

# PARENT CONNECT

## Supporting Newham Families

### 11<sup>th</sup> March 2022 Edition

Newham Parents as Partners

Ukraine – Support for parents and young people

Services, Groups and Activities

- The Journey of a Child
- Being a Parent ASD Course and Being a Parent Group
- LGBTQ+ Meet up Group and Youth Out East
- Positive Transitions and SEND Youth Clubs
- DICE Parenting Programme – Places Available!
- Newham Family Support YouTube Videos

West Ham Foundation – The Upskill Project

West Ham Foundation – Future Pathways Programme

Free Construction Course

RSBC March Activities Programme

Princes Trust: Recruiting Young People for NHS Roles in your area!

Safe Connections Suicide Prevention Hub and Helpline

AAA Zone Wellbeing Group

AAA Zone Multi-Sports Club

AAA Zone Good for Girls Project

Headstart Coffee and Chat

Headstart Befriending

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Hello everyone, we hope that you have had a good week 😊

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

We would also love for you to be a part of our Parents as Partners network – find out more on p2!

Parent connect is circulated on a **monthly basis**.

Have a wonderful weekend!  
Early Help Partnership



DICE Parenting Support Programme!  
[BOOK YOUR PLACE](#)





# Newham Parents as Partners

## Join the Newham Parents as Partners Network

Are you a parent living in Newham?

- Interested in becoming a Parent Champion trained by the council to signpost local parents to services?
- Do you want your voice heard and actively take part in working with the Council to improve services?
- Do you want to be kept informed of new developments and services that your family can access?
- Are you interested in joining a Parents as Partners Network?

If you have answered 'yes I am interested' to any of the questions, please click on the link to join the newly devised 'Parents as Partners Network'.

Parents that sign up will be kept abreast of upcoming consultations and engagement events that they can join to get their voices heard as part of developments. You will also be informed of Parent Champion training and volunteering opportunities as well as invitations to the termly Parents as Partners Network meetings.

Your participation is voluntary.

We look forward to hearing from you!

[Sign up here!](#)



The situation in Ukraine is horrendous. Whilst we are geographically far away from the events, many in our schools and communities will be directly affected and may have families or roots in the region. The news and social media feeds are filled with the latest information, and some of it is very upsetting and worrying; and may not even be verified. Children listening and viewing distressing images can become frightened and fearful.

Here are some background reading resources to help you think about how adults can support children with what they are seeing or feeling. *Please read through these links before sharing, to ensure that they are suitable for your community and situation.*

## Current information regarding Ukraine

- Supporting your child if they see upsetting content online about what is happening in Ukraine (Childnet) <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>
- We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner) <https://schoolsweek.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>
- How to talk to children about what's happening in Ukraine and World War Three anxiety (Metro) <https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>
- Help for teachers and families to talk to pupils about Russia's invasion of Ukraine and how to help them avoid misinformation (Department for Education) <https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>

## Information produced previously about war and international violence

- How and when to talk to children about war, according to a parenting expert (Independent) <https://www.independent.co.uk/life-style/children-war-talk-russia-ukraine-b2023695.html>
- How to cope with traumatic news - an illustrated guide (ABC News, Australia) <https://www.abc.net.au/news/2014-12-23/illustrated-guide-cope-traumatic-news/5985104>
- Talking with Children About War and Violence in the World (Family Education, US) <https://www.familyeducation.com/life/wars/talking-children-about-war-violence-world>
- Tips for parents and caregivers on media coverage of traumatic events (The National Child Traumatic Stress Network, US) <https://www.nctsn.org/resources/tips-parents-and-caregivers-media-coverage-traumatic-events>

## Ukraine - Further links

Here are some additional resources to help adults support children with the issues surrounding the Russian invasion of Ukraine

The Key has created a free pack of resources for all schools which includes:

- Parent information and support pack:

<http://key.sc/3IKqZtw>

How to talk to your teenager about the invasion of Ukraine (BBC Bitesize/Anna Freud Centre)

