



Southwark Council Family Early Help Service Parenting Schedule September to December 2024

Empowering Parents Empowering Communities Parenting Programmes

These courses are delivered by parents who have already benefited from this learning with their own children and families. The programme will help you be the best for your children, whether you are living together or apart. Topics include looking after yourselves as parents, recognising and managing your child's emotions, learning positive parenting strategies as well as working together as a team to support your children.

Suitable for parents of children aged 2 to 11 years.

Being a Parent Together (online) (EPEC-BAPT)

Both parents must attend this programme. It is specifically designed for parents where there are issues relating to conflict in the home or disagreements around parenting styles. The parents that attend this group do not have to live in the same home, but both need to commit to attending each weekly session.

For both parents of children aged 2 to 11 years

10 Weekly sessions

Start date: Monday 23 September 2024

Time: 10am to 12pm

Venue: Online

For more information, please contact Ben Campbell:

Call 07738 860 768

Email ben.campbell@southwark.gov.uk or earlyhelp@southwark.gov.uk

Being a Parent 2 to 11 years (EPEC-BAP)

Suitable for parents of children aged 2 to 11 years

9 weekly sessions

Start date: Wednesday 25 September 2024

Time: 10am to 12pm

Venue: Crawford Children and Family Centre, 5 Crawford Rd, London SE5 9NF

For more information, please contact Claire Gager:

Call 07547 659 646

Email claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Being a Parent 1 to 3 years. (EPEC-BAP 1-3)

Suitable for parents with children aged 1 to 3 years

9 weekly sessions

Start date: Tuesday 24 September 2024

Time: 10am to 12pm

Venue: 1st Place Children and Family Centre, 12 Chumleigh Street, London SE5 0RN

For more information, please contact Claire Gager:

Call 07547 659 646

Email claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Baby and Us (EPEC-B&U)

Suitable for parents of children aged 0 to 9 months

9 weekly sessions

Start date: Monday 30 September 2024

Time: 10am to 12pm

Venue: Ann Bernadt Children's Centre 29 Chandler Way, London SE15 6DT

OR

Start date: Thursday 3 October 2024

Time: 10am to 12pm

Venue: Ivydale Children's Centre, Bellwood Rd, London SE15 3BP

For more information, please contact Claire Gager:

Call 07547 659 646

Email claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Southwark Fathers Group

The group is for fathers, grandfathers, stepfathers and men that have caring/parental responsibilities for children. The ten week programme focuses on communication, discipline, child development and expectations, parental strategies, and understanding the importance of the role of a father and co-parenting; it also includes a session on developing positive working relationships.

Suitable for fathers of children aged 4 to 18 years.

10 weekly sessions

Start date: Friday 27 September 2024

Time: 10am to 12.30pm

Venue: 1st Place Children and Parents Centre, Chumleigh Street, Burgess Park, London SE5 0RN

For more information, please contact Ben Campbell:

Call 07738 860 768

Email ben.campbell@southwark.gov.uk or earlyhelp@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme (SFSC)

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

Suitable for parents of children aged 8 to 18 years

10 weekly sessions

Start Date: Tuesday 24 September 2024

Time: 10am to 1pm

Venue: Ann Bernadt Children and Family Centre, 29 Chandler Way, London SE15 6DT

Please contact Rebecca Arinze:

Call 07939 635 458

Email rebecca.arinze@southwark.gov.uk or earlyhelp@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme (SFSC) in Spanish

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

Suitable for parents of children aged 8 to 18 years.

10 weekly sessions

Start Date: Tuesday 24 September 2024

Time: 10am to 1pm

Venue: Ann Bernadt Children and Family Centre, 29 Chandler Way, London SE15 6DT and Online

Please contact Rebecca Arinze:

Call 07939 635 458

Email rebecca.arinze@southwark.gov.uk or earlyhelp@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme (SFSC) in Arabic

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

Suitable for parents of children aged 8 to 18 years.

10 weekly sessions

Start Date: Friday 27 September 2024

Time: 09:30 - 12:30

Venue: Ann Bernadt Children and Family Centre, 29 Chandler Way, London SE15 6DT

Please contact Rebecca Arinze:

Call 07939 635 458

Email rebecca.arinze@southwark.gov.uk or earlyhelp@southwark.gov.uk

Online Strengthening Families, Strengthening Communities (SFSC) Online Evening Group

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

Suitable for parents of children aged 8 to 18 years.

10 weekly sessions

Start Date: Thursday 26 September 2024.

Venue: Online

Time: 6.30pm to 8.30pm

For further information, Please contact Tara Long:

Call 07513 713 090

Email tara.long@southwark.gov.uk or earlyhelp@southwark.gov.uk

Reducing Parental Conflict

Gain access to two free online resource for parents and professionals to help explore and support reducing parental conflict.

To access the first online resource and register, enter southwark.opo.org.uk into your browser.

To access the second online resource, visit strengthening-families.net/reducing-parental-conflict

Training for professionals is being arranged by Rebecca Arinze. Please contact her for further information:

Call 07939 635 458

Email rebecca.arinze@southwark.gov.uk

Saturday Fathers Group, Stay and Play

Join us for a Stay and Play focusing on supporting male parents and carers.

Start date: This stay and play will continue through the summer and into the next school term and run every fortnight thereafter.

