

# PARENT CONNECT

## Supporting Newham Families

### 8<sup>th</sup> April 2022 Edition

Newham Parents as Partners

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Services, Groups and Activities

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West Ham Foundation – Future Pathways Programme

Safe Connections Suicide Prevention Hub and Helpline

Headstart Befriending

AAA Zone Wellbeing Group and Multi-Sports Club

Hello everyone, we hope that you are enjoying the Holiday Break ☺

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

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

Have a wonderful weekend, see you next month!

Early Help Partnership

April 2022



Parents as Partners



WE ARE SUPPORTING.



CAMHS Wellbeing Workshops





# Newham Parents as Partners

[Sign up here!](#)

## 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!

## HAF Free Activities with Food and Refreshments

All clubs welcome children and young people who need some additional support and the programme includes some specialist clubs who are very experienced in providing activities and support for children with more significant and complex SEND.

**The Easter programme and booking instructions are published here:**

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

Newham London

# WE ARE SUPPORTING FAMILIES.

# WE ARE NEWHAM.

## EASTER FOOD & FUN!

**Free activities and food for children and young people aged 4 to 16 this Easter Holiday!**

Sport, drama, cooking, music, arts & crafts, dance, fun day trips and much more!

All clubs will also provide a delicious, healthy meal each day.

Places are free for children and young people who receive benefits related free school meals.

There is something for everyone!

FOR MORE INFORMATION AND TO BOOK A PLACE VISIT [WWW.NEWHAM.GOV.UK/HAF](http://WWW.NEWHAM.GOV.UK/HAF)

People at the Heart of Everything We Do



## HAF Free Activities with Food and Refreshments

### Art in Action

(Old Town Hall, Stratford, London) Join a fantastic Art Project on the 12<sup>th</sup> and 13<sup>th</sup> of April 2022

**Click the link below to book!**

<https://www.eventbrite.co.uk/e/art-in-action-tickets-303966681527>

### Information Workshop and Dance Explosion

Parents Information Workshop

**Monday 11<sup>th</sup> April 10:00 – 13:00**

**Click the link below to book!**

<https://www.eventbrite.co.uk/e/dance-explosion-parents-tickets-306314905127>

### X7 Dance Explosion

Come and join an exciting adventure and explore the magical expressions of dance with our very own grown industry of professionals from East London's X7eaven Academy.

To book please select the link below:

**Wednesday 13<sup>th</sup> April 10:00 – 15:00 - Ages 13-16**

**Click the link below to book!**

<https://www.eventbrite.co.uk/e/dance-explosion-age-13-16-tickets-306313260207>





## Services, Groups and Activities

A welcoming space for parents/carers to come together as it is not always easy raising children. Join us to talk about how we can help and support parents. 'How we support Parents around the theme of Bullying'

Websites: [HeadStartNewham.co.uk](https://www.headstartnewham.co.uk)

### Join Zoom Meeting

<https://us06web.zoom.us/j/95465147015?pwd=Z1FXWW5RbThGOG5aUmhSREdiWmQ5QT09>

Meeting ID: 954 6514 7015

Passcode: Uw18UR

One tap mobile

+441314601196,,95465147015#,,,,\*766533# United Kingdom

+442034815237,,95465147015#,,,,\*766533# United Kingdom

Dial by your location

+44 131 460 1196 United Kingdom

+44 203 481 5237 United Kingdom

+44 203 481 5240 United Kingdom

+44 203 901 7895 United Kingdom

+44 208 080 6591 United Kingdom

+44 208 080 6592 United Kingdom

+44 330 088 5830 United Kingdom

Meeting ID: 954 6514 7015

Passcode: 766533

Find your local number: <https://us06web.zoom.us/j/kexE4OlnZX>

## Coffee & Chat

A welcoming space for parents/carers to come together as it is not always easy raising children. Join us to talk about how we can help and support parents.

