

PARENT CONNECT

Supporting Newham Families

12th November 2021 Edition

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Hi everyone! We hope you have had a good week 😊

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

Have a wonderful weekend!
Early Help Partnership

Places still available! Book today!

[BOOK YOUR PLACE](#) at the **DICE**
Parenting Support Programme **p12**

"We thought he was just being a typical teenager spending time on his computer and phone. We didn't know that he was being recruited into crime"

Coffee Morning

Monday 22nd November 2021

11am to 12.30pm

The Enabled Living Lounge

Tel: 0203 373 8800
Txt: 07896 664 350
E: info@enabledlivinghealthcare.co.uk

www.enabledlivinghealthcare.co.uk



Meet with your local Neighborhood Police Team and find out about crime prevention, burglaries and home safety.



FOUNDATION

[CAMHS Wellbeing Workshops](#)

Parent Connect

Newham Family Support Sessions - Early Help Partnership Team

New Videos!

Romanian

[Supporting
Parents](#)

[Supporting
Children](#)

[Supporting
Teenagers](#)

[Supporting
Children and YP
with Additional
Needs](#)

[Taking Care of
Yourself](#)

[Immigration
Support](#)

[Keeping Safe in
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[Keeping Safe
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BSL

[Supporting
Parents](#)

[Supporting
Children](#)

[Supporting
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Children and YP
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[Taking Care of
Yourself](#)

[Immigration
Support](#)

[Keeping Safe in
the Community](#)

[Keeping Safe
Online](#)

Punjabi

[Keeping Safe
Online](#)

[Immigration
Support](#)

[Keeping Safe in
the Community](#)

[Supporting
Children and YP
with Additional
Needs](#)



Playlist:

https://youtube.com/playlist?list=PLfBuvuA_uMZXIS5U9_HlxGOQpjwEJ98zQ



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

Employ Me London – West Ham United Foundation



FOUNDATION



**Employ Me
London**

You can join this project by emailing the West Ham United

Foundation's Education Manager Temisan Williams,

temisanwilliams@westhamunited.co.uk

The REFERRAL FORM is attached to the email you received this Newsletter from (Strengthening Families) 19/11/2021

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



Enabled Living Coffee Morning Monday 22nd Nov

If you are Deaf, deafblind or hard of hearing
come and meet with your local
neighbourhood police team in [#Newham](#)
♥ We have a coffee morning on 22nd Nov.

- ✓ Our coffee mornings are BSL interpreted.
- ✓ talking about crime prevention, burglaries
& home safety.

info@enabledlivinghealthcare.co.uk

0203 373 8800

Coffee Morning

Monday 22nd November 2021
11am to 12.30pm
The Enabled Living Lounge

Tel: 0203 373 8800
Txt: 07896 664 350
E: info@enabledlivinghealthcare.co.uk



Meet with your local Neighborhood
Police Team and find out about
crime prevention, burglaries and
home safety.

www.enabledlivinghealthcare.co.uk



Upskill Project – West Ham United Foundation

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

The registration form is attached to the email from Natalie / Strengthening Families
19/11/2021



FOUNDATION

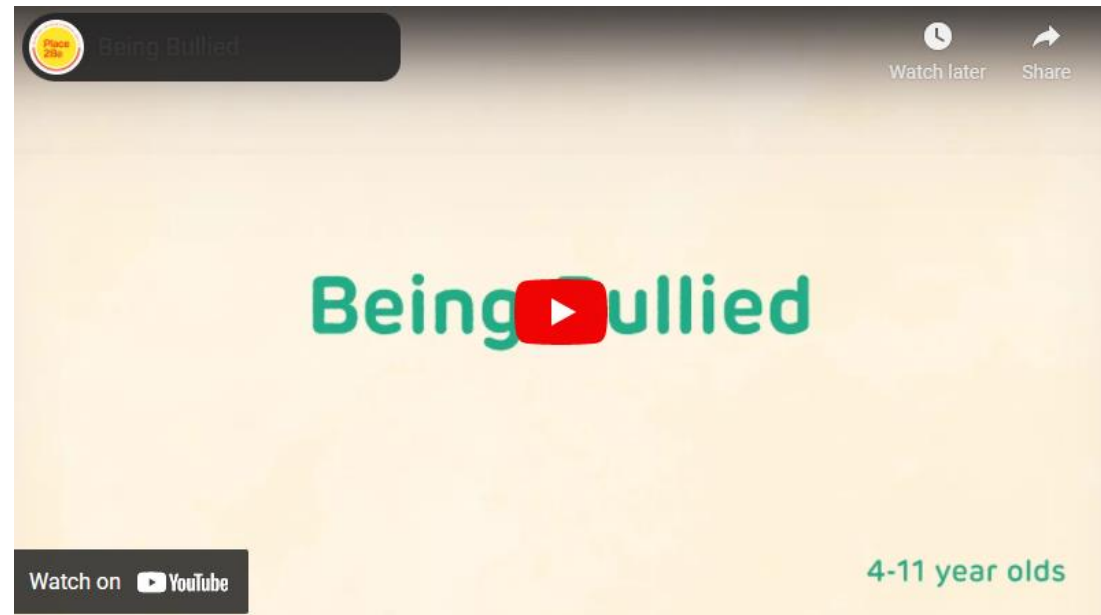
Place2Be – My Child is being bullied, what can I do?