Time: 10.30 – 12.30

Venue: 1st Place Children and Parents Centre Chumleigh Street, Burgess Park, London SE5 0RN

For more information, please contact Phil Robson:

Call 020 7740 8070 Call 07714 743 750

Email philprobson@1stplace.uk.com or philip.robson@southwark.gov.uk

Parents for Parents Drop-in Sessions (P4P)

For parents of children aged 2 to 18yrs

Start date: ongoing throughout 2024.

Time: Depending on parents' availability

To be held at various venues, which the parents decide.

This group is for parents who have completed a parenting programme but require reminder sessions and additional strategies, or for parents on the waiting list waiting for a place on the next terms programmes.

For more information, please contact Rebecca Arinze:

Call 07939 635 458

Email rebecca.arinze@southwark.gov.uk

Parent Champions

Parent Champions are parents who work with Family Early Help and Children Centres, to provide practical advice and support to parents as well as signposting to appropriate services. If you are interested in becoming a Southwark Parent Champion.

For more information, please contact Claire Gager:

Call 07547 659 646

Email claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Incredible Years Autism Support programme

To support parents and carers to interact with their children in ways that promote their language skills, school readiness, emotional self-regulation, social skills, empathy and positive relationships. The course will enhance their parenting confidence and understanding of their children's development.

This is a 14-week programme for parents with children 2-5 years who either have or awaiting an Autism diagnosis.

Start Date: September 2024. There are limited crèche facilities available on request.

10:00am – 12:00noon

Venue;- Rye Oak Children's Centre- Whorlton Rd, London SE15 3PD

Facilitator: Sue Spencer

For more information, please contact Sue Spencer:

Call 020 3848 5780 ext 2006 or 07932622572

Email sspencer@ivydale.southwark.sch.uk or earlyhelp@southwark.gov.uk

Families Under Pressure

Eight Short films offering parenting tips, launched by Kings College London and the Maudsley Hospital. Visit maudsleycharity.org/familiesunderpressure for more information.

Autism Support

A range of support services are offered for children who have been diagnosed with autism. Names are being taken for Cygnet (5-18) and Next Steps (Under 5s) parenting courses.

To register, email autismsupportteam@southwark.gov.uk.

Southwark PAUSE

Pause works with women who have experienced, or are at risk of, repeat removals of children from their care. Through an intense programme of support, it aims to give women the opportunity to reflect, tackle destructive patterns of behaviour and develop new skills and responses that can help create a more positive future.

Call 020 7525 7457

Email pause@southwark.gov.uk

Southwark Perinatal Service

The Perinatal Support Service offers support to families where a parent is struggling with their emotional health and wellbeing, where they have been diagnosed with a low to moderate level perinatal mental illness or when their personal circumstances mean they may be vulnerable to developing a perinatal mental illness.

Referrals can be made by calling 020 3228 2194 or emailing sptsadmin@slam.nhs.uk

Child to parent violence - who is in charge?

Visit whosincharge.co.uk for more information.

Resources for parents / carers from the National Crime Agency

Visit thinkuknow.co.uk for more information.

Support your child at home with HomeStart Southwark's 'e-friending' service

Support service for parents in Southwark, aimed at lower need families with children under 5, who would benefit from additional support & signposting to local online services.

Call 07712 816 391

Email info@homestartsouthwark

The National Parenting Support Service

Family Lives offer parents a 24-hour free helpline number:

Call 0808 800 2222

Email askus@familylives.org.uk

Parent Talk-Action For Children

We offer free advice for parents and carers of children aged 0-19 in the UK. We can support up to age 25 where a child has special educational needs. Whatever your background or experiences, we are here for you. We know that everyone's challenges are unique, and provide a welcoming space for all.

Read our articles for tips or talk to us on our chat service for more in-depth support. All our guidance comes from our experienced parenting coaches.

Visit parents.actionforchildren.org.uk

The NEST - strengthening families for a stronger community

This programme is for parents/carers/guardians that identify as having an Afro-Caribbean heritage and caring responsibilities for a young person aged 11 to 24. This programme is for parents/carers/guardians who are unsure about:

- what options there are for your young person if they are struggling at school
- where your young person can gain support with their education
- what the terms internal exclusion, fixed-term exclusion, permanent exclusion mean
- the services available to you and your family in the local community

Services available to parents

Regular support: Monthly workshops for parents/carers and weekly 121 sessions for emerging mental health and wellbeing trends amongst young people, delivered by our Therapeutic Practitioner.

Peer to peer support: Parents and carers are trained to support each other through sharing information about services, education, the exclusion system and mental health and wellbeing awareness.

Exclusions: Targeted whole family support for young people identified as being at risk of exclusion or who have previously received fixed term exclusions or a managed move.

Register your interest at thenestsouthwark.org.uk/strengthening-families

Parent University delivered by Parent Action

A free course for pregnant women and new parents.

Mondays 1pm to 2pm throughout the year (term time).

Venue: Camberwell Salvation Army, 107 Lomond Grove, Camberwell SE5 7HG.

Sessions are delivered by Parent Action staff, in partnership with local health professionals.

To find out more about the sessions, start dates or sign up, please contact Mena Amnour:

Call 07534 727 316

Email mena.amnour@citizensuk.org