- Supporting parents/carers with themes of bullying

To sign up, please follow the link:

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

For more information, please contact:

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

[headstartnewham.co.uk](https://www.headstartnewham.co.uk)



**WEDNESDAYS**  
**6TH APR @ 10AM**  
**13TH APR @ 6PM**



@HeadStartNewham

## Children Overrepresented Pathfinder Project

(Full Leaflet is attached to the Newsletter email from Strengthening Families 8/4/22)



**WE ARE SUPPORTING.**

**WE ARE NEWHAM.**



**Newham's Pathfinder Project**

Newham's Children Overrepresented Pathfinder project is a Youth Justice Board Funded Project that provides access to support to children, young people and families experiencing trauma related to the Covid-19 pandemic.

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

People at the Heart of Everything We Do

## PATHFINDER PROJECT

Do you know someone in Newham aged 6-25, from Black, Asian, Roma and other minority ethnic communities who have been impacted by COVID-19?

Do they need help with dealing with trauma?

Do they need help with speaking to a trusted adult?

Do they need a safe space to express their feelings?

Do they need help with employability?

Have they lost someone due to the Covid Pandemic?

Do their families need support in dealing with the impact of the pandemic?

### What is the aim of the project?

The Pathfinder Project in Newham aims to reduce the overrepresentation of Black and Asian young people in the Youth Justice System and prevent them getting involved in the justice system in years to come as either victims or perpetrators through:

- Identifying and providing support services to Covid-19-affected Black, Asian, Roma, and other over-represented children, young people, and families.
- Providing interventions in schools from 5th through 9th grade.
- Participating in trauma recovery group work with young people aged 16 to 25.

- Adopting a trauma-informed approach across the board to train school workers to work in a trauma-informed manner.
- Adopting a whole-family approach and providing services that strengthen parent-child connections, help parents and families manage their finances, provide job search assistance and access to a variety of benefits.
- Collaborating with the Voluntary Community and Faith Sector (VCFS) delivery partners to provide services and develop a system-wide approach.

### 2 NEWHAM'S PATHFINDER PROJECT

## Thank You for Not Smoking Poster Competition

Newham Council has launched a competition for children and young people to design a 'Thank You For Not Smoking' poster. The campaign aims to raise awareness of the harms of smoking to children and help work towards a smoke-free Newham by 2030.

The competition is open to all Key Stage 1, 2 and 3 pupils in Newham. Entries must be emailed to [publichealthenquiries@newham.gov.uk](mailto:publichealthenquiries@newham.gov.uk) by **29 April 2022**. Posters, lesson plans and other campaign materials are available at: [www.newham.gov.uk/thankyoufornotsmoking](http://www.newham.gov.uk/thankyoufornotsmoking)

**Prizes include:** A £20 cinema voucher, activity bag (tennis ball, bean bag, sensory ball, skipping rope and resistance bands) and a £50 book voucher for their school. Winners will be announced for each Key Stage (1, 2 and 3) and winning posters will be on Newham bus stops in June 2022 as well as council social media and website, and local media.

## THANK YOU FOR NOT SMOKING POSTER COMPETITION.

All children and young people aged 5-14 years old  
Help us make Newham smoke-free by 2030

### THE TASK

Design a poster to say 'Thank you for not smoking' to people in Newham.

### HOW TO ENTER

Email your poster to [publichealthenquiries@newham.gov.uk](mailto:publichealthenquiries@newham.gov.uk)

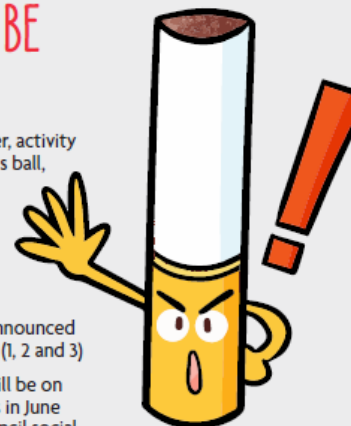
\*Posters must be portrait or vertical.  
Remember to write your name, age, school year and school name on your poster.

### PRIZES TO BE WON

£20 cinema voucher, activity bag including tennis ball, bean bag, sensory ball, skipping rope and resistance bands and a £50 book voucher for your school.