If your child is being bullied, please do click the link below which contains a wealth of information, guidance and advice:

<https://parentingsmart.place2be.org.uk/article/my-child-is-being-bullied-what-can-i-do>

Watch this video here:

<https://youtu.be/ZVi8lirFmXk>



Parent Support Group for parents of children with additional needs

By Children's Health 0-19 Service

Book your place!

<https://www.eventbrite.co.uk/e/parent-support-group-tickets-137774734941>

- advice on carers allowance and disability living allowance for children
- holiday, equipment and financial support from charities
- parenting support and behavioural support
- services including therapies for speech and language
- training for parents

Parents will also have the opportunity to meet other parents of children who may have a similar diagnosis to their child.



Parent support group

For parents of children with additional needs

**1st Friday of every month except January and August
10 – 12noon**

Come along to a session for parents which covers:

- advice on carers allowance and disability living allowance for children
- holiday, equipment and financial support from charities
- parenting support and behavioural support
- services including therapies for speech and language
- training for parents

RSBC New Sessions!

New Sessions:

Connecting Families

Children with a VI who also have additional needs

We are proud to release our next date and title for our Connecting Families Online Group. Does your child have complex needs? Is there a lot else going on for your child, e.g. family circumstances, medical needs, life events? Join our experienced Family Practitioners and other families of children and young people with a vision impairment to discuss and share school 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.

Siblings Wellbeing Session

RSBC's Families First team is excited to be launching new online sessions for the brothers and sisters of children and young people with a vision impairment. These sessions will provide space for siblings to connect with each other, share experiences and have fun. To sign up or for more information, please contact Ellie at ellie.familiesfirst@rsbc.org.uk

The logo consists of the letters 'RSBC' in a bold, orange, sans-serif font. The letters are slightly stylized, with the 'R' and 'S' having a modern, rounded appearance.

Royal Society for Blind Children



Royal Society for Blind Children

RSBC November Programme of Activities

Go to our website for more
information:

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

November Programme of Activities

Orange Font = Face to Face
Black Font = Online

| Week 3 | | | | | |
|---|---|---|--------------------|------------------------------|---|
| Monday 15 | Tuesday 16 | Wednesday 17 | Thursday 18 | Friday 19 | Saturday 20 |
| Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm | Creative 8 - 25yrs 5pm - 6pm Connecting Families Online 7:30pm - 9pm | Sensory Story Time 0 - 8yrs 1pm - 2pm Siblings Wellbeing Session 4:30pm - 5:15pm Audio Book Club 11 - 25yrs 5pm - 6pm | NO ACTIVITY | Assistive Tech, 3pm - 5pm | Tower Hamlets HAWB 8 - 25yrs 11am - 1pm Creative 8 - 25yrs 10am - 1pm |

Week 4

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---------------------------------------|--|------------------------------------|------------------------------|---|
| 22 | 23 | 24 | 25 | 26 | 27 |
| Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm | Sisterhood 11 - 25yrs 5pm - 6pm | Siblings Wellbeing Session 4:30pm - 5:15pm Audio Book Club 11 - 25yrs 5pm - 6pm | Creative 8 - 25yrs 5pm - 6pm | Assistive Tech, 3pm - 5pm | PAN London HAWB 8 - 25yrs 10am - 1pm Creative 8 - 25yrs 10am - 1pm |

Week 5

| Monday | Tuesday | | | | |
|---|------------------------------------|--|--|--|--|
| 29 | 30 | | | | |
| Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm | Creative 8 - 25yrs 5pm - 6pm | | | | |

Active Newham NEWHAM ABILITY CAMP

Newham ability camp runs 3 sessions a week for young people in Newham.