<https://www.bbc.co.uk/bitesize/articles/zbrdjsg>

How To Talk To Your Child About The War In Ukraine (YoungMinds)

<https://www.youngminds.org.uk/parent/blog/top-tips-for-talking-to-your-young-person-about-the-events-in-ukraine/>

Worrying about Russia and Ukraine (Childline)

<https://www.childline.org.uk/get-involved/articles/worrying-about-russia-ukraine/>

Worrying about war and conflict Sarah Dove (Phoenix Education Consultancy)

<https://www.phoenixgrouphq.com/tools>

## ‘The Journey of a Child’

Our journey from birth to 25 years old provides you with trusted, age-related information.

It will help you navigate your way through the many activities and services available locally to support you and your family in Newham, and to ensure that your child or children are happy, healthy and ready to learn.

<https://www.newham.gov.uk/journeyofachild>


The resource can also be found in Children and Families -

<https://www.newham.gov.uk/children-families>

The news article is also live and can be viewed here –

<https://www.newham.gov.uk/news/article/778/newham-council-launches-interactive-web-resource-for-young-people-children-and-their-families>

### Journey of a Child



Our journey from birth to 25 years old provides you with trusted, age-related information.

It will help you navigate your way through the many activities and services available locally to support you and your family in Newham, and to ensure that your child or children are happy, healthy and ready to learn.

Click through to your child's age on the icons below to view some of the local services and support available.

PREGNANCY & BIRTH	1 YEAR OLD	2 YEARS OLD	3 YEARS OLD
4 YEARS OLD	5 YEARS OLD	6 YEARS OLD	7 YEARS OLD
8 YEARS OLD	9 YEARS OLD	10 YEARS OLD	11 YEARS OLD
12 YEARS OLD	13 YEARS OLD	14 YEARS OLD	15 YEARS OLD

#### Notice Board / Useful links

Get help if you think your child is experiencing exploitation - 020 3373 4600

Alcohol and drugs support - 0800 652 3879


Domestic abuse and sexual violence support - 0808 196 1482

Mental health support services

Reduce crime and anti-social behaviour in Newham

Newham Social Welfare Alliance

Admission dates for schools



**Support across school ages**



# Services, Groups and Activities

**Being a Parent ASD Course** take place Tuesday mornings at St Mark's Community centre. These sessions are led by parents for parents and designed to support parents with **learning more about how:**

- Autism can affect your child and how you and your family are impacted
- Everyday strategies and routines can influence development and manage effects of Autism on children
- Ways to support behaviour, meeting children's needs and reducing meltdowns

Find out [more and sign up here!](https://www.headstartnewham.co.uk/wp-content/uploads/2017/10/Being-a-Parent-Courses-EPEC.pdf)

<https://www.headstartnewham.co.uk/wp-content/uploads/2017/10/Being-a-Parent-Courses-EPEC.pdf>

**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



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



## Being a Parent ASD Course Empowering Parents, Empowering Communities (EPEC)

## Being a Parent Courses Empowering Parents, Empowering Communities (EPEC)

**For parents of children aged 5 and over with an Autism Diagnosis or awaiting one**

**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
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

**10 sessions**  
The more sessions you attend the more you will gain!

### Spring Course Details:

Tuesdays at St Mark's Community Centre: 218 Tollgate Road, E6 5YA  
11th January to 22nd March 2022 @ 10:00am to 12:30pm

These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

**You will learn more about how:**

- Autism can affect your child and how you and your family are impacted
- Everyday strategies and routines can influence development and manage effects of Autism in children
- Ways to support behaviour, meeting children's needs and reducing meltdowns

**For more information and to sign up contact:**

E: [Headstart.ProgrammeTeam@newham.gov.uk](mailto:Headstart.ProgrammeTeam@newham.gov.uk)

W: [www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/](https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/)



**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
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

**The more sessions you attend the more you will gain!**

### Spring Course Details:

**ASD Course**  
Tuesdays  
(St Marks Community Centre, E6 5YA)  
Start: 11th Jan 2022  
End: 22nd March 2022  
Time: 10am-12:30pm