\*Winners will be announced for each Key Stage (1, 2 and 3)

Winning posters will be on Newham bus stops in June 2022 as well as council social media and website, and local media.



**CLOSING DATE: 29 APRIL 2022**

Find out more at [www.newham.gov.uk/thankyoufornotsmoking](http://www.newham.gov.uk/thankyoufornotsmoking)

**WE ARE NEWHAM.**

People at the Heart  
of Everything We Do



### New Cook and Play programme to help families across Newham to be healthier

[Nutrition Kitchen](#) is helping Newham Council to deliver a new 10-week cooking and play programme in schools and children centres around the borough. Families will cook and eat tasty meals, learn healthy recipes, play activities and receive information on many topics such as: cooking on a budget, label reading and healthy swaps.

If you, or a family you know would like to join the programme, please contact Sandeep Floré at Nutrition Kitchen on [Sandeep@nutrition-kitchen.co.uk](mailto:Sandeep@nutrition-kitchen.co.uk) or call 07526 580 621. All primary schools in Newham are also encouraged to get in touch with Sandeep Floré if they would like to host a Cook and Play programme.





# 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-Empowering-Parents-Empowering-Communities-EPEC.pdf)

<https://www.headstartnewham.co.uk/wp-content/uploads/2017/10/Being-a-Parent-Courses-Empowering-Parents-Empowering-Communities-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)

**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

### 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/)



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

## Being a Parent Courses

Empowering Parents, Empowering Communities (EPEC)

**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  
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



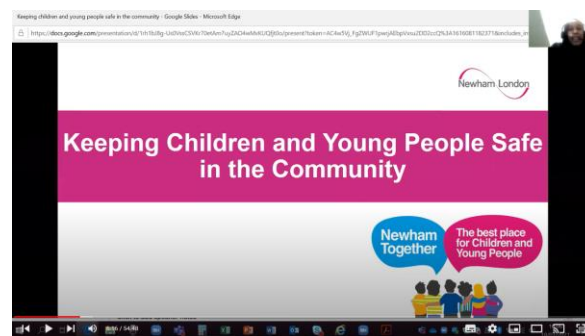
Romanian	BSL	Punjabi
<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Keeping Safe Online</u></a>
<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Immigration Support</u></a>
<a href="#"><u>Supporting 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](#)



# CONNEX ME2 TRUST PRE-APPRENTICESHIP PROGRAMMES

I am very excited to inform you of our new pre-apprenticeship programme for the following industries: STEM, business, tech and construction. (Please see our attached flyers for more information)

We are currently offering a FREE programme to young people aged 16-24 who are not in education, employment or training (NEET) for a pre-apprenticeship programme that will properly prepare them for a professional apprenticeship.

We work with apprenticeship providers and will aid the young person with finding the right apprenticeship, interview help, CV writing, preparing for the apprenticeship, interpersonal skills and applications. We currently work with several boroughs in London and wanted to make sure we extend this opportunity to your young people.

## Course dates

They will run every month, for 3 weeks. We shall confirm what date it begins shortly.

Continues on next page >

We are pleased to announce that the start date for our pre-apprenticeship programme is the **20th of April 2022**. Construction, Business, Tech, STEM  
[hello@cm2.co.uk](mailto:hello@cm2.co.uk) 0203 0867872

**CONNEX ME2 Trust**

## PRE-APPRENTICESHIP PROGRAMME CONSTRUCTION

**Apprenticeships available in:**

- Electrical
- Plumbing
- Bricklaying
- Carpentry
- (+MORE)

**Benefits**

- Get apprenticeship ready
- Get help with finding the right apprenticeship for you
- Practise interview techniques
- Application help

**Eligibility:**

- Aged 16 - 24
- NEET
- Right to live and work in the UK

Apprenticeships available at...

Balfour Beatty SKANSKA amey

Education & Skills Funding Agency

Powered by the European Union

**CONNEX ME2 Trust**

## PRE-APPRENTICESHIP PROGRAMME BUSINESS

**Apprenticeships available in:**

- Business administration
- Project Management
- Team leader
- Accounts assistant
- (+MORE)

**Benefits**

- Get apprenticeship ready
- Get help with finding the right apprenticeship for you
- Practise interview techniques
- Application help

**Eligibility:**

- Aged 16 - 24
- NEET
- Right to live and work in the UK

Apprenticeships available at...