- Mondays 5 - 6pm
- Wednesdays 5 - 6pm
- Saturdays 10 - 11am

Get involved today by contacting Paul

@NewhamAbility

paul495@btinternet.com

07811 671 082



NEWHAM ABILITY CAMP

Mondays 5PM-6PM at Newham Leisure Centre Hub
Wednesdays 5PM-6PM at NewVic College
Saturdays 10AM-11AM at Newham Leisure Centre

The Newham Ability Camp is a multi-sports club run by Paul Archer and specialist coaches, which aims to give children and young adults with disabilities their first steps into sport!

The club is open to any young person or young adult with any disability and you are invited to come along and try out all of the different sports we offer. These sports can include Cricket, Table Tennis, Athletics, Volleyball, Basketball, Badminton, Frisbee, Archery, Fitness, Fencing, Softball & much more!



Membership Fee is £10 per term or £30 per year per participant
***The first session is FREE!**
**** This gives access to ALL 3 club sessions per week!**

 @NewhamAbility
  /NewhamAbilityCamp
  paul495@btinternet.com
  07811 671 082

Tickets still available!

DICE Parenting Programme

DICE is a **4 week Parenting Support Programme**

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!

Course 1 (Weds, 10-12pm), 8th, 15th, 22nd and 29th September 2021 **(FULL)**

Course 2 (Weds, 6-8pm), 29th September, 6th, 13th and 20th October 2021 **(FULL)**

Course 3 (Tues, 10-12pm), 2nd, 9th, 16th and 23rd November 2021 **(FULL)**

Course 4 (Mon, 6-8pm), 10th, 17th, 24th and 31st January 2021 **(LIMITED SPACES AVAILABLE)**

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

Enabled Living

About the course

Our Deaf Awareness and introduction to British Sign Language (BSL) course teaches you how to communicate with Deaf people and how to use basic BSL in everyday situations. During the course you will cover a variety of different topics including numbers & time, home and travel and the beginnings of a conversation.

The course delivered by Deaf trainer Audrius Kiminius from BSL Now! alongside a communication worker.

We've a few spaces left, 6 weeks FREE Deaf Awareness & Introduction to BSL course for Newham residents & businesses.

If you're passionate about learning a new skill which can make a difference to people's lives then don't wait sign up!

<https://www.eventbrite.co.uk/e/deaf-awareness-and-an-introduction-to-british-sign-language-6-weeks-tickets-183388759717>



Tickets still available!

Open Conversation – Romanian Group

Newham Romanian Parents and Carers are invited to join this discussion group.

More community discussion groups are coming soon, watch this space!

A poster for an 'Open Conversation' event. It features a colorful background with overlapping circles in shades of blue, yellow, orange, and green. A speech bubble in the upper center contains the text 'Translated Live in Romanian'. Below it, the words 'OPEN CONVERSATION' are written in large, bold, blue capital letters. The poster is divided into three columns of text. The left column states that Newham Romanian Parents and Carers are invited to join a discussion group. The middle column explains that the event is a safe space for parents and carers to connect and share experiences, and that it will be facilitated in English with a live Romanian speaker. The right column provides the date and time (Thursday, 25 November 2021, 12:30 - 14:00 GMT) and a link to book the place on Eventbrite. The logos 'WE ARE NEWHAM.' and 'People at the Heart of Everything We Do' are at the bottom of each column respectively.

**Translated Live
in Romanian**

OPEN CONVERSATION

**Newham Romanian
Parents and Carers** are
invited to join this
discussion group!

This will be a safe space where parents and carers within the **Romanian community** can **connect with each other** and to **share their experiences** as a parent/carer living in Newham.

The group will be **facilitated in English** but with a **Romanian Speaker** who will **translate live for speakers of the Romanian language** in the room.

Date and time:
Thu, 25 November 2021
12:30 – 14:00 GMT

[Book your place on Eventbrite!](#)

WE ARE NEWHAM.

People at the Heart
of Everything We Do

[Book your place!](#)

Tickets still available!