**Wednesdays**  
(Virtual - Zoom)  
Start: 26th Jan 2022  
End: 30th March 2022  
Time: 12pm - 2pm

**Thursdays**  
(Virtual - Zoom)  
Start: 20th Jan 2022  
End: 24th March 2022  
Time: 6pm - 8pm

**Fridays**  
(Southern Road Primary School)  
Start: 14th Jan 2022  
End: 18th March 2022  
Time: 10am - 12pm

These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

**For more information and to sign up contact:**

E: [Headstart.ProgrammeTeam@newham.gov.uk](mailto:Headstart.ProgrammeTeam@newham.gov.uk)

W: [www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/](https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/)



## Services, Groups and Activities

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)




**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)



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

**YOUTH ON THE 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





## Services, Groups and Activities

Booking is essential for this offer

For more information or to book a place please contact Leo Featherman on 07904882104 or [leo@theaaazone.com](mailto:leo@theaaazone.com)

[What's On - Welcome to Ambition Aspire Achieve \(theaaazone.com\)](http://theaaazone.com)

We have lots going on at our weekly SEND Youth Club! Check out where we are each day and come along and join in the fun! Contact Leo for more details and to book your place [leo@theaaazone.com](mailto:leo@theaaazone.com)

[What's On - Welcome to Ambition Aspire Achieve \(theaaazone.com\)](http://theaaazone.com)

Ambition Aspire Achieve

### Positive Transitions



**FREE LIFE SKILLS support for young people aged between 16-24 with additional needs**

**Sessions will include:**  
Life skills such as household activities, social interaction, personal development and confidence building.  
Creative sessions including art and photography, gardening and growing, cookery, music as well as taking part in the Arts Award.  
Multi sports and health sessions where young people can try a number of activities and learn about healthy choices.  
We will also be holding day trips and work experience guidance throughout the year.

**At the Terence Brown Arc in the Park, Bethell Road E16 4JT**

Weekly sessions helping to build confidence and develop new skills for young people with additional needs that are transitioning into adulthood

**Monday 2-4pm**  
Life skills

**Tuesday 1.30pm – 3.30pm**  
Multi sports and exercise

**Thursday 2-4pm**  
Creative sessions and workshops

Booking is essential  
For more information or to book a place please contact Leo Featherman 07904882104 [leo@theaaazone.com](mailto:leo@theaaazone.com)

[theaaazone.com](http://theaaazone.com) [@theaaazone](https://www.instagram.com/theaaazone) [AmbitionAchieveAspire/](https://www.facebook.com/AmbitionAchieveAspire/)

Ambition Aspire Achieve  
Charity Registration Number: 1162916

### SEND YOUTH CLUBS

**FREE for 9 to 25 years olds**  
Staff ratio - 1 staff member to 3 young people -  
Offering A Safe, Fun, Social, Interactive Environment

**Weekly Timetable:**  
(term time and school holidays)

**Mondays 4:30pm to 7:30pm:**  
Terence Brown Arc, Hermit Road Park, Bethell Ave E16 4JT

**Mondays 4pm to 6pm:**  
Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN

**Wednesdays 4:30pm to 6:30pm:**  
St Luke's Community Centre, 85 Tarling Road, Canning Town E16 1HN

**Thursdays 4:30pm to 7:30pm:**  
Terence Brown Arc, Hermit Road Park, Bethell Avenue E16 4JT

**Activities Include: A Variety Of Sports, Arts And Crafts, Movies, Music, Keep Fit Sessions, Table Tennis, Games And MUCH MUCH MORE!**



Supported By London Borough of Newham

**Booking Is Essential, Contact:**  
Leo on 07904 882 104 / [leo@theaaazone.com](mailto:leo@theaaazone.com)  
Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: [@theaaazone](https://twitter.com/theaaazone) | Facebook @ [AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)



## Services, Groups and Activities

Places still available

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

### Exploitation and Youth Safety

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!](#)

