

PARENT CONNECT

Supporting Newham Families

14th January 2022 Edition

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Parents as Partners

Parents as Partners

Parents as Partners



Hi everyone, and happy new year! We hope you had a lovely holiday break.

Parent Connect will now be circulated **fortnightly on Fridays** 😊

We have also set up a new Parents as Partners network which we would love for you to be a part of, you can find out more on page 2!

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

Have a wonderful weekend!
Early Help Partnership

New 2022 Dates: DICE Parenting Support Programme!
[BOOK YOUR PLACE](#)

Parents as Partners

CAMHS Wellbeing Workshops





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!](#)

Parents as Partners

Parents Consult and Co-Create Opportunities

Help shape our physical activity, community and leisure offer.

[Fri 21st Jan booking](#)

[Wed 26th Jan booking](#)

Residents can also help by completing a short online Community Physical Activity and Leisure Survey here: <https://bit.ly/3DXwSAu> open until January 30th 2022.



WE ARE ACTIVE.

WE ARE NEWHAM.

ONLINE RESIDENT ENGAGEMENT SESSIONS

Help shape our physical activity, community and leisure offer.

Join us on either:
Friday 21st January 2022 – 10am – 12pm – To book: <https://bit.ly/3J7ubQI>
Wednesday 26th January 2022 – 5.30pm – 7.30pm – To book: <https://bit.ly/3mktHnAS>



People at the Heart of Everything We Do

WE ARE ACTIVE.

WE ARE NEWHAM.



COMMUNITY PHYSICAL ACTIVITY AND LEISURE SURVEY

Help shape our physical activity, community and leisure offer.

Help us decide the future of leisure centres in Newham.

What do you think about physical activity, exercise and local facilities?

What do you think stops people being more active or accessing their local facilities?

How can the Council help support an active, healthy Newham?

The survey will close on 12 January 2022.

Please complete the survey at: <https://bit.ly/3DXwSAu>

Parents as Partners

Parents Consult and Co-Create Opportunities

Calling all Parents, Carers and young people in Newham to have your say at the upcoming NextGen Event 27th January 2022, 4:30pm – 6:30pm

To sign up, please contact
Newhamcyp.commissioner@newham.gov.uk

Next Gen Newham



We need your help! Young people are helping us to create a Young People's Charter so that everyone in Newham can work together to give our young people everything they need to achieve their ambitions.

A first draft has been created and we would love to your feedback, thoughts and ideas!

Join us on Zoom on **27 January 4:30pm - 6:30pm.**

For more information and to sign-up contact
Newhamcyp.commissioner@newham.gov.uk



WE ARE NEWHAM.

**People at the Heart
of Everything We Do**

Date/Time	Event Name	Description	Audience	Sign Up Details
Friday 21 st January 2022 – 10am – 12pm or Wednesday 26 th January 2022 – 5.30pm – 7.30pm	Online Resident Engagement Sessions	Help shape our physical activity, community and leisure offer. Residents can also help by completing a short online Community Physical Activity and Leisure Survey here: https://bit.ly/3DXwSAu open until January 30th 2022.	Parents	Fri 21st Jan booking Wed 26th Jan booking
27 th January 2022, 4.30pm – 6.30pm	NextGen Newham Event – Young People’s Charter	Join us on Zoom on 27 th January 2022 from 4.30pm – 6.30pm. Parents and children are welcome to attend	Parents and children (all ages)	Microsoft Teams meeting Click here to join the meeting
February 2022 (Date to be confirmed)	Early Help Engagement Event – Pathway to Help and Support in Newham		Parents who have received support from early help services – past and present.	tbc

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>

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

W: www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/



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

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

W: www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/

If a young person/adult wants to get involved with any of the above they can email 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 and Facebook:
<https://www.facebook.com/elop.LGBT>