Tradusa in
Romaneste

CONVERSATIE DESCHISA

**Parintii si ingrijitorii
rezidenti in Newham**
sunt invitati sa se alature
acestui grup pentru
discutii informative

Acesta este un spatiu sigur in care parintii si
ingrijitorii din comunitatea romaneasca se
pot conecta unii cu ceilalti si pot impartasi
experientele ca parinte sau ingrijitor
rezident in Newham.

Grupul va fi facilitat in Engleza dar cu un
traducator roman ce va traduce
conversatiile in timp real pentru vorbitorii
de limba romana din acest eveniment.

Data si orele:
joi, 25 Noiembrie 2021
12:30 – 14:00 GMT

[Programa-ti-va online
pe Eventbrite!](#)

The AAA Zone

LEGO CLUB

It's FREE, it's FUN and it's BACK! We're back building again at our Lego Club @Arc and you can come along too!! Every Tuesday from 3.30pm to 5pm (term time only). Contact Paula on paula@theaaazone.com for more information and to book your place! PRE BOOKING ESSENTIAL **#LEGO**

SEND MULTI-SPORTS CLUB

Our new and exciting SEND Multi-Sports club started on Sunday kicking things off with lots of skateboarding fun! and it's already proving to be a big hit! Contact Paula to find out more and to get involved paula@theaaazone.com **#AAA**
#MakingADifference **#changinglives**
#SENDsports



Ambition Aspire Achieve

“Making a difference, changing lives.”

POSITIVE TRANSITIONS SEND PROJECT

Our Positive Transitions SEND Project is back! For young people with additional needs aged 16 to 24 - Mondays: Life Skills Tuesdays: Multi Sports and Exercise Thursdays: Creative sessions and workshops Contact Leo for more details leo@theaaazone.com

[The AAA Zone Website](http://theaaazone.com)

Follow **@theaaazone** on Twitter!

Mothers For Change – FREE COURSE!

Groundswell Project is here to help, train and give mothers the tools they need to ensure their children are safe both on and offline.

Let's safeguard our children and ourselves from these harms.

Where: **Durning Hall, Newham**

When: **Tuesdays**

Time: **10.30-12.30am**

Start Date: **November 16th**

Email Maeve@groundswell.world to register! Limited places!

GROUNDSWELL PROJECT



Safeguarding
Children
Online

**MOTHERS FOR
CHANGE**
FREE COURSE!
LIMITED PLACES

Groundswell Project is here to help, train and give mothers the tools they need to ensure their children are safe both on and offline. We are here to help you feel informed and to able to tackle harmful and dangerous content and influences if you are faced with them.

Let's safeguard our children and ourselves from these harms.

- Understand the dangers
- Educate ourselves on hate crime and extremism
Learn first hand from survivors and experts
those who have been affected by harmful extremism
- Feel equipped and confident to challenge online harms
- Create a protective shield around your children
- Make strong and lasting friendship bonds with other mothers who want to tackle this important issue

Starting Nov. 2021, Location TBC in Newham

This is an eight week training program.
Covering subject matters around hate crime, racism,
domestic violence, radicalisation/extremism and online safety.

REGISTER NOW

Maeve@groundswell.world



ELOP Youth Out East LGBTQ+ Youth Group and Mentoring

We offer our service across London and the surrounding Essex boroughs

Youth Out East ~ Youth Group for LGBTQ+ young people aged 12-18. The sessions are a safe space to make friends, enjoy fun activities and discuss issues. They run every TUESDAY evening on zoom at the following time:

12-15s 5-6.30pm

15-18's 7-8.30pm

Youth Out East ~ Mentoring offers LGBTQ+ young people, aged 12-18, individual mentoring support sessions with a trained LGBTQ+ professional. The mentoring sessions are a safe, accepting, and affirming space where the young person is supported to identify their issues and concerns, and to set goals for the sessions. This could include a space and opportunity to:

- explore their LGBTQ+ identities
- develop strategies to build and
- sustain confidence, self-acceptance, and pride develop coping mechanisms for future coming out, or dealing with anti-LGBTQ+ hate gain increased knowledge and information on sexual orientation and gender identities and/ or LGBTQ+ rights.