**May:** Wednesday Mornings

Dates: 4th 11th 18th 25th

Times: 9:30am-12:00pm

**June** Thursday Evenings

Dates: 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>

Times: 6pm-8.30pm

**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**

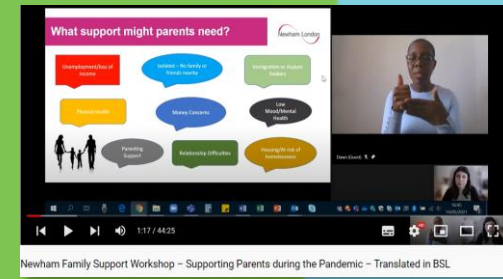
Exploitation & The Grooming process

Digital Dangers

Parenting Top Tips & Support Networks

The Teenage Brain

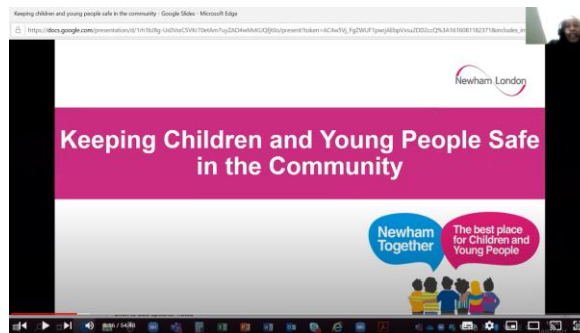
# Services, Groups and Activities



Romanian	BSL	Punjabi
<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Keeping Safe Online</u></a>
<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Immigration Support</u></a>
<a href="#"><u>Supporting Teenagers</u></a>	<a href="#"><u>Supporting Teenagers</u></a>	<a href="#"><u>Keeping Safe in the Community</u></a>
<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>	<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>	<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>
<a href="#"><u>Taking Care of Yourself</u></a>	<a href="#"><u>Taking Care of Yourself</u></a>	
<a href="#"><u>Immigration Support</u></a>	<a href="#"><u>Immigration Support</u></a>	
<a href="#"><u>Keeping Safe in the Community</u></a>	<a href="#"><u>Keeping Safe in the Community</u></a>	
<a href="#"><u>Keeping Safe Online</u></a>	<a href="#"><u>Keeping Safe Online</u></a>	

## Full Playlist:

[https://youtube.com/playlist?list=PLfBuvuA\\_uMZXS5U9HlxG0QpjwtEJ98zQ](https://youtube.com/playlist?list=PLfBuvuA_uMZXS5U9HlxG0QpjwtEJ98zQ)



[Taking Care of Yourself During the Pandemic](#)

[Keeping Children and Young People Safe in the Community](#)

## The Upskill Project – The West Ham United Foundation

### Applications are still open!

#### THE UPSKILL PROJECT

The programme is limited to **20** participants. Every participant will receive travel support and food will be provided at each session. 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 UPSKILL PROJECT

**January 2022 - April 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 **20** participants. Every participant will receive travel support and food will be provided at each session. 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)



# Future Pathways Programme – The West Ham Foundation

Contact:

[JFoyle@westhamunited.co.uk](mailto:JFoyle@westhamunited.co.uk)

[AOmideyi@westhamunited.co.uk](mailto:AOmideyi@westhamunited.co.uk)



FOUNDATION



North East London  
Health & Care  
Partnership

**Are you care experienced and  
live in the London area?**

**Aged 16-30 and interested in a career in  
health and social care?**

**We can provide career coaching, an  
action plan and mentoring support to  
help you into exciting career  
opportunities.**

**A range of job roles at different levels.**

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**Introduction sessions available now. Please contact:**

Jesse Foyle – [JFoyle@westhamunited.co.uk](mailto:JFoyle@westhamunited.co.uk)

Ade Omideyi – [AOmideyi@westhamunited.co.uk](mailto:AOmideyi@westhamunited.co.uk)



**IN PARTNERSHIP WITH  
THE PRINCE'S TRUST**

# Construction - FREE course NEW DATE Tuesday 22th March 2022

We are currently offering FREE training to young people aged 16-24 who are not in education, employment or training (NEET) in Building & Construction and Level 1 Certificate in Personal Development & Employability Skills. The aim is to help them gain their health and safety in construction qualification as well as CSCS card and be work ready.

