

PARENT CONNECT

Supporting Newham Families

10th December 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

[CAMHS Wellbeing Workshops](#)



WE ARE SUPPORTING FAMILIES.

WE ARE NEWHAM.



FREE HOLIDAY FOOD AND FUN.

People at the Heart
of Everything We Do

HAF - Holiday Activities and Food Programme

The HAF Christmas Programme is here!

As with the summer HAF programme, Newham Council is working with a range of organisations to **offer free places at holiday clubs** during the Christmas holidays. A choice of activities are available between 20th December 21 to 4th January 22.

There is something for everyone! Sport, drama, day trips, cooking, music, arts & crafts, dance and family fun days. This is an opportunity to have fun, learn new things and make new friends! Clubs will also provide a delicious, healthy meal each day

Click the below link to view the brochure:

<https://www.newham.gov.uk/downloads/file/3966/christmas-2021-haf-brochure>

WE ARE SUPPORTING FAMILIES.

WE ARE NEWHAM.



FREE HOLIDAY FOOD AND FUN.

People at the Heart
of Everything We Do



- BECKTON, ROYAL DOCKS AND CUSTOM HOUSE
- EAST HAM
- FOREST GATE
- MANOR PARK
- PLAISTOW
- STRATFORD & WEST HAM
- SPECIALIST SEND CLUBS
- BOROUGH-WIDE

If you have any questions, please contact the team by email HAF@newham.gov.uk or telephone 020 3373 9714 or 020 3373 0469.



Headstart Peer Parenting Course for ASD

Being a Parent – ASD group

These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

For parents whose children aged 5+ who have a diagnosis or awaiting assessment .

You will learn more about how:


- Autism can affect your child and how you and your family are impacted
- Everyday strategies and routines can influence development and manage effects of Autism o children
- Ways to support behaviour, meeting children's needs and reducing meltdowns

Parents can sign up here:


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

St Mark's Community Centre 218 Tollgate Road, E6 5YA	Tuesdays 11 th January – 22 nd March	10:00 – 12:30 am
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Parent Connect



A free 9 week course for parents of children aged 9 to 16 years



Being a Parent Course for ASD

Empowering Parents, Empowering Communities (EPEC)

For parents of children aged 5 and over with an Autism Diagnosis or awaiting one

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
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

10 sessions
The more sessions you attend the more you will gain!




Where	When	Session Time
St Mark's Community Centre 218 Tollgate Road, E6 5YA	Tuesdays 11 th January – 22 nd March	10:00 – 12:30 am