Our LGBTQ+ youth mentoring is not therapy or a clinical intervention and should not be used as an alternative should either be needed. Our mentoring service is free and can be held via phone or online until we fully return to a physical face-to-face service. Sessions are usually weekly, for 6 weeks and last for up to one hour/ session.

Info and sign up by emailing: 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](mailto:youth@elop.org)

elop
LGBT mental health and wellbeing

ELOP is a Registered Charity 1067474 & Company Limited by Guarantee 3355423

Youth Out East LGBTQ+ 18-25s Meetup Group

Youth Out East ~ 18-25's LGBTQ+ Social Group is a safe and inclusive space for young adults to make friends, enjoy activities and talk all things LGBTQ+. It runs twice a month every 2nd and 4th Monday from 7-8.30pm on zoom.

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



The poster features a rainbow background with a large black arrow pointing right. The text 'LGBTQ+' is in red, '18-25s' is in black, and 'meet up group' is in black. Below this, a white box contains the following text:

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+

At the bottom, the ELOP logo is shown with the text 'elop' in red and 'LGBT mental health and wellbeing' in black. Below that, it says 'ELOP is a Registered Charity 1067474'. To the right, a blue cloud shape contains the text 'INFO & SIGN UP EMAIL youth@elop.org'.

Our Newham Learning & Skills

Unleash your inner artist! We offer a range of part-time courses for adults at our specialist centres across Newham - enrol now while places last!

Website and how to enrol:

<https://ournewhamls.co.uk/>

Course Guide:

<https://ournewhamls.co.uk/downloads/ONLS-Adult-Course-Guide-2021.pdf>

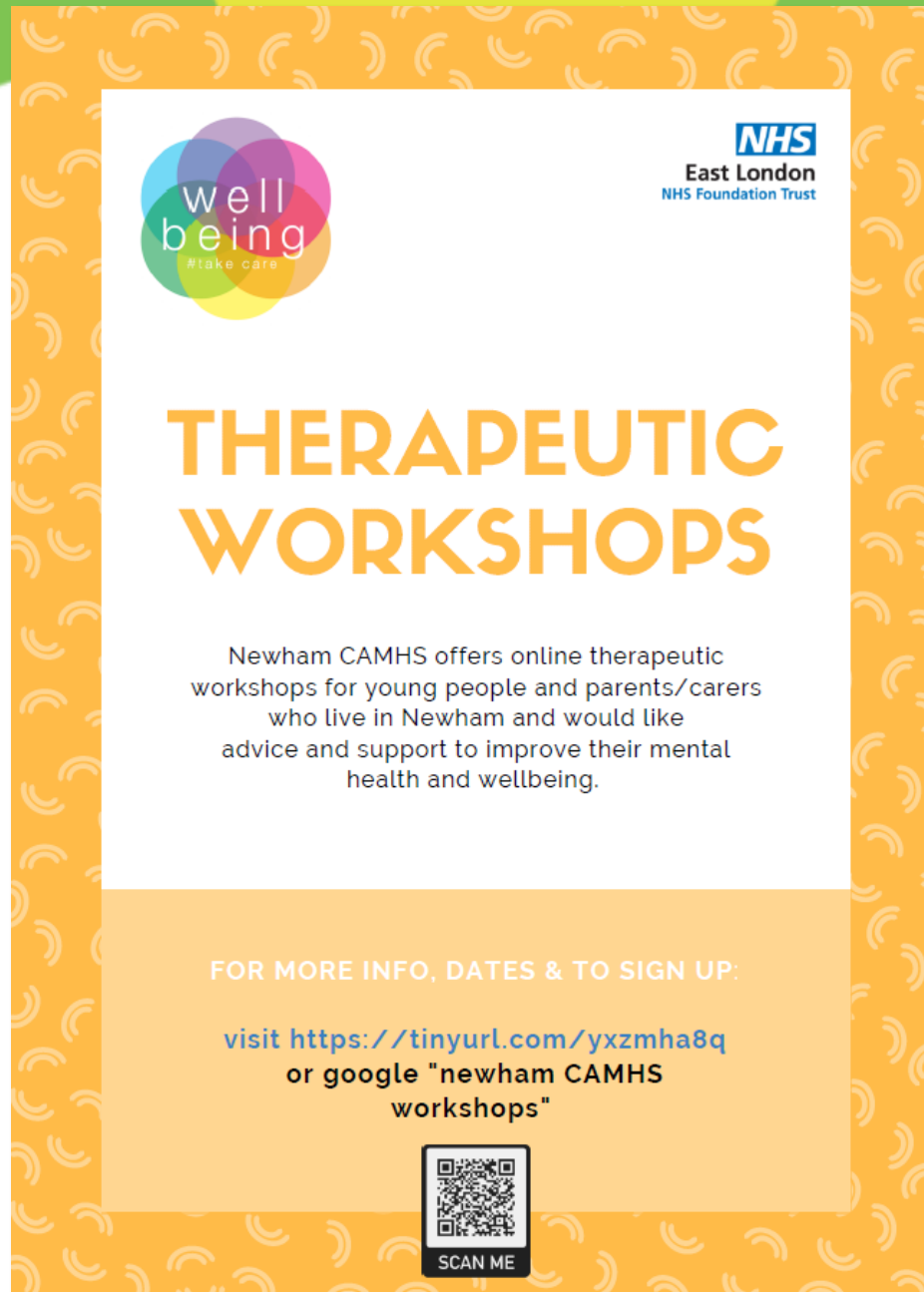




Therapeutic Workshops

We are excited to launch another round of online therapeutic workshops. We welcome **all young people and families in Newham** to our workshops. They can be open to CAMHS, but **do not need to be open to CAMHS** to access the workshops and can sign up directly on Eventbrite.

We have upcoming workshops on topics such as:

- *Managing mood (8th December)*


A flyer for 'Therapeutic Workshops' from Newham CAMHS. The flyer has an orange background with a repeating pattern of small white crescent shapes. At the top left is a logo with overlapping colored circles and the text 'well being #take care'. At the top right is the NHS East London NHS Foundation Trust logo. The title 'THERAPEUTIC WORKSHOPS' is in large, bold, orange letters. Below the title, it says 'Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.' At the bottom, it says 'FOR MORE INFO, DATES & TO SIGN UP: visit https://tinyurl.com/yxzmha8q or google "newham CAMHS workshops"'. There is a QR code at the bottom center with the text 'SCAN ME' below it.

THERAPEUTIC WORKSHOPS

Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

FOR MORE INFO, DATES & TO SIGN UP:
visit <https://tinyurl.com/yxzmha8q>
or google "newham CAMHS workshops"



SCAN ME

Book your place:
<https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

Parent Childcare Survey 2021

Newham's annual parent childcare survey is now live at www.newham.gov.uk/childcareparentsurvey2021

Newham Council wants to hear from parents about their experience of childcare and what their needs and preferences are. This helps us shape services to meet residents needs.

Participants completing the survey can also opt in to get information about help with childcare costs and be entered into a draw for £ 100 of shopping vouchers.

The survey is open until **Friday 3rd of December**



Newham Parent Childcare Survey 2021

www.newham.gov.uk/childcareparentsurvey2021



Links Studios - Youth Music Studio Project

Community Links are delighted to announce that our brand-new dedicated recording studio - Links Studios - is now open and ready to begin working with and welcoming young people & youth organisations.

As part of our youth studio offer, young people aged 11 – 19 can access free positive and meaningful activities while channeling their curiosity, passion and energy through creative activities.

Our state-of-the-art production facility offers a fun, safe and enriching entry point experience to a professional recording studio.

The youth programme will enable young people's voices to be heard while giving young people the opportunity to explore their interests, develop their skills and network with other young people across the following dedicated workshops & sessions.

- Music production * Vocal recording * Podcasting * Music producers club * The Choir * The cypher * Are you a musician

Young people who join any session as part of the youth programme can receive guided 1-1 & group coaching to support their personal development & growth, through improving wellbeing, resilience & confidence building and supporting the development of new & transferable skills

**WANT FREE STUDIO
TIME FOR YOUR
NEXT CREATIVE
PROJECTS? 11-19yrs**

**MUSIC PRODUCTION VOCAL WORKSHOPS
RECORDING STUDIO PODCASTING
LIVE MUSIC JAMMIN**

SIGN UP & BECOME A MEMBER

FILL IN OUR REGISTRATION FORM AT
<https://www.community-links.org/youth-employment/links-studios>