Info and sign up by emailing: youth@elop.org



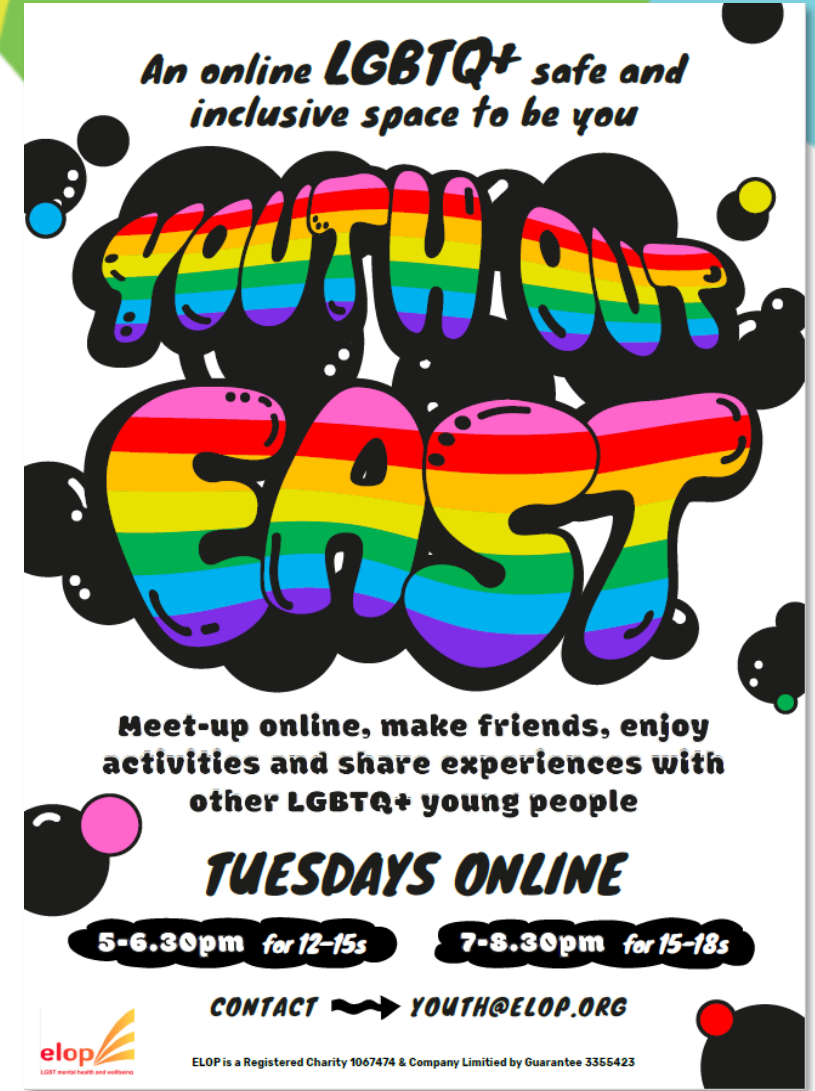
LGBTQ+
18-25s
meet up group

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



An online LGBTQ+ safe and inclusive space to be you

YOUTH OUT 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**

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

[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

[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

theaaazone.com @theaaazone.com AmbitionAchieveAspire/

Ambition Aspire Achieve 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
Web: www.theaaazone.com | Twitter: @theaaazone | Facebook @ AmbitionAspireAchieve/

New Dates Available

DICE Parenting Programme

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!

February: Wednesday Mornings
Dates: 2nd 9th 16th 23rd
Times: 9:30am-12:00pm

May: Wednesday Mornings
Dates: 4th 11th 18th 25th
Times: 9:30am-12:00pm

June Thursday Evenings
Dates: 9th 16th 23rd 30th
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

AAA Zone Wellbeing Group

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

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

Delivered by fully trained DBS checked staff.



Web:
Twitter:
Facebook:

▲▲▲
Ambition Aspire Achieve
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 07432 024002

AAA Zone Multi Sports Club

For further details contact **Paula**

07432 024002 / 0207 511 4253

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

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

AAA Zone Clothing Bank – Donations welcome

The #AAA Clothing Bank is in high demand & we would greatly welcome donations of good quality shoes & clothing in all sizes and for all ages. If you would like to make a donation and a real difference for #Newham families please contact Paula
paula@theaaazone.com

Ambition Aspire Achieve

AMBITION ASPIRE ACHIEVE CLOTHING BANK

CLOTHING BANK DONATIONS NEEDED

Demand for our clothing bank has increased.

We are looking for **GOOD QUALITY** clothing and shoes for our clothing bank.

ALL SIZES OF CLOTHING AND SHOES REQUIRED, ADULT, CHILDREN AND BABY

If you would like to make a donation to the bank please email Paula - paula@theaaazone.com

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

0207 511 4253 / 07852 350786

Ambition Aspire Achieve
Charity Registered Number: 10386

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

Ambition Aspire Achieve
Charity Registered Number: 10386

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 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 2nd Wednesday at 10am and every 3rd Wednesday 6pm. Please see flyer attached, and again, parents can sign up here <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>