Bloomberg Network Rail

Education & Skills Funding Agency

Powered by the European Union

# CONNEX ME2 TRUST PRE-APPRENTICESHIP PROGRAMMES

## Referral process

Pre-Screening - This is to determine the young person's eligibility. Please send over their full name, contact number, DOB, and full postcode.

IAG and sign up - Once a young person is eligible we will book a face to face appointment with them where they will also receive information, advice and guidance about the programme.

## Eligibility

NEET aged 16-24

Right to live and work in the UK - a valid passport OR birth certificate

Proof of address – an official letter dated in the last 3 months such as a bank statement, utility bill or benefits letter.

## Progression

During and following the programme, young people will be liaising with our progression team to understand the best next steps for them in their careers.

Progression is an integral part of our programme. The training helps to prepare young people to enter the workplace the progression team will help to find the perfect placement.

Please see our attached flyers above for some more information, should you have any questions please do not hesitate to get in contact. Please send over the learner's name, postcode, number and date of birth so we can check their eligibility.

We are pleased to announce that the start date for our pre-apprenticeship programme is the **20th of April 2022**. Construction, Business, Tech, STEM  
[hello@cm2.co.uk](mailto:hello@cm2.co.uk) 0203 0867872

**CONNEX ME2 Trust**

## PRE-APPRENTICESHIP PROGRAMME TECH

Apprenticeships available in:

- IT Support
- Digital Marketing
- Software developer
- Cyber security
- (+MORE)

**Benefits**

- Get apprenticeship ready
- Get help with finding the right apprenticeship for you
- Practise interview techniques
- Application help

**Eligibility:**

- Aged 16 - 24
- NEET
- Right to live and work in the UK

Apprenticeships available at...

BT amazon BBC

Department for Education & Skills Funding Agency  
Funded by the European Union

**CONNEX ME2 Trust**

## PRE-APPRENTICESHIP PROGRAMME STEM

Apprenticeships available in:

- Civil engineering
- Lab technician
- Engineering
- Pharmacy assistant
- (+MORE)

**Benefits**

- Get apprenticeship ready
- Get help with finding the right apprenticeship for you
- Practise interview techniques
- Application help

**Eligibility:**

- Aged 16 - 24
- NEET
- Right to live and work in the UK

Apprenticeships available at...

gsk FUJIFILM AstraZeneca

Department for Education & Skills Funding Agency  
Funded by the European Union



# RSBC April Activities Programme

(Flyer attached to email from Strengthening Families 08/04/22 which contains **this month's full schedule** and the **Enrolment Form**)

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



**Royal Society for Blind Children**

Week 3 EASTER PROGRAMME					
Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
Audio Book Club: Quiz Day 8 – 25yrs 3pm – 5pm Life Without Limits Centre	Well-Being Family Fun Day 8 – 25yrs 10am – 3pm 8 – 25yrs The Guardian Centre	Well-Being Family Fun Day 8 – 25yrs 10am – 3pm 8 – 25yrs The Guardian Centre  Supper Squad 8 – 25yrs 1.30pm – 3.30pm Life Without Limits Centre	Futures Day - Learning and careers information 16 – 25yrs 12pm – 3pm Life Without Limits Centre	<b>BANK HOLIDAY</b>	Creative: 'Clyborne Park': theatre touch tour 8 – 25yrs 2pm tour 3pm show Park Theatre, Finsbury Park

Tactile Gaming: board and card games 8 – 25yrs 1pm – 3pm Life Without Limits Centre	Climbing Adventure 8 – 25yrs 11am-2pm <del>Clip'n'Climb</del> , Chelsea	🔊 Audio Book Club: Harry Potter & The Prisoner of Azkaban 8 – 25yrs 4pm – 5pm Life Without Limits Centre  Audio Book Club: Podcast & Pizza 8 – 25yrs 5-6pm Life Without Limits Centre	Cook – a- Long 8 – 25yrs 5pm – 6pm Zoom		
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# RSBC April Activities Programme

