have any questions, please contact the team by email HAF@newham.gov.uk or telephone 020 3373 9714 or 020 3373 0469.



Newham Family Support Sessions - Early Help Partnership Team

New Videos!

Romanian

[Supporting
Parents](#)

[Supporting
Children](#)

[Supporting
Teenagers](#)

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

[Taking Care of
Yourself](#)

[Immigration
Support](#)

[Keeping Safe in
the Community](#)

[Keeping Safe
Online](#)

BSL

[Supporting
Parents](#)

[Supporting
Children](#)

[Supporting
Teenagers](#)

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

[Taking Care of
Yourself](#)

[Immigration
Support](#)

[Keeping Safe in
the Community](#)

[Keeping Safe
Online](#)

Punjabi

[Keeping Safe
Online](#)

[Immigration
Support](#)

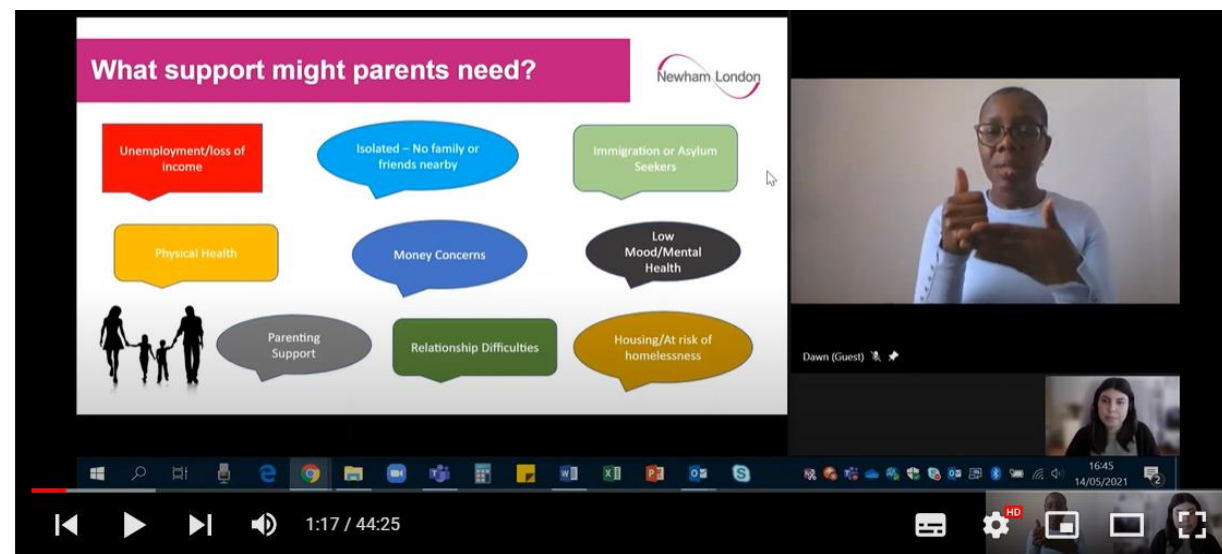
[Keeping Safe in
the Community](#)

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



Playlist:

https://youtube.com/playlist?list=PLfBuvuA_uMZXIS5U9_HlxGOQpjwEJ98zQ



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



Employ Me London AND the Upskill Project – The West Ham United Foundation

EMPLOY ME:

You can join this project by emailing the West Ham United Foundation's Education Manager Temisan Williams, temisanwilliams@westhamunited.co.uk
The REFERRAL FORM is attached to the email you received this Newsletter from (Strengthening Families) 3/12/2021

Would you like to:

- Find work experience
- Attend skills training and employment workshops
- Receive work experience opportunities
- Speak to someone for help writing your CV and preparing for an interview

Are you:

- Aged between 16 and 24
- Living in a London borough
- Not in education, employment or training
- And do you have a learning disability, learning difficulty or autism



From May 2021 to June 2023 WHU Foundation and a group of experienced partners, will help support you to learn skills you need to move into sustained employment, education or training for a minimum of 26 weeks.

You can join this project by emailing the West Ham United Foundation's Education Manager Temisan Williams, temisanwilliams@westhamunited.co.uk

SUPPORTED BY
MAYOR OF LONDON



UPSKILL PROJECT:

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

The registration form is attached to the email from Strengthening Families 3/12/2021