The flyer features a blue header with the text 'Coffee & Chat' in a white script font, followed by 'Hopes & Challenges for 2022' in a white sans-serif font. To the right of the text are two white speech bubble icons. In the top right corner is the 'HEAD START NEWHAM' logo. Below the header, the text reads 'Come together with other parents within your community to share your hopes and challenges for 2022.' This is followed by a bulleted list: '• Open and honest conversations', '• Sharing lived experiences', and '• Tools & Tips'. Below the list, it says 'To sign up, please follow the link:' followed by the URL 'https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/'. Further down, it says 'For more information, please contact:' followed by the email 'headstart.programmeteam@newham.gov.uk'. At the bottom left are icons for a document, Instagram, and Facebook, with the text '@HeadStartNewham' and 'headstartnewham.co.uk' below them. On the right side, there is a circular graphic of a blue teacup with a yellow liquid and a tea bag, set against a pink background. At the bottom right, a pink rectangular box contains the text 'WEDNESDAY 12TH JANUARY 2022 AT 10AM'. The flyer also features decorative elements like a cookie graphic at the bottom right and a sun graphic at the top.

Coffee & Chat

Hopes & Challenges for 2022

HEAD START
NEWHAM

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

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

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

WEDNESDAY 12TH
JANUARY 2022
AT 10AM

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.

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

RSBC January Programme

Wishing you a happy and safe New Year! RSBC are delighted to get back to our activities programme all of which is hosted online for the time being. If you have any questions about online access please get in touch, we would be happy to support any young person to attend our programmes. In 2022 we have some exciting new sessions which I will highlight below.

As always, young people and their families can sign up to any session (or you can refer them) by either filling in the attached enrolment form* and returning to me, emailing connections@rsbc.org.uk, calling us on 020 3198 0225 or by going to our website and signing up to sessions here: <https://www.rsbc.org.uk/calendar-of-activities/>

*RSBC Enrolment Form is attached to the email from Strengthening Families

Highlights in January include:

Thursday 13th and Saturday 29th of January

Cook-a-Along

We have a brand-new session launching this year; Cook-a-Long! This month these sessions will run online. The first session on Thursday 13th Jan, we really hope you can make it if you are interested in learning and refining your cooking skills! We will be holding a focus group for you all to come online and let us know what you would like to cook over the next few months! On Saturday 29th Jan, we will take one of your ideas and have a cook-a-long on your very screens! If you are interested book on via the website or contact Vivek.joshi@rsbc.org.uk

Tuesday 11th of January

Connecting Families

When you or your family are open to other services

We are proud to release our next date and title for our Connecting Families Online Group. Are you working with other professionals for your family's care? What makes for building good working relationships in your network? What happens if it goes wrong? What does it look like when it works well? Join our experienced Family Practitioners plus other families of children and young people with a vision impairment to discuss and share your experiences, tips and suggestions, challenges, and celebrations. Please email familiesfirst@rsbc.org.uk to register and a Teams invite will be sent on the day to join the evening session.

Wednesday 19th of January

Siblings Wellbeing Session

Celebrate the new year with RSBC's Families First team in an online session for the brothers and sisters of children and young people with a vision impairment. This session will provide space for siblings to connect with each other, share experiences and have some fun! To sign up or for more information, please contact Ellie at ellie.familiesfirst@rsbc.org.uk



RSBC January Schedule

Week 3					
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm	Sisterhood 11 - 25yrs 5pm - 6pm Connecting Families Online 7:30pm - 9pm	Sensory Story Time 0 - 8yrs 1pm - 2pm Audio Book Club 11 - 25yrs 5pm - 6pm	Cook-a-Long 11 - 25yrs 5pm - 6pm	Assistive Tech, 3pm - 5pm	HAWB Workout 8 - 25yrs 11am - 11:45am Creative 8 - 25yrs 12pm - 2pm
Week 4					
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm	NO ACTIVITY	Siblings Wellbeing Session 4:30pm - 5:15pm Audio Book Club 11 - 25yrs 5pm - 6pm	NO ACTIVITY	Assistive Tech, 3pm - 5pm	HAWB Workout 8 - 25yrs 11am - 11:45am Creative 8 - 25yrs 12pm - 2pm

RSBC January Schedule

Week 5					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29
Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm	Sisterhood 11 - 25yrs 5pm - 6pm	Sensory Story Time 0 - 8yrs 1pm - 2pm Audio Book Club 11 - 25yrs 5pm - 6pm	Supper Squad 16 - 25yrs 5pm - 6pm	Assistive Tech, 3pm - 5pm	Cook-a-Long 11 - 25yrs 11am - 1pm Supper Squad 11 - 15yrs 1:15pm - 2:15pm
Week 6					
Monday					
31					
Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm					

West Silvertown Foundation Volunteering Opportunity

VOLUNTEER WITH US! email
anna@wsfroyaldocks.org for more info



INTERESTED IN SHORT-TERM VOLUNTEERING?
WANT TO MAKE A DIFFERENCE TO YOUNG PEOPLE IN NEWHAM?
WANT TO MEET OTHER ADULTS FROM YOUR LOCAL COMMUNITY?

