

# Parent/Carer Support Programmes

## Sep–Dec 2024

A full guide to the parent/carers support programmes available from pregnancy to adulthood in Waltham Forest



**Best Start  
in Life**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Baby and Us</b> Age 0 - 9 months  16 Sep - 11 Nov  10am - 12 noon Lea Bridge Road Library E10 7HU	<b>Beezee Families</b> Age 5-15  Beginning 17 Sep for 12 weeks  5.30pm - 7.30pm Leyton Sports Ground E17 3PW	<b>HENRY Preparation for parenthood</b> Age 20 weeks pregnancy - birth  Beginning Sep and Nov 7.30pm - 9pm Online	<b>Being a Parent</b> Age 2-11  19 Sep - 14 Nov  9.30am - 11.30am George Tomlinson Primary school E11 4QN	<b>Connective Parenting Sessions</b> Age 0-25  6 Dec - 13 Dec  9.30am - 11.30am Online	<b>Connective Parenting Sessions</b> Age 0-25  16 Nov - 23 Nov  9.30am - 11.30am Online

<b>Beezee Families</b> Age 5-15  Beginning 16 September for 12 weeks  5pm - 7pm Peterhouse Community Centre E17 3PW	<b>Triple P Babies</b> Age 0-1 1 Oct - 19 Nov 10am - 12pm 7 Saxon Close E17 8LE <b>Triple P Stepping Stones</b> Age 0-12 15 Oct - 10 Dec 9.30am - 12 noon Walthamstow Family Hub E17 5PX	<b>HENRY Healthy Families Right From The Start</b> Age 0-5  9 Oct - 4 Dec  10am - 12pm Walthamstow Family Hub E17 5PX	<b>Beezee Families</b> Age 5-15  Beginning 19 September for 12 weeks  5.30pm - 7.30pm Walthamstow School for Girls E17 9RZ
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**Parent support programmes are a chance to:**

- Increase knowledge and understanding of children's development and needs
- Build positive relationships
- Share ideas and concerns about being a parent
- Improve behaviour and communication
- Meet other parents
- Reduce parenting stress

<b>Beezee Adults</b> Age 18+  Beginning 16 September for 11 weeks  10am - 12 noon The Paradox Centre E4 8YD	<b>HENRY Healthy Families Right From The Start</b> Age 0-5  1 Oct - 26 Nov  1pm - 3pm Queens Road Family Hub E17 8PJ	<b>Beezee Families</b> Age 5-15  Beginning 18 September for 12 weeks  5pm - 7pm Chingford C of E Junior School E4 JBP	<b>Beezee Adults</b> Age 18+  Beginning 19 September for 11 weeks  6.30pm - 8.30pm Leyton Sports Ground E17 3PW
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<b>Connective Parenting Sessions:</b> Age 0-25  7 Oct - 14 Oct  7pm - 9pm Online	<b>Being a Parent</b> Age 2-11  17 Sep - 12 Nov  9.30am - 11.30am Sybourn Nursery school E10 7PB	<b>Calm Parents Calm Children</b> Age 4-11  18 Sep - 16 Oct  10am - 12 noon Queens Road Family Hub, E17 8PJ	<b>Mellow Babies for Fathers</b> Age 0 - 1  3 Oct - 21 Nov  2pm - 4pm  Online
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<b>All sessions are weekly unless otherwise stated</b>	<b>Strengthening Families Strengthening Communities</b> Age 0-18  17 Sep - 17 Dec 9.30am-12.30pm Queens Road Family Hub E17 8PJ	<b>Mellow Bumps</b> Age 20-30 weeks gestation  2 Oct - 20 Nov  Queens Road Family Hub E17 8PJ
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## Universal Programmes



### Baby and Us

For parents of babies up to 9 months

Led by parents for parents with support to understand your baby's cues and cope with challenges around feeding, sleep and crying.

