

Newham Family Hub Network

Coffee'n'Chat

Are you a Newham parent, caregiver or carer?

We often hear from our parents and caregivers that one of the biggest challenges they face is a lack of a personal support network and chances to socialise – particularly with others who have shared lived experiences.

With our 'Coffee'n'Chat' sessions, we provide the opportunity for both!

Parents and Caregivers – this means any adult that has a 'caring role' for children and young people including biological, non-biological, carer, step-parent, foster parent, grandparents, neighbours, aunts, uncles and God parents, etc.

Dads, please join too!



Coffee'n'Chat was created to provide a safe, confidential and non-judgemental space to meet other people with similar experiences to your own.

Whether you want to talk about your kids, their schools, work, or even about what you've been watching on TV lately, it doesn't matter – the important thing is coming down, meeting new people, and making new friends.

Bring along any questions, concerns or worries and we'll be more than happy to hand you a cuppa tea, listen, and support where we can.

Our coffee mornings are the perfect introduction to who we are and what we're about, and we hope to see you there soon!

There's no need to book or pay – just show up between 10:00 and 12:00 and join in.



Coffee'n'Chat

Room 1, East Ham Library,
328 Barking Rd, London E6 2RT

10:00am - 12:00pm

September 4th 2023

September 18th 2023

October 16th 2023

November 6th 2023

November 20th 2023



For Coffee'n'Chat queries please email:
EastHamFamilyHub@newham.gov.uk



Peer Parenting Offer

Empowering Parents, Empowering Communities (EPEC)



Delivered for Parents by Parents:

These courses help parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

BAP (Being A Parent) Courses

The BAP Group is a weekly space for parents and caregivers to come together sharing experiences and learning tried and tested approaches that can help us improve our relationship with our children. Many parents have already benefited from this course, & we want to reach as many parents and carers as possible.

BAP Standard 2-11 years

You will leave this course feeling better able to:

- Help others by sharing your experience as a parent/caregiver
- Support your children as they start Primary School, Secondary School & other transitions
- Create a calm and peaceful family life

Topics include understanding children's behaviour, listening skills, discipline strategies, feelings, self care & play time

BAP Autism Group

For parents/carers of children affected by Autism, whether diagnosed or undiagnosed. BAP Autism is designed to:

- Promote children's development & skills
- Reduce child & family difficulties
- Improve parent confidence, skills & satisfaction
- Improve social & community connectedness.

Baby & Us

For parents/carers with a baby under 1 years old. This course will help you feel better able to:

- Process the impact of the birth experience
- Understand your baby's crying/sleeping/feeding cues & to feel more confident managing the practicalities of your baby's routine
- Communicate with your baby
- Develop friendships with other parents which are mutually supportive



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PARENTS
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NEW HAM

Newham London

Thursday

21st Sept - 30th Nov
10.00am - 12.00pm

Baby and Us

East Ham Library
328 Barking Road, East Ham
E6 2RT

Wednesday

27th Sept - 6th Dec
10.00am - 12.00pm

BAP Autism

via zoom
(register to receive link)

Tuesday

3rd Oct - 5th Dec
9.30am - 11.30am

BAP 2-16 years

Kaizen Primary School, Elkington
Road, Plaistow E13 8LF

Friday

6th Oct - 8th Dec
10.00am - 12.00pm

BAP 2-16 years

Southern Road Primary School,
Plaistow E13 9JH



Light refreshments
provided



Courses available
every term



For Peer Parenting queries please visit
Parenting Programmes | Newham Families Advice and Support

To sign up, please scan the QR code here:



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SCAN ME

Supporting Healthy Parental Relationships



Parenting and raising a family comes with its challenges, and many life events can make it feel harder.

There are many triggers for parental conflict including having a new baby, health difficulties, losing a job and getting into debt. When parents face challenges, it impacts the home environment, which in turn impacts children.

The parenting Team offer a range of programmes that are available to parents and carers who live in the borough of Newham. Our programmes are evidence based and informed by research.

The Parenting Team

For further information about Parental Relationship Support visit:
<http://families.newham.gov.uk>

Email: parenting@newham.gov.uk

Referrals can be completed here:

https://newham-self.achieveservice.com/service/Parenting_Support_Referral or scan the QR code



Relationship Support for Parents OnePlusOne

Parents can access 3 courses from OnePlusOne. These courses help you to cope with stress and communicate better, wherever you are in your parenting journey. The programmes allow you to access the course online and complete at times that best suits their needs. Alternatively, we have face to face workshops available in Newham:

Me, you and Baby too
for parents who are expecting a child or have a baby. It helps parents to navigate the changes a relationship goes through when having a baby.



Thursday
21st & 28th Sept
9.30am - 11.30am

Edith Kerrison
Children Centre,
Custom House E16
3PB

Arguing better
supports existing relationships and helps with managing difficult conversations, avoiding conflict, and improving things for your whole family.



Thursday
19th Oct
9.30am - 12.00pm

Star Primary School,
Star Lane, Canning Town
E16 4NH

Getting it right for children
designed to support the co-parenting journey for parents who are separated. This course helps to improve co-operation and develop positive communication skills.



Tuesday
21st Nov
9.30am - 11.30am

Sandringham Primary
School,
Forest Gate E7 8ED

If you are unable to attend a face to face session, you can sign up to the digital course. You will need a smartphone, tablet, or computer and a good internet connection. They are all FREE to use, so you'll just need to select NEWHAM and create an account with a username and password.



You can get started by scanning the QR code or visiting: www.oneplusone.org.uk/parents





Faith & Culture in Parenting Workshop

Join us for a workshop designed by parents for parents to begin to explore the impact of beliefs, faith and culture on our parenting where we can:

- Come together and share our parenting experiences
- Develop ideas for how to support each other
- Identify the areas of faith and culture that nurture our family relationships



When: Wednesday 18th October 2023

Where: East Ham Library, 328 Barking Road

When: 10 am – 12 noon

Book your spot here



Other important information for the workshop:

- For parents and carers that attend we will offer a £25 voucher
- Light refreshments will be provided.
- We will be taking photographs at the event and will ask consent



***Meet Rukhsana and
Emelia,
the facilitators for the
session***

theparentvillage.org.uk