**WEEKLY SESSIONS & WORKSHOPS
PLACES ON A FIRST COME FIRST SERVE BASIS
EACH DAY**

**Limited spaces available
ENROLMENT THROUGHOUT 2021-2022**



**WHAT MUSIC COULD
YOU MAKE WITH
NO LIMITATIONS?**



links Studios

SCAN THIS CODE & BECOME A MEMBER



BY KIND PERMISSION OF MUSIDOR R.V

links Studios

ALL SESSIONS & WORKSHOPS ARE FREE

**TUESDAY
3PM - 7PM
MUSIC PRODUCTION
VOCAL CYPHER**

**WEDNESDAY
3PM - 7PM
VOCAL RECORDING
MUSIC PRODUCTION**

PODCASTING BOOKING ONLY*

**THURSDAY
3PM - 7PM
MUSIC PRODUCTION
CHOIR WORKSHOP**

**FRIDAY
3PM - 7PM
MUSIC PRODUCTION
LIVE JAMMING**

PODCASTING BOOKING ONLY*

EMAIL

links.studios@community-links.org

CALL:TEXT:WHATSAPP

Joelle 07739 687521

Amanda 07545421861

VISIT US

**105 Barking Road, Canning Town
E16 4HQ**

0207 473 2270

Registered Charity Number 1124127

Headstart Peer Parenting Sessions

It is clear that this pandemic is having an impact on us beyond 2021. As we continue to adjust and readjust, parents have found it helpful to come to a safe space to share strategies to build resilience.

We are ready to begin recruiting for both our online and face to face **Being a Parent group** which commence this week. The e-flyer is attached, and we will be running 4 groups, 1 which will be delivered in Urdu.

The 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.



The flyer is titled 'Headstart Peer Parenting Sessions' and features logos for 'EMPOWERING PARENTS EMPOWERING COMMUNITIES', 'PEER PARENTING COURSES', and 'HEAD START NEWHAM'. The main heading is 'Being a Parent Course', described as a free 9-week course for parents of children aged 9 to 16 years. It states the course is delivered digitally via Zoom or in a safe community setting. A list of benefits includes helping others, learning new communication skills, and creating a peaceful family life. A callout bubble mentions 'Comfort breaks will be built in to the course'. The 'Course Details' section lists four groups: Tuesdays (On Zoom), Wednesday (Canning Town Community Library), Thursdays (On Zoom), and Thursdays (Canning Town Community Library, delivered in Urdu). Each group has specific start/end dates and times. Sign-up information and social media handles are provided at the bottom.

Being a Parent Course
A free course for parents of children aged 9 to 16 years

Delivered digitally via video call app called zoom OR
in a safe community setting following government guidelines.

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
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

Comfort breaks will be built in to the course

Course Details:

| Tuesdays (On Zoom) | Wednesday Canning Town Community Library | Thursdays (On Zoom) | Thursdays Canning Town Community Library (Delivered in Urdu) |
|--|--|--|--|
| Start: 28th Sept 2021 End: 30th Nov 2021 Time: 10am–12pm | Start: 6th Oct 2021 End: 8th Dec 2021 Time: 12pm–2pm | Start: 30th Sept 2021 End: 2nd Dec 2021 Time: 6–8:00pm | Start: 23rd Sept 2021 End: 25th Nov 2021 Time: 10am–12pm |

To sign up for the course, please follow the link below:
<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

For more information and support, please follow us on Facebook, Twitter and Instagram
@HeadStartNewham

You can still contact us Monday–Friday from 9am–5pm on the following details:
headstart.programmeteam@newham.gov.uk

Parent Connect

HEAD START NEWHAM
COMMUNITY FUND
Newham London

Headstart Peer Parenting Sessions

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>

Being a Parent Course (for parents/carers with a 9 -16 year old)



Each week the group looks at different topics related to your relationship with your child/ren including:

| | |
|--|---|
| Being a Parent | Parenting skills and Listening skills |
| The good enough parent Taking care of ourselves | Communication and listening |
| Feelings | Valuing your child |
| Expressing and acknowledging feelings | Using descriptive praise to change behaviour |
| Understanding conflict, negotiation and problem ownership | Quality Time |
| Negotiation skills Choices, consequences and sanctions | Building your child's self esteem What is it like to be a young person in Newham |
| Understanding children's behaviour | Stress management, Review and Ending |
| Exploring needs of your child and their behaviour Discipline and household rules Family meetings | Coping with stress Reviewing your learning and celebration |