**Web:** [bit.ly/EPECBAP](https://bit.ly/EPECBAP) **Phone:** 07799913026 **Email:** [EPEC@walthamforest.gov.uk](mailto:EPEC@walthamforest.gov.uk)

### HENRY Healthy Families Group Programme

For families with children under 5

Weekly interactive sessions with other families, exploring parenting confidence, wellbeing, eating well as a family, physical activity for your little ones and family lifestyle habits. Online sessions available.

Free creche provided.

**Web:** [bit.ly/wfhenry](https://bit.ly/wfhenry) **Phone:** 02084965223 **Email:** [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

### Calm Parents Calm Children

For parents of children aged 4 - 11

Increase knowledge and skills in parenting, managing emotions and parenting in a positive and confident manner. Reflect on parenting strengths, learn strategies to stay calm in challenging family situations and to apply effective solutions and develop parenting skills in a positive way.

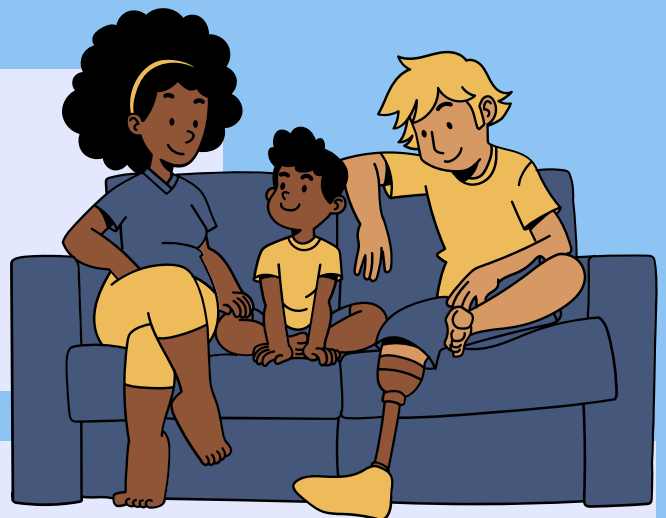
**Web:** [bit.ly/CalmParents](https://bit.ly/CalmParents)

### Triple P 0-12

For parents of children aged up to 12

- promote their child's development and potential
- support with and help prevent challenging behaviour

**Web:** [bit.ly/wftriplep](https://bit.ly/wftriplep) **Phone:** 07586713368



### Strengthening Families, Strengthening Communities

For parents of children aged 2 - 18

For parents/co-parents and carers who are together or apart and would like to communicate more positively, work on their parenting skills and build positive relationships with their children.

**Web:** [bit.ly/SFSCRefer](https://bit.ly/SFSCRefer)

### Triple P Babies

For parents of babies up to 1

Learn how to promote your baby's development better, build a stronger bond and support their emotional and physical health.

**Book via:** [lloydparkcc.eventbrite.com](https://lloydparkcc.eventbrite.com)



### Being a Parent

For parents of children aged 2-12

Run for parents, led by parents, supporting you to

- manage your and your child's feelings
- communicate and interact positively with your child
- use positive behaviour management strategies and manage parental stress.

**Web:** [bit.ly/EPECBAP](https://bit.ly/EPECBAP) **Phone:** 07799913026 **Email:** [EPEC@walthamforest.gov.uk](mailto:EPEC@walthamforest.gov.uk)



### Mellow Bumps

An antenatal programme for expectant parents

Feel more relaxed during pregnancy, improve your wellbeing and build a stronger relationship with your baby. Starting at 20-30 weeks gestation.

**Email:** [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)

### BeeZee Families

For 5-15 years old and their families.

Fun-filled, family-focused sessions with exciting activities and practical healthy eating advice to help you feel great and live your best life.

**Web:** [beezeebodies.com/programs/beezee-families](https://beezeebodies.com/programs/beezee-families)

## Programmes for families with children with special educational needs (SEND)

### Connective Parenting sessions

For parents/carers of children and young people aged 0 - 25 with SEND.

