



**Southwark Council Family Early Help Service Parenting Schedule**

**May to July 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 11yrs.

**Online - Empowering Parents Empowering Communities - Being a Parent Together Parenting Programme (EPEC-BAPT)**

Both parents must attend this programme. This programme 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 reside in the same home, but need to both commit to attending each weekly session.

For both parents of children aged 2 to 11yrs

10 Weekly sessions

Start date: Monday 13th May 2024

Venue: Online Time: 10:00am - 12:00pm

For more information, please contact Ben Campbell on (T) 07738 860 768 or (E) [ben.campbell@southwark.gov.uk](mailto:ben.campbell@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

**Empowering Parents Empowering Communities - Being a Parent Parenting Programme (EPEC-BAP)**

Suitable for parents of children aged 2 to 11yrs

9 weekly sessions

Start date: Wednesday 8<sup>th</sup> May 2024

Time: 10.00am - 12.00pm

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

For more information, please contact Claire Gager: (M) 07547 659 646 (E) [claire.gager@southwark.gov.uk](mailto:claire.gager@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

**Empowering Parents Empowering Communities - Being a Parent Parenting Programme 1-3 years. (EPEC-BAP 1-3)**

Suitable for parents with children aged 1-3 years

9 weekly sessions

Start date: Tuesday 7<sup>th</sup> May 2024

Time: 10:00am - 12:00pm

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

For more information, please contact Claire Gager: (M) 07547 659 646 (E)  
Claire.gager@southwark.gov.uk or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

**Empowering Parents Empowering Communities – Baby and Us Parenting Programme (EPEC-B&U)**

Suitable for parents of children aged 0 – 9 months

9 weekly sessions

Start date: Monday 13th May 2024

Time: 10:00am-12:00pm

Venue: Crawford Children's Centre 5 Crawford Rd, London SE5 9NF

**OR:-**

Start date: Thursday 9<sup>th</sup> of May 2024

Time: 10:00am-12:00pm

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

For more information, please contact Claire Gager: (M) 07547 659 646 (E)  
[claire.gager@southwark.gov.uk](mailto:claire.gager@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto: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 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 0-18 years.

10 weekly sessions

Start date: Friday 3<sup>rd</sup> May 2024

Time: 10:00am - 12:30pm

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

For more information, please contact Ben Campbell on (T) 07738 860 768 (E)  
[ben.campbell@southwark.gov.uk](mailto:ben.campbell@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

**Strengthening Families, Strengthening Communities Programme (SFSC) in English**

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 18yrs.

10 weekly sessions

Start Date: Tuesday 6<sup>th</sup> May 2024

Time: 10:00 - 13:00

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

Please contact Rebecca Arinze on (T) 07939 635 458 or (E) [Rebecca.arinze@southwark.gov.uk](mailto:Rebecca.arinze@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

### **Strengthening Families, Strengthening Communities Programme (SFSC) in Spanish - Hybrid**

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 18yrs.

10 weekly sessions

Start Date: Tuesday 6<sup>th</sup> May 2024

Time: 10:00 - 13:00

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

Please contact Rebecca Arinze on (T) 07939 635 458 or (E) [Rebecca.arinze@southwark.gov.uk](mailto:Rebecca.arinze@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto: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 18yrs.

10 weekly sessions

Start Date: Friday 10<sup>th</sup> May 2024

Time: 09:30 - 12:30

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

Please contact Rebecca Arinze on (T) 07939 635 458 or (E) [Rebecca.arinze@southwark.gov.uk](mailto:Rebecca.arinze@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto: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 18yrs.

10 weekly sessions

Start Date: Thursday 9<sup>th</sup> May 2024.

Venue: Online

Time: 6.30pm- 8.30pm

For further information, Please contact Tara Long on (T) 07513 713 090 or (E) [tara.long@southwark.gov.uk](mailto:tara.long@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto: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 please see the attached flyer for an example of the courses covered and kindly paste [southwark.opo.org.uk](http://southwark.opo.org.uk) into your browser to access the first online resource and register.

To access the second online resource please see the attached flyer for more details and kindly sign up using this link: [Stronger Relationships courses – Strengthening Families, Strengthening Communities \(strengthening-families.net\)](#)

Training for professionals is being arranged by Rebecca Arinze. Please contact her for further information on (T) 07939 635 458 or (E) [Rebecca.arinze@southwark.gov.uk](mailto:Rebecca.arinze@southwark.gov.uk)

### **Saturday Father's Group, Stay & Play**

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

Start date: This stay and play will begin again in May 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 (T) 020 7740 8070 (T) 07714 743 750 (E) [philprobson@1stplace.uk.com](mailto:philprobson@1stplace.uk.com) or [Philip.robson@southwark.gov.uk](mailto: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 on (T) 07939 635 458 or (E) [rebecca.arinze@southwark.gov.uk](mailto: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: (M) 07547 659 646 (E) [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk) or [earlyhelp@southwark.gov.uk](mailto: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: May 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 on: (T) 020 3848 5780 ext 2006 or 07932622572 or (E) [sspencer@ivydale.southwark.sch.uk](mailto:sspencer@ivydale.southwark.sch.uk) or [earlyhelp@southwark.gov.uk](mailto:earlyhelp@southwark.gov.uk)

### **Families Under Pressure**

Eight Short films offering parenting tips, launched by Kings College London and the Maudsley Hospital. Please click link for further information. [Families Under Pressure - Maudsley Charity](#)

### **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.

Contact: [AutismSupportTeam@southwark.gov.uk](mailto:AutismSupportTeam@southwark.gov.uk) directly with the family details to put their names down.

### **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.

Contact: (T):020 7525 7457 (E): [pause@southwark.gov.uk](mailto: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 by emailing [sptsadmin@slam.nhs.uk](mailto:sptsadmin@slam.nhs.uk)

### **Child to Parent Violence - Who is in Charge?**

Visit the [Who's in charge website](#) for further information Child to Parent Violence - Who is in charge?

### **Pre-School Immunisations**

Routine pre-school immunisations are still on offer and they are as important as ever. This is a useful parent guide to immunisations and here is immunisation information for professionals. <file:///lbsjsh-reg-ns1/>

### **Resources for Parents/Carers from the National Crime Agency**

Visit [Think u know](#) website for further information

### **Support your child at home 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.

Contact: (E) [info@homestartsouthwark](mailto:info@homestartsouthwark) (T): 07712 816 391

### **The National Parenting Support Service**

Family Lives offer parents a 24-hour free helpline number on: (P) 0808 800 2222, alternatively, (E) [askus@familylives.org.uk](mailto:askus@familylives.org.uk) for support.

### **Parent Talk-Action For Children**

About us

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: [Parent Talk - Support for Parents from Action For Children](#) or talk to us on our chat service for more in-depth support. All our guidance comes from our experienced parenting coaches. Visit the [Parent Talk on the Action for children](#) website.

### **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 11-24. This programme is for parents/carers/guardians who are:

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

#### **What services are 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.

Click here to register your interest: [Strengthening Families \(thenestsouthwark.org.uk\)](http://thenestsouthwark.org.uk)

#### **Parent University delivered by Parent Action**

A free course for pregnant women and new parents.

Mondays 13.00 -14.30 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 (E):

[Mena.amnour@citizensuk.org](mailto:Mena.amnour@citizensuk.org) (T): 07534 727 316