(Flyer attached to email from Strengthening Families 08/04/22 which contains **this month's full schedule** and the **Enrolment Form**)

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



**Royal Society for Blind Children**

Week 4 EASTER PROGRAMME					
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
<b>BANK HOLIDAY</b>	Sisterhood: Welcome Afternoon Tea 11 – 25yrs 11am – 1pm Life Without Limits Centre & Zoom  Animal Workshop 8 – 25yrs 3:30pm – 5:30pm Life Without Limits Centre	Sensory Story Time 0 – 8yrs 1pm – 2pm Zoom  Creative: Drama Workshop 8 – 25yrs 11am – 2pm Life Without Limits Centre	Creative: Drama Workshop 8 – 25yrs 11am – 2pm Life Without Limits Centre  Assistive Tech All ages & Families 2pm – 3pm Life Without Limits Centre	Cook-a-long Special 8 – 25yrs 11am – 2pm Life Without Limits Centre  Friday Fantasy: Fantasy role playing gaming 8 – 25yrs 1pm – 3pm Life Without Limits Centre	Sisterhood – Wellbeing Day 11 – 25yrs 11am – 2pm Life Without Limits Centre

		Audio Book Club: Storytelling with a guest author 8 – 25yrs 1-3pm Life Without Limits Centre & Zoom			
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# RSBC April Activities Programme

(Flyer attached to email from Strengthening Families 08/04/22 which contains **this month's full schedule** and the **Enrolment Form**)

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



**Royal Society for Blind Children**

Week 5					
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
<ul style="list-style-type: none"> <li>🔊 Assistive Tech All ages &amp; Families Life Without Limits Centre/Zoom</li> <li>🔊 Audio Book Club 8 - 25yrs 5pm - 6pm Life Without Limits Centre &amp; Zoom</li> </ul>	<ul style="list-style-type: none"> <li>🔊 Siblings Wellbeing Session 4:30pm - 5:15pm Zoom</li> <li>🔊 Connecting Families 7pm - 9pm Zoom</li> </ul>	<ul style="list-style-type: none"> <li>🔊 Audio Book Club 8 - 25yrs 5pm - 6pm Life Without Limits Centre &amp; Zoom</li> </ul>	<ul style="list-style-type: none"> <li>🔊 Assistive Tech All ages &amp; Families Life Without Limits Centre/Zoom</li> </ul>	<ul style="list-style-type: none"> <li>🔊 Assistive Tech All ages &amp; Families Life Without Limits Centre/Zoom</li> </ul>	<ul style="list-style-type: none"> <li>Tower Hamlets HAWB 8 - 25yrs 10am - 12pm Whitechapel Sports Centre</li> <li>PAN London HAWB 8 - 25yrs 10am - 1pm Crystal Palace National Sports Centre</li> </ul>

# 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.**

**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**

# 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



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.



Mind  
in North East  
London

**0300 561 0115**

## 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 Pieces 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**



# 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)



# AAA Zone Wellbeing and Multi Sports 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  
\(theaaazone.com\)](http://theaaazone.com)

For further details contact **Paula**


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

**PRE-BOOKING ESSENTIAL**

▲▲▲  
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  
Delivered by fully trained DBS checked staff

▲▲▲  
Ambition Aspire Achieve  
theaaazone.com  
@theaaazone  
0207 511 4253 / 07432 024002  
Registered Charity no. 101086

▲▲▲  
Ambition Aspire Achieve

Charity Registration Number: 101086

## 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  
**PRE-BOOKING ESSENTIAL**  
The Terence Brown Arc in the Park is a COVID-19 safe environment

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Registered Charity no. 101086

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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 07432 024002

▲▲▲  
Ambition Aspire Achieve

Charity Registration Number: 101086

## 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  
Web: www.theaaazone.com | Twitter: @theaaazone | Facebook: @AmbitionAspireAchieve