


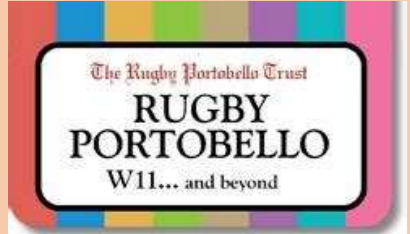






Parenting Offer October to December 2021

Parenting Programs and Groups	Description	Who is it for?	When/Where	Contact Details
<p>THE NORTH FAMILY HUB</p>  <p>Homefield House</p>	<p>Baby Massage A 5-week course for babies aged 6 weeks to 6 months. Baby massage provides a special time for you and your baby to share and helps you to create a life long bond with your baby.</p> <p>Ages and Stages Peeps is a flexible 6week programme for parents and carers. It builds on how to support children's language development trough play and everyday activities.</p> <p>Talking Steps A 6week language programme providing tips and advice for parents on how to support children's language development through play and everyday activity.</p> <p>Change4life mini club This fun 6-week programme is run by our partners Change4life. Come & uncover those 'sneaky sugars' as well as fun activities for you & your child.</p> <p>Change4life mini club For families with babies 0-12 months of age. This fun session is run by our partners Change4life. Come & have fun participating in activities whilst learning about those 'sneaky sugars'.</p> <p>Start4life This is a fun session run by change4life. Discover and share different ideas to eat well and move more in pregnancy and beyond</p> <p>Baby Zone plus PEEP is a flexible 6week programme for parents/carers. It aims to improve family life by making the most of everyday learning opportunities, listening, talking, playing, singing, and sharing books and stories together.</p> <p>Baby Zone For new-borns to babies up to 6 months old. PEEP is a 6 week programme. It aims to improve family life by making the most of everyday learning opportunities, listening, talking, playing, singing and sharing books and stories together.</p> <p>Let's Get Ready for Nursery! This session is to support the next step into nursery for families who may be entitled to the 2 year old funding. We offer practical advice and support the transition and give an idea of what to expect when starting.</p>	<p>From birth to 6 months</p> <p>For parents and carers of children of Pre school age.</p> <p>From 18mths to four years old</p> <p>for families with children 1-4yrs of age</p> <p>for parents and caregivers with babies from 0-12 months of age</p> <p>for expectant mothers and their partners</p> <p>for parents with babies 6 months to walking</p> <p>for parents and carers with babies up from birth to 6 months old</p> <p>for parents who's children are preparing to attending nursery</p>	<p>Mondays @Clare Gardens. 10:00am-11:30am or 1.00pm-2.30pm</p> <p>Tuesday mornings at 10.30am to 11.30am @ Colville Primary school.</p> <p>Tuesday afternoon at 1pm to 2.30 pm at Homefield House Children Centre.</p> <p>Wednesdays at 1-4 @ Homefield House Children's Centre 10:00am-11:00am,</p> <p>Wednesday 11:00 to 12pm</p> <p>Wednesday 1.30 to 2.30pm</p> <p>Thursday 10 to 11.30 @ Claire Gardens Children Centre</p> <p>Thursday 1pm to 2.30 @ Claire Gardens Children Centre</p> <p>On Thursday1pm to 2.30pm @ Homefield House Children Centre</p>	<p>To book a session please call 0207938 -8400 Or you can email – childrencentresnorth@rbkc.gov.uk</p>