Create a calmer family home with practical tips on how to increase connection, manage meltdowns and learn strategies for self care, increasing presence, prioritising and gestures.

**Web:** [bit.ly/WFPBS](https://bit.ly/WFPBS) **Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) **Phone:** 07586713368

More courses for families with children with SEND overleaf



## Cygnets

For parents/carers of children aged 5 - 18 with an autistic spectrum condition.

Increase understanding of autistic spectrum conditions, help develop knowledge on how your child experiences the world and what drives their behaviour, and provide practical strategies.

Receive ASC resources and provide opportunities to meet with other parents/carers who have had similar experiences.

For dates, times and to refer **Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk)

## Triple P Stepping Stones

For parents/carers with children with SEND up to 12

Learn about causes of behaviour that challenges, setting specific goals, and using strategies to promote child development and plan for high-risk situations.

**Web:** [bit.ly/triplepss](http://bit.ly/triplepss)

**Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk)

**Phone:** 07586713368



## Online Programmes and workshops

### Triple P Teens

For parents/carers with children aged 12 - 18

Set your own parenting goals, communicate better, build stronger relationships, agree on rules, deal calmly with conflict, navigate emotional ups and downs, and equip your teen to handle life's challenges.

**Web:** [bit.ly/3PTeens](http://bit.ly/3PTeens) **Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) **Phone:** 07586713368

### Triple P Fear Less

For parents/carers of children aged 2 - 18

Help your child/teenager manage fear and anxiety, learn what's within your power to change and develop skills to cope with your child's anxiety, and know how to respond.

**Web:** [bit.ly/3PFearLess](http://bit.ly/3PFearLess) **Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) **Phone:** 07586713368

### Triple P 0-12

For parents/carers of children aged 0 - 12

Supports parents to cope with difficulties and emotional stress.

Encourage good behaviour, prevent tantrums, manage challenging behaviour and strengthen your relationship.

**Web:** [bit.ly/TripleP-12](http://bit.ly/TripleP-12) **Email:** [earlyhelpparenting@walthamforest.gov.uk](mailto:earlyhelpparenting@walthamforest.gov.uk) **Phone:** 07586713368

**More online courses overleaf**



## Mellow Courses

For parents/carers of children aged 1 to 3

An attachment and relationship based programme. Reflective and practical techniques are used to allow parents to address challenges. Separate groups for mothers and fathers.

**Book:** [lloydparkcc.eventbrite.com](https://lloydparkcc.eventbrite.com)

## Preparation for Parenthood

Practical and evidence-based information to support families in pregnancy and to help give new babies a healthy start in life.

The programme explores several topics over 6 sessions including:

- Wellbeing during pregnancy
- Planning for birth and afterwards
- Meeting your baby's needs
- Life as a new or growing family.

Referrals for families pregnant over 20 weeks at the start of the programme.

To refer a family or book your place **Email:** [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)



## Stronger Relationships programme

For parents/carers of children aged 0 - 18

Developed from the Strengthening Families, Strengthening Communities, (SFSC) parenting programme to help co-parents/carers

- recognise 'harmful parental conflict' and understand the effects on children
- work out their parenting values, particularly around their child's physical, educational, mental/emotional and spiritual needs
- work out what stresses them and how they can best deal with these stresses
- see their co-parent's perspective

**Sign up:** [bit.ly/StrongerRe](https://bit.ly/StrongerRe)

## Other Support for Parents/Carers

### Fathers' Wellbeing Service

For expectant Fathers or Fathers of children aged up to 2

Being a father can be joyful and rewarding but it can also bring new emotions, and this can be challenging and stressful. The fathers' wellbeing service offers free 1-1 or group therapy

Contact group coordinator **Lilien Lucic** via

**Phone:** 0208 527 1737 or **Email:** [familysupport@tlpcc.org.uk](mailto:familysupport@tlpcc.org.uk)

## HENRY Wellbeing Buddies Support

For expectant or new parents/carers, with a child up to the age of 2

When families are finding family life tough, a HENRY buddy can provide a listening ear.

