

# STRENGTHENING FAMILIES AUTUMN OFFER 2020

Strengthening Families has been organised by Newham's early help teams. It is about recognising that all families need a helping hand at times such as these and this helping hand should be as varied and as diverse as our families. Strengthening Families is steeped in our values of keeping people at the heart of what we do.

## **Our offer includes:**

### **Family Relationships Matters**

A coach will work with you to reduce arguments and promote healthy communication.

### **Family Money Matters**

Providing information, guidance and support for Families who are worrying about money, housing and employment.

### **Parenting Befriending**

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 your family, please speak to your child's school, local childrens centre or health professional who will complete a referral form and send it to [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk)

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## Family Money Matters (family finance, housing and returning to work/training)

FREE one to one advice and guidance to all via phone or on-line in partnership with Newham WorkPlace, MoneyWorks and voluntary sector Organisations including Community Links.

1. **Advice and assistance** on housing, homelessness, evictions, welfare benefits, tax credits and universal credit, immigration and employment law
2. **Financial support** to access affordable credit, money and debt management and emergency support including access to food bank vouchers, supermarket and energy vouchers
3. **Employment/training** support includes
  - Improving your CV
  - Identifying job/career options
  - Advising on jobs to best suit your skills
  - Good quality apprenticeships for all ages
  - Bespoke training to enhance your existing skills including accredited qualifications
  - Preparing you for attending assessment centres and interviews
  - Advice on childcare options

Specialist teams such as Young People's Team (16 – 24 years old), Apprenticeships Team (all ages), Supported Employment Team (disabilities or long-term health conditions) and construction team, to support the requirements of our residents.



**All services are delivered following up to date government Covid-19 guidance.**

## Family Relationship Matters

We all have arguments; it is normal for parents to argue, whether they are together or not. Causes can include; job loss, births, deaths, illness or separation, money worries or the pressure of family life.

Our Family Relationships Matters programme consists of six sessions delivered one to one by trained facilitators from Early Help, Families First, Children's Centres and Schools. We will match families to the best organisation to deliver based on the family's needs and existing support networks.

These sessions give families the tools to manage conflict effectively and reduce the impact on their children.

## Parenting Befriending Service

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.

- **Befrienders** are either trained children centre staff or Newham Parent Peer Facilitators
- **30-60 mins** session per week
- **1-8 weeks** with a clear transition process put in place for when the contact ends.
- **Group sessions** – will be developed where this would be helpful and appropriate.
- **Virtual Coffee Mornings** - Early Years / Primary and Secondary.
- **Signposting and referrals** to other support and services as and when appropriate.

If you have any questions about the children's centre offer or the family support work please make contact via email: [BSILFamilySupport@newham.gov.uk](mailto:BSILFamilySupport@newham.gov.uk)

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