<p>THE SOUTH FAMILY HUB</p>  <p>Cheyne</p>	<p>South Children Centre</p> <p>ABC Boys This is a four-week programme for parents how are raising boys. The programme aims to give parents more understanding of their sons development and behaviour, a series of techniques to provide their sons with boundaries and discipline and more confidence in supporting their sons through difficulties they might encounter.</p> <p>Baby Massage Baby massage provides a special time for you and your baby to share and help you to create a lifelong bond.</p> <p>Ages and Stages PEEP is a flexible 6 week programme for parents and carers it builds on your child's achievements and create opportunities for them to become confident communicators.</p> <p>Baby Zone PEEP is a six week programme that aims to improve family life by making the most of everyday learning opportunities, listening, talking, playing, singing and sharing books and stories</p> <p>Baby Zone Plus PEEP is a six-week programme that aims to improve family life by making the most of everyday learning opportunities like, listening and talking and playing, singing and sharing books and stories together.</p> <p>Baby Zone Plus PEEP is a six-week programme that aims to improve family life by making the most of everyday learning opportunities. Listening, talking, playing, singing and sharing books and stories together</p> <p>Baby Massage This is a five-week course for babies and parents and carers. Massage provides a special time for you and your baby to share and help you to create a lifelong bond with your baby.</p> <p>Change4life mini club This is a six week programme it is run by our partners change4life. Come and uncover those sneaky sugar's as well as fun activities for you and your child.</p> <p>Lets Get Ready for Nursery This is to support the next step into nursery for families entitled to the two years old offer. We offer practical advice and support the transition and give an idea of what to expect when starting nursery.</p>	<p>For parents and caregivers are parenting boys.</p> <p>For parents and their babies form 6 weeks to 6 months</p> <p>For Families with Toddlers</p> <p>For babies and new-borns to 6 months</p> <p>For babies six months to 12 months old.</p> <p>For babies 6 month old to 12 months old with parents and careers.</p> <p>For babies 6 weeks to 6months.</p> <p>For families of children from 0-12 months and for children 1-4yrs old</p> <p>For parents and carers of a child of 2 year-old up to 3 years old.</p>	<p>Mondays @ 9.30 to 11.30am At St Cuthbert's Children Centre</p> <p>Mondays @ St Cuthbert's 1.30 to 3pm</p> <p>Tuesday 10 to 11.30am @ Cheyne Children Centre</p> <p>Tuesday @ Cheyne Children Centre from 10am to 11am</p> <p>Thursday @Cheyne Children's Centre 10 to 11.30am</p> <p>Thursday @Cheyne Children Centre 10am to 11 am</p> <p>Thursday @Cheyne Children Centre 1 pm to 2.30pm</p> <p>@ Cheyne Children Centre. 10am to 11am</p> <p>@Cheyene Children Centre. 1pm to - 2.30pm</p>	<p>To book a session please call 0207349 1650</p>
 <p>Breathing Space for Parents and Carers</p>	<ul style="list-style-type: none"> • A free, 8-week online Mindfulness Course called 'Breathing Space' for parents on low income. • taster session at 10am on Monday 4th October so those interested can learn more about mindfulness and what's involved. • Parents who've done the course online have really enjoyed and benefitted from the work. 	<p>For parents and carers</p>	<p>Every Monday between 10am and 11.15 am, starting on 11th October till 6th December (break for Half Term)</p>	<p>email team@wlac.org.uk asap to refer potential participants or to find out more.</p> <p>Participants will need :</p> <ul style="list-style-type: none"> • to be resident in RBKC or LBHF • have children aged 18 or under • access to zoom on phone/tablet/computer • to be living on low income (UC / no access to public funds)
<p>MAGIC MUMS</p> 	<p>Magic Mum's is a parenting programme. It has been shown to have a profound and lasting impact, strengthening families, and helping mums to develop their parenting skills and experience in Positive Parenting and Strengthening Families.</p>	<p>For mothers and their children up to primary school age</p>	<p>These will be on Tuesday and Thursday mornings at 10 to 12 o'clock and breakfast is provided at 10am.</p> <p>The discussion starts at 10.45. We have baby equipment lending from 10 to 10.45 on those days</p>	<p>Kirstin Edwards - Magic Mums Co-ordinator T: 0207 229 2928 M: 07816138977</p>