Contact:

[hello@cm2.co.uk](mailto:hello@cm2.co.uk)

0203 0867872



**CONNEX ME2 | Trust PRESENTS**

## FREE CONSTRUCTION AND EMPLOYABILITY TRAINING

THIS PROGRAMME WILL RUN AS AN 8 WEEK BOOTCAMP!

DUE TO CURRENT COVID RESTRICTIONS THE TRAINING COURSE WILL BE ONLINE

### ELIGIBILITY

- ✓ AGED 16 - 24
- ✓ RIGHT TO LIVE AND WORK IN THE UK
- ✓ ABLE TO ATTEND TRAINING DAILY
- ✓ NEET

Contact us on 0203 0867872 or email us at [hello@cm2.co.uk](mailto:hello@cm2.co.uk)

OUR BOOTCAMP WILL START YOU WITH THE FOLLOWING...

- GET YOUR HEALTH AND SAFETY IN CONSTRUCTION QUALIFICATION AND BE CSCS TEST READY
- LEARN ABOUT THE VARIOUS TRADES AND WHAT IT TAKES TO GET INTO THE CONSTRUCTION INDUSTRY
- GET EMPLOYMENT READY
- MEET INDUSTRY TRADE PROFESSIONALS AND LEARN FROM THE BEST

POWERED BY CONNEX ME2

Education & Skills Funding Agency

European Union

# RSBC March Activities Programme



Go to our website for more information and how to book

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

Week 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Assistive Tech 3pm - 5pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p>Sisterhood 11 - 25yrs 5pm - 6pm</p>	<p>Sensory Story Time 0 - 8yrs 1pm - 2pm</p> <p>Siblings Wellbeing Session 4:30pm - 5:15pm</p> <p>Audio Book Club 16 - 25yrs 5pm - 6pm</p>	<p>Cook - a- Long 16 - 25yrs 5pm - 6pm</p> <p>Supper Squad 16 - 25yrs 6pm - 7pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Heritage in Nature Project 11 - 25yrs 11am - 2pm</p> <p>Cook - a - Long 11 - 25yrs 11am - 1pm</p> <p>Supper Squad 8 - 15yrs 1:15pm - 2:15pm</p> <p>Creative 8 - 25yrs 10am - 1pm</p>
Week 3					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19
<p>Assistive Tech Workshop 8 - 25yrs 12pm - 3pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p>Connecting Families Online 7:30pm - 9pm</p>	<p>Audio Book Club 16 - 25yrs 5pm - 6pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Heritage in Nature Project 11 - 25yrs 11am - 2pm</p> <p>PAN London HAWB 8 - 25yrs 10am - 1pm</p>



# RSBC March Activities Programme



Go to our website for more information and how to book

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

Week 4					
Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
<p>Assistive Tech 3pm - 5pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p>Sisterhood 11 - 25yrs 5pm - 6pm</p>	<p>Sensory Story Time 0 - 8yrs 1pm - 2pm</p> <p>Siblings Wellbeing Session 4:30pm - 5:15pm</p> <p>Audio Book Club 16 - 25yrs 5pm - 6pm</p> <p>Youth Forum (CLOSED GROUP) 5:30pm - 7pm</p>	<p>Heritage in Nature Project 11 - 25yrs 5pm - 6pm</p>	<p>Assistive Tech, 3pm - 5pm</p>	<p>Heritage in Nature Project 11 - 25yrs 11am - 2pm</p> <p>Tower Hamlets HAWB 8 - 25yrs 11am - 1pm</p>
Week 5					
Monday 28	Tuesday 29	Wednesday 30	Thursday 31		
<p>Assistive Tech 3pm - 5pm</p> <p>Audio Book Club 8 - 15yrs 5pm - 6pm</p>	<p>No Activity</p>	<p>Audio Book Club 16 - 25yrs 5pm - 6pm</p>			

# Prince's Trust Are Recruiting Young People For NHS Roles In Your Area!

Do you live in or can commute to: Staines, Epsom, Caterham, Charlwood, Paddington & Hammersmith, Euston (NW1 2PG),

East London (E1 8DE), Bedfordshire, Luton, St George's Hospital in Tooting/Queen Mary's Hospital in Roehampton/other community sites across Wandsworth area?