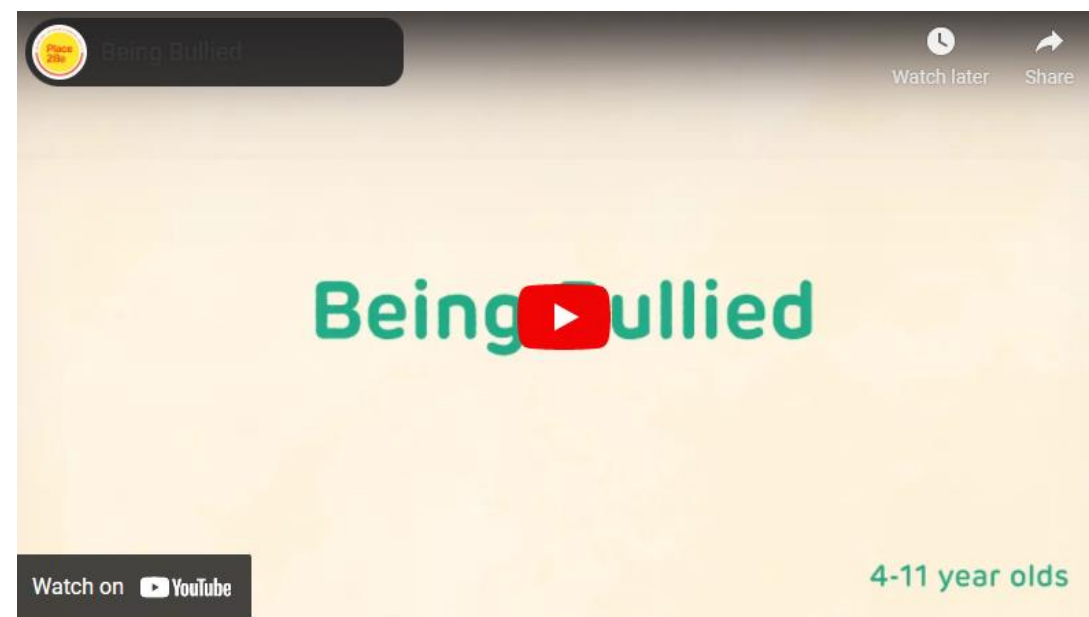
Place2Be – My Child is being bullied, what can I do?

If your child is being bullied, please do click the link below which contains a wealth of information, guidance and advice:

<https://parentingsmart.place2be.org.uk/article/my-child-is-being-bullied-what-can-i-do>

Watch this video here:

<https://youtu.be/ZVi8lirFmXk>



Parent Support Group for parents of children with additional needs

By Children's Health 0-19 Service

Book your place!

<https://www.eventbrite.co.uk/e/parent-support-group-tickets-137774734941>

- advice on carers allowance and disability living allowance for children
- holiday, equipment and financial support from charities
- parenting support and behavioural support
- services including therapies for speech and language
- training for parents

Parents will also have the opportunity to meet other parents of children who may have a similar diagnosis to their child.



Parent support group

For parents of children with additional needs

**1st Friday of every month except January and August
10 – 12noon**

Come along to a session for parents which covers:

- advice on carers allowance and disability living allowance for children
- holiday, equipment and financial support from charities
- parenting support and behavioural support
- services including therapies for speech and language
- training for parents



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

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

paul495@btinternet.com

/NewhamAbilityCamp

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.



More 2022 Dates
coming soon!

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

ELOP Youth Out East LGBTQ+ Youth Group and Mentoring

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



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



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 ~ 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 2nd and 4th 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 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 and Facebook: <https://www.facebook.com/elop.LGBT>

Info and sign up by emailing: 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>