<p>SHORT BREAKS</p>	<p>Autism Awareness courses run by the Short Breaks Team.</p> <p>Early Bird Parenting</p> <p>Group Stepping stone Triple P (Group SSTP)</p>	<p>Children who have a diagnosis of Autism.</p> <p>Programme for children under the age of five with a diagnosis of Autism spectrum disorder.</p> <p>Parenting group for families whose child (age up to 12) has developmental and or physical disabilities.</p>	<p>For all parents and caregivers</p>	<p>Please contact the short breaks team</p> <p>Deanne.gilbert-campbell@rbkc.gov.uk or hthompson@westminster.gov.uk</p> <p>Please contact Tracy Beard on Email: Tracy.beard@rbkc.gov.uk telephone: 07800 835 832</p>
	<p>Mumma, Papas and Mini's - is an informal non-judgmental and confidential space for parents to talk to other parents. The group provides information and advice, visits from professionals and online games and activities and facilitates peer-to-peer support and open discussions on topics of interest.</p>	<p>Parents who have children under 5 or are expecting a baby</p>	<p>Parents meet every week Tuesday from 11am to 12pm via Zoom.</p>	<p>Referral is via email -requesting attendance on the group. Please email - admin@hswestminster.co.uk Please click the link below to download referral form HSW-referral-form-2020-C-19-2 (11) (002).docx</p>
<p>NON -VIOLENCE RESISTANCE TRAINING</p>	<p>'NVR is a therapeutic intervention aimed at helping parents who may be experiencing aggressive, destructive, controlling, isolating, risk-taking or threatening behaviours from their children, and is particularly helpful for children entering adolescence, however can also be used with younger children. The focus on addressing the challenging behaviours is combined with rebuilding the relationship between children and parents/carers. The NVR work is facilitated by Systemic Family Therapists either individually or via online groups with other parent/carers.'</p>	<p>Parents and Carers in RBKC</p>	<p>Facilitated virtually</p>	<p>Referrals are only via your Early Help practitioner or SW If you are interested and would like to know more about the group, Please speak to your Early Help Practitioner and you will be contacted by our NVR leads.</p>
	<p>This programme supports parents to improve the quality of their relationship with their partner or ex-partner can significantly improve outcomes for children and will support other interventions. The programme interventions are delivered by relationship experts.</p>	<p>Parents with at least one child aged 0-18, or a disabled child aged 0-25, or be expecting their first child. Parents must live, work or access public services in Kensington and Chelsea</p>	<p>All programmes are delivered individually and flexibly to fit around work and care commitments.</p>	<p>Practitioner referrals and self-referrals accepted Please contact the Referral Gateway for enquiries: rcreferrals@westminster.gov.uk</p> <p>Or, for self-referrals, enquire directly via the Tavistock Relationships webpage: https://www.tavistockrelationships.org/relationship-help/free-services</p>
	<ul style="list-style-type: none"> • BABY WELLNESS OFFERS • Baby weighing's • Breastfeeding and support • Weaning • Sleep • Teething • Help and advice • All bumps and babies welcomed • Regular workshops on topics such as weaning and sleep 	<p>These sessions are for expectant mothers and mothers with babes</p>	<p>Every Monday 10 to 12 o'clock</p>	<p>Dalgarno Trust 1 Webb Close W10 5LE</p> <p>For further information please text or call 07511 915 094</p>
	<p>The 'Circle of Security Programme' is an 8 week programme focused on the attachment between child and caregivers. Securing the connection with our child will promote your child's self esteem, self confidence and social competence and enhance your child's resilience.</p>	<p>This programme is for parents and caregivers who have children aged 4 months to 5years old</p>	<ul style="list-style-type: none"> • This is an 8-week programme. • Starts on Friday 1st October at 10am to 12 o'clock. • Creche facilities are provided • It is a face-to-face programme 	<p>Venue – Cheyne Children Centre 10 Thorndike Close London SW10 OST</p> <p>For further information please contact Adjoua or Alisha via email below</p> <p>Alisha.taite@rbkc.gov.uk Adjoua.yapobi-attie@rbkc.gov.uk</p>