Do you want to be a Healthcare Assistant and Healthcare Administrator but within the NHS?

Have a keen interest in building a future with the NHS?

IF YES THEN THIS IS THE COURSE TO BE ON!

Our NHS Trusts partnerships have **Healthcare and Admin positions** going for just Prince's Trust candidates. This 3 weeks course will support you in completing 40 hours contribution to the Care Certificate.

This programme will be VIRTUAL.

If this is of interest to you please register here >>>>> [Get a Job in Health and Social Care as a Healthcare Assistant \(London\) Tickets, Mon 28 Mar 2022 at 10:00 | Eventbrite](#)

Attached are the details of the programme, please contact [ronke.olayinka@princes-trust.org.uk](mailto:ronke.olayinka@princes-trust.org.uk) if you have any further questions.

# GET YOUR



# CARE CERTIFICATE

Taster Day: 23rd March 2022

Programme: 28th March - 14th April 2022

Are you Aged 18-30, living in London and surrounding areas and looking to start a career in NHS Healthcare in 2022?

Join The Prince's Trust's FREE 3-week training programme to Get Into Healthcare/Admin with guaranteed job interviews at the end with our NHS

Trusts!



Prince's Trust



# Safe Connections Suicide Prevention Hub and Helpline

## Safe Connections Suicide Prevention Helpline:

0300 561 0115

[safeconnections@mithn.org.uk](mailto:safeconnections@mithn.org.uk)

## Other helplines:

Samaritans: 116 123 - [jo@samaritans.org](mailto:jo@samaritans.org)

Suicide Prevention Helpline:

0800 689 5652

## Safe Connections Community Hub

**Safe Connections Community Hub aims to support people who are experiencing suicidal thoughts to access the right service at the right time.**

We offer a safe space for people to talk about their feelings and concerns and explore the underlying reasons as to why someone may feel suicidal. Our connectors provide a mixture of emotional and practical support and tailored signposting to help meet the individual's needs.

Anyone wanting support can call the free helpline number: **0300 561 0115** and speak to one of our Connectors.

We understand that for some people making the first call can be difficult, and so alternatively, people can email: [safeconnections@mithn.org.uk](mailto:safeconnections@mithn.org.uk) to request a call at a convenient time for them.

### Ways you can access the Safe Connections Community hub:

- Self-refer
- Live in Barking and Dagenham, Hackney, City and Waltham Forest, Havering, Newham, Redbridge or Tower Hamlets
- Are concerned about or having thoughts of suicide
- Aged 18+
- Our telephone lines are open from 9.30am – 4.30pm, Monday – Friday

## A Network of Protectors – Training for the Community



- Suicide Awareness and Prevention training - bespoke to North East London community audiences
- Raises suicide awareness and understanding among voluntary and community services, community-based projects, and self-help initiatives, in particular, amongst vulnerable groups and in high-risk areas.
- Gatekeeper training for people who have contact with those at elevated risk of suicide - clergy, emergency service personnel, barbers, first responders, pharmacists, carers, people employed in schools.
- Identification of signs and symptoms of suicidal ideation
- How to intervene in a mental health crisis
- How to approach, help and support into appropriate services
- A Safe Space Community Resource

For more info, contact  
[suicidepreventiontraining@mindchwf.org.uk](mailto:suicidepreventiontraining@mindchwf.org.uk)



**You are not  
alone. We're  
here to talk.**



- Safe Connections App
- Safe Connections Community Hub
- Safe Connections Grief in Places  
Suicide Bereavement Services
- Safe Connections Community  
Protectors

If you are concerned you can speak to someone or you can access the Safe Connections App using the QR code.