Regular 1-1 phone or video support, lasting 6 weeks. Buddies will listen and provide families with the support offering practical ideas and signposting.

**Web:** [links.henry.org.uk/registrationwellbeingprogramme](https://links.henry.org.uk/registrationwellbeingprogramme) **Phone:** 0208 496 5223.

**Email:** [wfsupport@henry.org.uk](mailto:wfsupport@henry.org.uk)

## Waltham Forest Parent Forum

For parents/carers of children aged 0 - 25

Supporting Families with SEND children.

A friendly, voluntary group of parent/carers of children and young people with special educational needs and/or disabilities aged 0 - 25 years in Waltham Forest, offering a variety of training, workshops and sessions for both parents/carers and children.

**Web:** [walthamforestparentforum.com](https://walthamforestparentforum.com)



## Waltham Forest Parent Forum SEND Family Support Groups

For parents and carers of children aged 0-25 with SEND in Waltham Forest.

Come along and share experiences, discuss ideas, explore resources and develop a support network. Part of the session will be a training slot and the remainder will give the opportunity to chat to other parents and carers. All led by specialist Advisory Teachers from Flourish Specialist Education Services.

**No need to book**, all sessions are 11am - 1pm at 99 Leyton Green Road, E10 6DB on the below dates

Autism: 6 Sep 2024, 1 Nov, 10 Jan 2025, 7 Mar, 2 May, 4 Jul

ADHD: 4 Oct 2024, 6 Dec, 7 Feb 2025, 4 Apr, 6 Jun



## Parent/carer check-in sessions

For parents/carers of children aged 0 -18

A chance to meet other parents/carers, talk through successes and challenges and learn new strategies to increase connection with our children and manage behaviour. Online every Monday at 6pm.

**Email:** [gemma.akinade@walthamforest.gov.uk](mailto:gemma.akinade@walthamforest.gov.uk) **Phone:** 07586713368

## Sleep Service and short breaks

For families with a child aged 0 - 25

One-to-one support from specialist sleep practitioners providing practical help to support families who have a child with and without special needs with a sleep issue. Sleep support can be requested as part of a short break.

For more information or to apply, fill in this **Self-referral form:** [bit.ly/SHORTBREAKS](https://bit.ly/SHORTBREAKS)



## Break Tha Cycle's Parent Lounge

For parents/carers of children aged 0 - 18

An advocacy service and so much more.

Supporting parents to navigate the school system, fill in forms e.g disability living allowance (DLA), Personal Independence Payment (PIP), blue badge applications and various other application forms.

We provide a platform that offers a safe and secure space for parents to engage with each other and benefit from the experiences of a supportive community.

Through the Parent Champion program, parents can enroll in training modules to provide support for other parents in the community.

**Weekly**, Tuesdays 1pm - 3pm, term time only, at the Queens Road Family Hub, E17 8PJ.

All referral forms available on the **Website**: [breakthacycle.org](http://breakthacycle.org).

Walk-ins are also welcome.

## Which programme is best for me?



<b>Pregnancy</b>	Preparation for Parenthood	Mellow Bumps		
<b>Under one</b>	Baby and Us	Triple P Baby	Online Mellow Babies	
<b>One to three</b>	Healthy Families Right from the Start	Triple P 0-12	Being a Parent	
<b>Two to twelve</b>	Triple P FearLess Beezee Families	Strengthening Families Strengthening Communities	Calm parents Calm children Triple P 0-12	Healthy Families Right from the Start
<b>Families with children with SEND</b>	Triple P Stepping Stones Ages 0 - 12 (No diagnoses required)	Connective Parenting Sessions Ages 0-25	Cygnets Ages 5 - 15 (ASD Diagnoses required)	
<b>Twelve to eighteen</b>	Triple P Teens	Strengthening Families Strengthening Communities	BeeZee Families	Triple P FearLess