For more information and support, please follow us Facebook, Twitter and Instagram @HeadStartNewham
You can also visit our website www.headstartnewham.co.uk

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EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



والدین ہونا کورس

۹ سے 16 سال کی عمر کے بچوں کے والدین کے لئے ایک مفت کورس

یہ کورس آن لائن بذریعہ روم سرکاری ہدایات کے مطابق محفوظ کمیونٹی مقامات پر فراہم کیا جاتا ہے۔

والدین کے ذریعے، والدین کے لئے فراہم کیا گیا

یہ کورس بچوں کی بہتر تربیت کرنے میں والدین کی رہنمائی کرتا ہے۔ جانتے کہ اپنے بچوں کو کس طرح اپنی بات سننے پر آمادہ کریں اور پراعتماد اور خوش بچے پروان چڑھائیں

- اس کورس میں شرکت کر کے والدین کی حیثیت سے اپنا تجربہ بیان کر کے دوسروں کی مدد کریں
- اپنے بچوں سے بات چیت کرنے، کامیابیوں کا جشن منانے اور مل کر مسائل حل کرنے کے نئے طریقے سیکھیں
- اپنے گھر کے ماحول کو پرسکون اور خوشگوار بنائیں

جانب کا وقفہ
جائے فراہم کیا جائے گا

تفصیلات

بروز جمعرات

آغاز

22 ستمبر 2021

اختتام

20 نومبر 2021

وقت:

صبح 10 سے 12 بجے تک

کورس میں داخلے کے لئے اس لنک پر رابطہ کریں

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

مزید معلومات کے لئے ہم، فیس، بک، ٹیٹ، ایس، نیسٹا، ایم، ب، فالہ، ک، ب،

آپ ہم سے مندرجہ ذیل ای میل پر ہر سے لے کر جمعے تک 9 بجے سے 5 بجے تک رابطہ کر سکتے ہیں
headstart.programmeteam@newham.gov.uk



Parent Connect

والدین ہونا کورس

(9 سے 16 سال کی عمر تک کے بچوں کے والدین اسپرست کے لئے)



ہر ہفتے گروپ آپ کے اپنے بچوں کے ساتھ رہتے ہیں۔ ہفتی مختلف موضوعات کو زیر بحث لانا ہے جیسا کہ

والدین ہونے کے نئے

کامل والدین ہونے کا جواب
خود کی دیکھ بھال

والدین ہونے اور بات چیت کی مہارت

بات چیت کرنا اور سننا

احساسات

احساسات کو تسلیم کرنا اور
اظہار کرنا

اپنے بچے کی قدر کرنا

بچہ تبدیل کرنے کے لئے صلاحیت بھری
کرنا

نمائندہ بات چیت اور عملیاتی
توجہ کو سمجھنا

اپنے بچے کے ساتھ اچھا بچنا

اپنے بچے کی خود اعتمادی پیدا کریں
نیویم میں با حیثیت نوجوان کیسا ہے

بچوں کے طور عمل کو سمجھنا

بچوں کی ضروریات اور ان کے طور عمل
کو پرکھنا
نظم و ضبط اور گھریلو قوانین
جائیداد اجتماع

ناز سے بنا جانا اور انتظار

ناز سے بنا
کورس کا جائزہ اور اختتام پر جشن

مزید معلومات اور رہنمائی کے لئے ہمیں فیس بک، ٹویٹر اور انسٹاگرام پر فالو کریں

آپ ہماری ویب سائٹ پر بھی جا سکتے ہیں

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

آپ ہم سے مندرجہ ذیل ای میل پر ہر سے لے کر جمعے تک 9 بجے سے 5 بجے تک رابطہ کر سکتے ہیں

headstart.programmeteam@newham.gov.uk



Reporting Indecent Images

Children and the **Internet Watch Foundation** (IWF) have launched a new tool which allows children and young people, or trusted adults on their behalf, to report a nude image or video of themselves so that the IWF can take steps to remove it from the internet.

You can report an image/video that hasn't been uploaded or shared. The IWF will assign a 'hash' to prevent the image being uploaded by anyone.

Image hashing is the creation of a unique digital description/copy of an image that can be used by the image being uploaded or shared, and prevent that action from asking place.

- Information from the IWF
<https://iwf.org.uk/news/new-tool-empowers-children-and-young-people-stop-spread-nude-images-online>
- Childline reporting tool, Report Remove –
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>