**0300 561 0115**



**Thoughts of suicide can be frightening and confusing. The Community Hub provides you with a safe space to talk and someone to guide you to support services in your local area.**



If you are concerned you can speak to someone or you can access the **Safe Connections App** using the QR code.

**0300 561 0115**





# AAA Zone Wellbeing Group

To find out more: please contact Paula Blake on 07432 024002 / 0207 5114253 or by email [paula@theaaazone.com](mailto:paula@theaaazone.com)

[What's On - Welcome to Ambition Aspire Achieve](http://theaaazone.com)

## Ambition Aspire Achieve Wellbeing Group

At The Terence Brown Arc In the Park Bethell Avenue, London E16 4JT



Feeling alone or anxious? Come and make new friends and have a great time at our weekly wellbeing sessions for young people (ages 8 to 16)

★ Free to attend ★ Safe, supportive and friendly environment

**Activities Include:** Personal Development Workshops, Mindfulness Sessions, Sports and Exercise Sessions, Arts and Crafts, Drama and Music, Growing and Gardening, Volunteering Opportunities, Duke of Edinburgh Awards Scheme, Day Trips and Experiences, **and much much more!**

**Timings (term time):**

**Juniors (ages 8 to 11)** Tuesdays and Fridays 4pm to 6pm, Saturdays 12pm to 2pm

**Seniors (ages 12 to 16)** Tuesday 6pm to 8pm

**Timings (holidays):**

Daily Mon to Fri - **Juniors** (10am to 2pm) **Seniors** (2:30pm to 6:30pm)

To find out more: please contact Paula Blake on 07432 024002 / 0207 5114253 or by email [paula@theaaazone.com](mailto:paula@theaaazone.com)

Delivered by fully trained DBS checked staff.



Web:  
Twitter:  
Facebook:

Ambition Aspire Achieve  
[theaaazone.com](http://theaaazone.com)  
[@theaaazone](https://twitter.com/theaaazone)  
[@AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)  
Registered Charity no. 1167816

## Ambition Aspire Achieve Wellbeing Group

The Terence Brown Arc In the Park Bethell Avenue, London E16 4JT

### Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

### Safety measures will include:

Pre-booking introduced for all sessions with places allocated on a first come first served basis

Additional controls in place to access Arc in the Park, including non-invasive temperature checks

Reduced group sizes on site at any one time

Extra hygiene and cleaning measures, before, during and after all sessions

Maintaining social distancing measures

Adapted activities that are fun and engaging

For further details, please feel free to contact Paula - [paula@theaaazone.com](mailto:paula@theaaazone.com) 07432 024002

# AAA Zone Multi Sports Club

For further details contact **Paula**

07432 024002 / 0207 511 4253  
[paula@theaaazone.com](mailto:paula@theaaazone.com)

**PRE-BOOKING ESSENTIAL**

Ambition Aspire Achieve  
Charity Registration Number: 1167816

## Multi Sports Club

TERENCE BROWN ARC in the PARK  
Hermit Road Park, Bethell Avenue, Canning Town E16 4JT

**EVERY SUNDAY from 12.30pm to 2:30pm**

Opportunities and activities for SEND Young people ages from 5 to 16

★ Activities include: Football ★ Skateboarding ★ Cricket ★  
Tennis ★ Rounders ★ Basketball ★ Hockey ★ and much more

★ Staff Ratio 1 Adult to 4 Young People ★

★ Sports will vary each week ★

All activities will be outside



For further details contact Paula  
07432 024002 / 0207 511 4253 [paula@theaaazone.com](mailto:paula@theaaazone.com)