BECOME A MENTOR

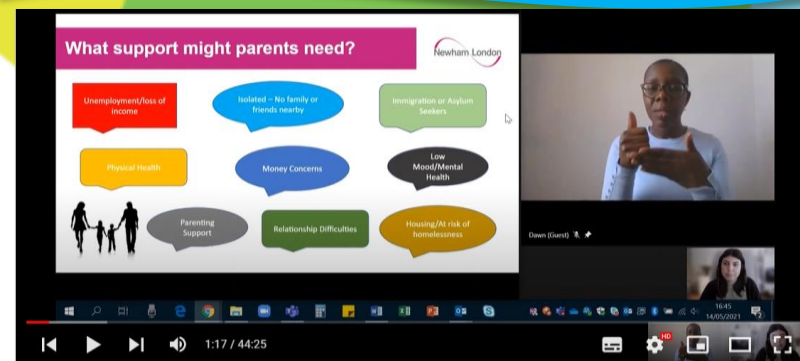
We are looking for volunteer mentors to be positive role models for young people. Just 45 minutes a week for 12 weeks. Full training and resources provided. Please contact anna@wsfroyaldocks.org by 28th January to be considered.



Newham Family Support Sessions - Early Help Partnership Team

Full Playlist: https://youtube.com/playlist?list=PLfBuvuA_uMZXIS5U9HlxG0QpjwEJ98zQ

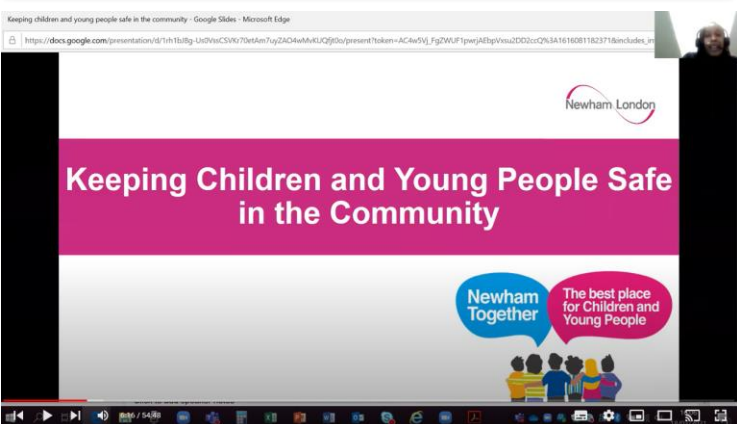
New Videos in community languages



Newham Family Support Workshop – Supporting Parents during the Pandemic – Translated in BSL



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



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

Romanian	BSL	Punjabi
Supporting Parents	Supporting Parents	Keeping Safe Online
Supporting Children	Supporting Children	Immigration Support
Supporting Teenagers	Supporting Teenagers	Keeping Safe in the Community
Supporting Children and YP with Additional Needs	Supporting Children and YP with Additional Needs	Supporting Children and YP with Additional Needs
Taking Care of Yourself	Taking Care of Yourself	
Immigration Support	Immigration Support	
Keeping Safe in the Community	Keeping Safe in the Community	
Keeping Safe Online	Keeping Safe Online	

Employ Me London AND the Upskill Project – The West Ham United Foundation

EMPLOY ME:

You can join this project by emailing the West Ham United Foundation's Education Manager Temisan Williams, temisanwilliams@westhamunited.co.uk

Would you like to:

- Find work experience
- Attend skills training and employment workshops
- Receive work experience opportunities
- Speak to someone for help writing your CV and preparing for an interview

Are you:

- Aged between 16 and 24
- Living in a London borough
- Not in education, employment or training
- And do you have a learning disability, learning difficulty or autism



From May 2021 to June 2023 WHU Foundation and a group of experienced partners, will help support you to learn skills you need to move into sustained employment, education or training for a minimum of 26 weeks.

You can join this project by emailing the West Ham United Foundation's Education Manager Temisan Williams, temisanwilliams@westhamunited.co.uk

SUPPORTED BY
MAYOR OF LONDON



UPSKILL PROJECT:

October 2021 – March 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 40 participants so to secure your place complete the registration form and send to our Education Manager, Temisan Williams temisanwilliams@westhamunited.co.uk



FOUNDATION