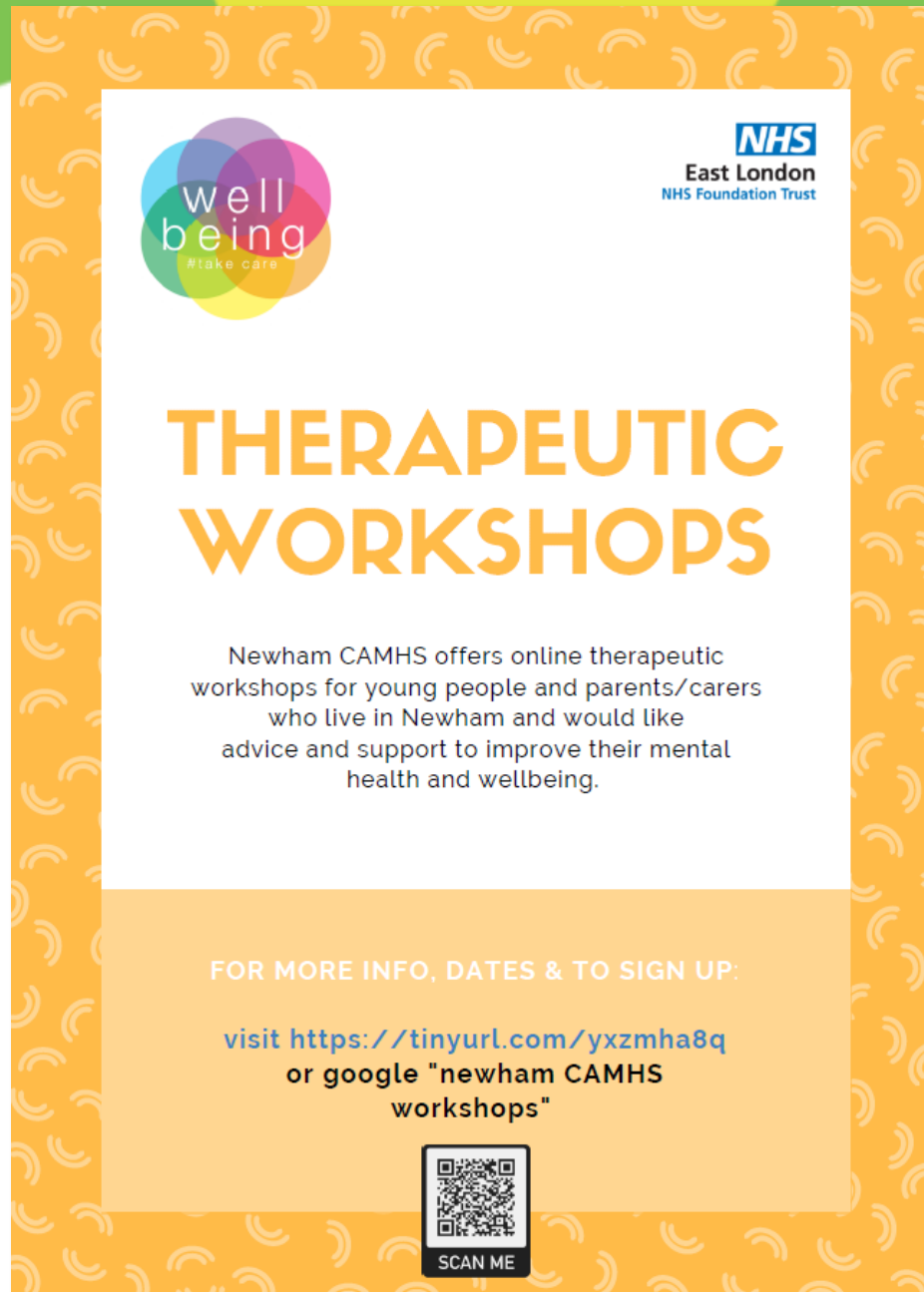


Therapeutic Workshops

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 (8th 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>





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**


COMMUNITY catch 22 LINKS Proudly part of

WHAT MUSIC COULD YOU MAKE WITH NO LIMITATIONS?



Link Studios

SCAN THIS CODE & BECOME A MEMBER



COMMUNITY catch 22 LINKS Proudly part of

Link 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 PODCASTING BOOKING ONLY*	FRIDAY 3PM - 7PM MUSIC PRODUCTION LIVE JAMMING PODCASTING BOOKING ONLY*

EMAIL
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

BY KIND PERMISSION OF MUSICOR R.V

Registered Charity Number 1124127




Headstart Peer Parenting Sessions

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.

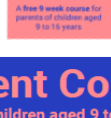
The Being a Parent Group is a weekly space for parents with children aged 9-16 to come together sharing experiences and learning tried and tested approaches that can help us navigate this difficult time. Many parents have already benefited from this course, and we want to reach as many parents (and grandparents,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

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>



**EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES**



**PEER
PARENTING
COACHES**
A free 9 week course for
parents of children aged
9 to 16 years



**HEAD
START**
NEWHAM

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
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


(Delivered in Urdu)

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](https://www.facebook.com/HeadStartNewham)

You can still contact us Monday–Friday from 9am–5pm on the following details:


headstart.programmeteam@newham.gov.uk




**HEAD
START**



**COMMUNITY
FUND**



newham London



newham Learning



EMPOWERING PARENTS
EMPOWERING COMMUNITIES



PEER PARENTING
COURSES

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



HEAD START
NEWHAM

'والدین ہونا' کورس

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

ہر کورس ان لائی بذریعہ روم سرکاری ہدایات کے مطابق محفوظ کمیونٹی مقامات پر فراہم کیا جائے۔

والدین کے ذریعے، والدین کے لئے فراہم کیا جائے

ہر کورس بچوں کی بہتر تربیت کرنے میں والدین کی رہنمائی کرتا ہے۔ جاننے کے کہ اپنے بچوں کو کس طرح اپنی بات سمجھنے پر آمادہ کریں اور براہ اعتماد اور خوش رہنے پر توان 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

جائے کا وقت
فراہم کیا جائے گا

تفصیلات

بروز جمعرات

اعزاز

۲۲ ستمبر ۲۰۲۱

اجتنام

۲۰ نومبر ۲۰۲۱

وقت:

صبح ۱۰ بجے سے ۱۲ بجے تک

کورس میں داخلے کے لئے اس لنک پر رابطہ کریں

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

مزید معلومات کے لئے: بھ، فیس، ٹکٹ، ٹائٹل اور بھینٹا کام بن والہ کریں۔

اب ہم سے مندرجہ ذیل ای میل پر سے لے کر جملے تک ۹ بجے سے ۵ بجے تک رابطہ کر سکتے ہیں

headstart.programteam@newham.gov.uk



HEAD START



COMMUNITY FUND



Newham London



Newham London