**PRE-BOOKING ESSENTIAL**

The Terence Brown Arc in the Park is a COVID-19 safe environment



Ambition Aspire Achieve  
Charity Registration Number: 1167816

## Multi Sports Club

TERENCE BROWN ARC in the PARK  
Hermit Road Park, Bethell Avenue, E16 4JT

### COVID-19 Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

#### Safety measures will include:

- Limited spaces - places must be pre-booked
- Additional controls in place to access playschemes including non-invasive temperature checks
- Reduced group sizes at any one time
- Extra hygiene/cleaning measures, before/during/after sessions
- Maintaining social distancing measures
- Adapted activities that are fun and engaging

#### Contact us now for further details:

Paula on 0207 511 4253 / 07432 024002 / [paula@theaaazone.com](mailto:paula@theaaazone.com)  
Web [www.theaaazone.com](http://www.theaaazone.com) | Twitter: @theaaazone.com | Facebook: @AmbitionAspireAchieve/



# AAA Zone Good For Girls Project

Every Wednesday 4.30pm – 6.30pm  
Join AAA's new girls group and enjoy a whole range of activities and experiences. Sessions are structured to enable girls to be self – motivated, empowered and inspirational to others!

For more info please contact  
[Marie@theaaazone.com](mailto:Marie@theaaazone.com)

0207 511 4253 / 07852 350786

**Ambition Aspire Achieve**  
Charity Registered Number: 107896

## Good For Girls Project

**@ The Terence Brown Arc in the Park**  
Hermit Road Park, Bethell Avenue, Canning Town E16 4JT

**EVERY WEDNESDAY 4:30pm to 6:30pm**

Join AAA's new girls group and enjoy a whole range of exciting activities and experiences. Sessions are structured to enable girls to be self-motivated, empowered and inspirational to others!



**Includes:** healthy living workshops, personal development sessions, positive mental health and wellbeing support, sports, creative arts, group discussions, the chance to become a 'Good for Girls Ambassador' and MUCH MORE!

- Free for ages 10 to 14 years old
- Young women of colour or from minority groups
- Supported by London Youth

**Contact us now for further details and to book a place:**  
Marie on 0207 511 4253 / 07852 350786 / [marie@theaaazone.com](mailto:marie@theaaazone.com)  
Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: @theaaazone | Facebook: @AmbitionAspireAchieve/

**Ambition Aspire Achieve**  
Charity Registered Number: 107896

## Good for Girls Project

**Terence Brown Arc in the Park**  
Hermit Road Park, Bethell Avenue, Canning Town E16 4JT

### Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times.

**Safety measures will include:**

- Pre-booking for all sessions with places allocated on a first come, first served basis
- Additional controls in place including non-invasive temperature checks
- Reduced group sizes
- Extra hygiene and cleaning measures, before, during and after all sessions
- Maintaining social distancing measures

For further details, please feel free to contact  
**Marie - [marie@theaaazone.com](mailto:marie@theaaazone.com) 07852 350786**



# Headstart Coffee and Chat

## Virtual Coffee and Chat:

It is an opportunity for parents and carers can come to a virtual space to connect and learn. It is an opportunity to discuss the high and lows of being a parent. Monthly on Every 2<sup>nd</sup> Wednesday at 10am and every 3<sup>rd</sup> Wednesday 6pm. Parents can sign up here <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>



**Coffee & Chat** 

**HEAD START**  
NEWHAM

**Hopes & Challenges for 2022**

**Come together with other parents within your community to share your hopes and challenges for 2022.**

- Open and honest conversations
- Sharing lived experiences
- Tools & Tips



# Headstart Befriending



## **Parent Befriending (Strengthening Families):**

A bespoke parenting befriending service for parents/carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

To request a service for you or someone you know, please email [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk).

## **Your Time (Befriending for young people)**

Your Time was set up in response to Covid as we were concerned about young people's wellbeing. It is available for children or young people aged 10-18 (up to 25 for SEND and Care Leavers). It is a safe and friendly one-to-one space to chat about the things that matter to them most with a trusted professional. The weekly contact will promote self-care tips and tools as they work together through the 'All About Me' wellbeing journal, which will be sent in a welcome pack.

Please see the link for an online referral form:

[https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)