

**Southwark Council Family Early Help Service Parenting Schedule
January 2023 to March 2023**

Empowering Parents Empowering Communities Parenting Programmes

This course, 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.

For both parents of children aged 2 to 11yrs

10 Weekly sessions

Start date: Wednesday 11th January 2023

Venue: Online

Time: 10:00am - 12:00pm

Facilitated by: Ben Campbell

Please contact Ben on (T) 07738 860 768 or (E) ben.campbell@southwark.gov.uk or earlyhelp@southwark.gov.uk

Empowering Parents Empowering Communities - Being a Parent Parenting Programmes –

EPEC-BAP

Suitable for parents of children aged 2 to 11yrs

9 weekly sessions

Start date: Tuesday 17th January 2023

Venue: 1st Place Children's Centre, 12 Chumleigh Street, London SE5 0RN

Time: 10:00am - 12:00pm

For information, please contact Claire Gager:

(M) 07547 659 646 (E) claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Empowering Parents Empowering Communities - Being a Parent Parenting Programme – EPEC-BAP

9 Weekly sessions

Suitable for parents of children aged 2 to 11yrs

Start date: Wednesday 18th January 2023

Time: 10.00am - 12.00pm

Venue: Crawford Children and Family Centre, 1 Wilson Road SE5 8LU

For further information, please contact Claire Gager: (M) 07547 659 646

(E) Claire.gager@southwark.gov.uk or 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: 12th January 2023

Time: 10:00am-12:00pm

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

For further information, please contact Claire Gager: (M) 07547 659 646

(E) claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Parents For Parents (P4P)

For parents of children aged 2 to 18

Fortnightly Drop-in Sessions

Start date: Week commencing 16th January 2023.

Time: Depending on parents availability

To be held at various venues, parents to decide.

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

Please contact: (E) earlyhelp@southwark.gov.uk

Parent Champions

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.

Please contact Claire Gager: (M) 07547 659 646

(E) Claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Children and Family Centres

You may want to reach out and seek advice and support from other services available within Southwark Children's Services.

This link contains an extensive library of advice and information.

[Booster vaccines if you're aged 18 or over](#) Or, contact: <mailto:earlyhelp@southwark.gov.uk>

Strengthening Families, Strengthening Communities Programme - SFSC

The programme will be run in English but also available in Hybrid for Spanish speakers.

Suitable for parents of children aged 8 to 18yrs.

12 weekly sessions

Start Date: Tuesday 10th January 2023

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 or earlyhelp@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme - SFSC

Suitable for parents of children aged 8 to 18yrs.

12 weekly sessions

Start Date: Wednesday 11th January 2023

Time: 10:00 - 13:00

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

For further information, please contact Tara Long on: (T) **07513 713 090** (E) tara.long@southwark.gov.uk or (E) earlyhelp@southwark.gov.uk

Online Strengthening Families, Strengthening Communities Evening Group - SFSC

Suitable for parents of children aged 8 to 18yrs.

10 weekly sessions

Start Date: Thursday 12th January 2023.

Venue: online

Time: 18:00 - 20:00

For further information, please contact Tara Long on: (T) **07513 713 090** (E) tara.long@southwark.gov.uk or (E) earlyhelp@southwark.gov.uk

Southwark Father's Group

Suitable for fathers of children aged 0-18 years

10 weekly sessions

Start date: Friday 13th January 2023

Time: 10:00 - 13:00

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

Facilitated by: **Ben Campbell**

Please contact Ben on (T) 07738 860 768 (E) ben.campbell@southwark.gov.uk or earlyhelp@southwark.gov.uk

Saturday Father's Group, Stay & Play

Start date: 14th January 2023 (Every other Saturday)

Time: 10.30 – 12.00

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

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

Contact: (T) 020 7740 8070 (E) philiprobson@1stplace.uk.com Philip.robson@southwark.gov.uk

(T) 07714 743 750

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](#)

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.

Please email AutismSupportTeam@southwark.gov.uk directly with the family details to put their names down.

Incredible Years Autism Support programme

Suitable for parents of children aged 2 to 5yrs

14 weekly sessions

Start Date: Wednesday 22nd February 2023.

Time: 10:00 – 12:00

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

Limited crèche available

The programme supports 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.

Please see attached flyer for more dates.

Facilitated by: **Sue Spencer. Contact: (E)** sspencer@ivydale.southwark.sch.uk **or** Childrecentre@ivydale.southwark.sch.uk (T) 020 3848 5780 ext. 2008

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.

(T):020 7525 7457 (E): 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?

Click link below 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](#)

Resources for Parents/Carers from the National Crime Agency

Click link below for further information

[Support your child at home](#)

HomeStart Southwark's 'e-friending' service

Telephone 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.

(W): info@homestartsouthwark

(T): 07712 816 391

Reducing Parental Conflict

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

Southwark has recently purchased a suite of digital resources from OnePlusOne to help support parents with their relationships and understand the potential impact on children. This is part of the wider work being undertaken to promote awareness about the impact of Reducing Parental Conflict across the borough.

The resource will be accessible for parents as well as professionals with options of signposting for families to use independently or through a blended approach with practitioner support. It is a self-registration process using the borough's exclusive link below (through google chrome):

Please copy and paste **southwark.opo.org.uk** into your browser to access the resource and register.

Training for professionals is being arranged by Ben Campbell and Rebecca Arinze.

Please contact Ben or Rebecca for further information.

rebecca.arinze@southwark.gov.uk Mobile: 07939 635 458

Parenting Practitioner – Ben Campbell Email: ben.campbell@southwark.gov.uk Mobile: 07738 860 768

[Click here for further information on the reducing parental conflict programme within Southwark](#)

The National Parenting Support Service

Family Lives offer parents a 24-hour free helpline number on: 0808 800 2222, alternatively, email 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](#). Or [talk to us on our chat service](#) for more in-depth support. All our guidance comes from our experienced parenting coaches.

[Click link here for Parent Talk 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](#)

Parent University delivered by Parents and Communities Together (PACT)

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 PACT staff, in partnership with local health professionals.

There are **Antenatal** (3 sessions) starting 16th January and **postnatal** (7 sessions) courses starting 6th February.

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

Mena Amnour (E): Mena.amnour@citizensuk.org (T): 07534 727 316