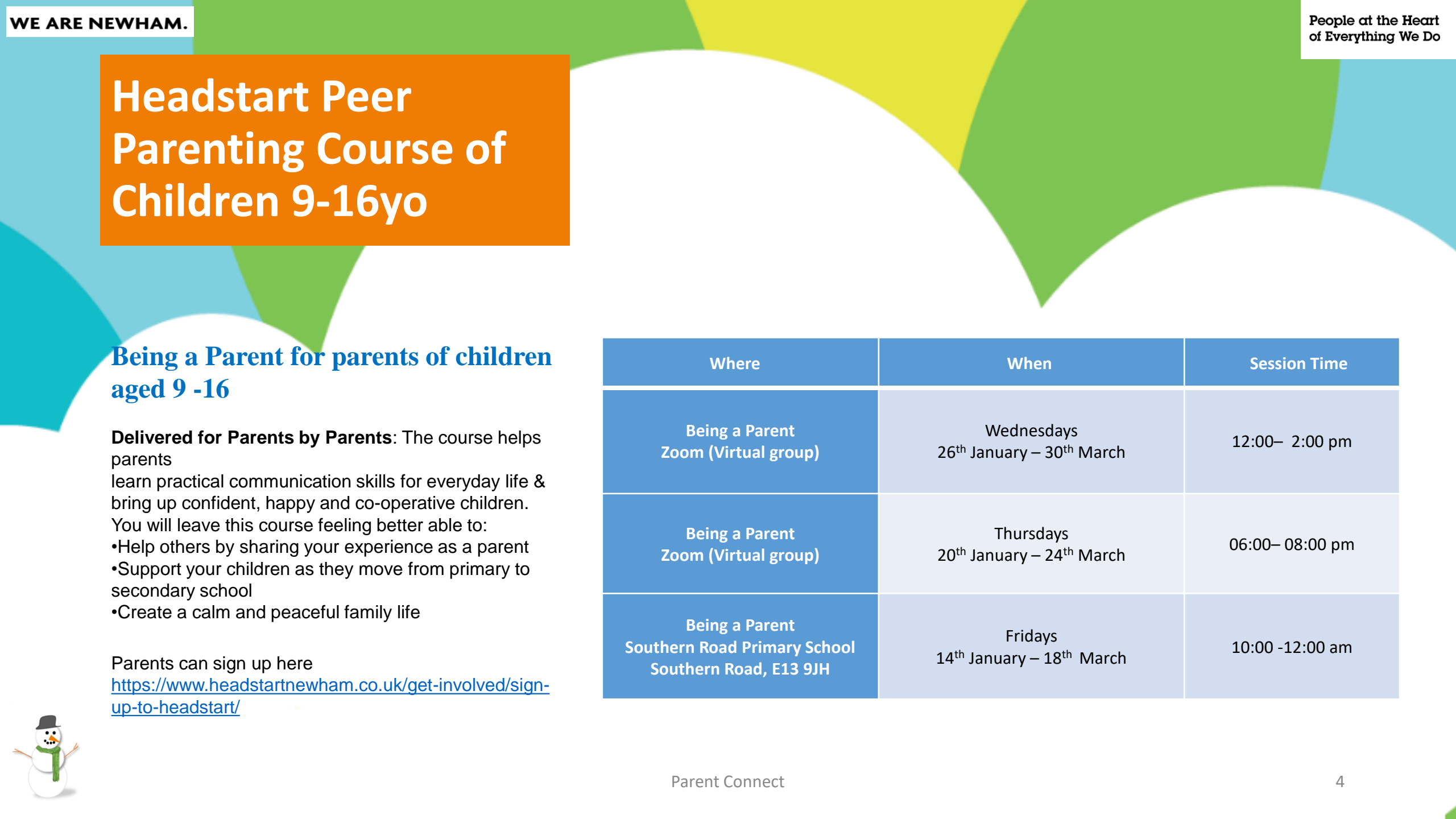
These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

You will learn more about how:

1. Autism can affect your child and how you and your family are impacted
2. Everyday strategies and routines can influence development and manage effects of Autism on children
3. Ways to support behaviour, meeting children's needs and reducing meltdowns

For more information and to sign up contact: HeadStart Newham
E: Headstart.ProgrammeTeam@newham.gov.uk
W: [headstartnewham.co.uk/signup](https://www.headstartnewham.co.uk/signup)



Headstart Peer Parenting Course of Children 9-16yo

Being a Parent for parents of children aged 9 -16

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
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

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

Where	When	Session Time
Being a Parent Zoom (Virtual group)	Wednesdays 26 th January – 30 th March	12:00– 2:00 pm
Being a Parent Zoom (Virtual group)	Thursdays 20 th January – 24 th March	06:00– 08:00 pm
Being a Parent Southern Road Primary School Southern Road, E13 9JH	Fridays 14 th January – 18 th March	10:00 -12:00 am



National LGFL – DigiSafe Facebook Q&A

LGfL♥

<https://parentsafe.lgfl.net/>

We've organised a Xmas **Facebook Live Q&A** evening for **parents and carers on 20th December at 7.00pm** to help keep their children safe during the holidays - online and on their devices.

As well as bringing you tips on Christmas presents and parental settings, we're thrilled to have some **special guests and leading experts including Common Sense Media** to give advice on apps, games and the latest trends and crazes. There will also be a discussion of how parents can help with bullying, relationships, criminal and sexual exploitation and simply starting tricky conversations!

[Access Xmas Parent Facebook Live Q&A](#)

DigiSafe

keeping children safe

PARENTS – keeping kids & teens safe on phones, games & devices (and offline too) this Christmas

Join us & guests to get holiday and new-device ready!



Click 'GOING' on facebook.com/LGfLDigiSafe

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
the Community](#)

[Keeping Safe
Online](#)

BSL

[Supporting
Parents](#)

[Supporting
Children](#)

[Supporting
Teenagers](#)

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

[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 AND the Upskill Project – The West Ham United Foundation

EMPLOY ME:

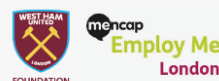
You can join this project by emailing the West Ham United Foundation's Education Manager Temisan Williams, temisanwilliams@westhamunited.co.uk
The REFERRAL FORM is attached to the email you received this Newsletter from (Strengthening Families) 3/12/2021

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



UPSKILL PROJECT:

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 Strengthening Families 3/12/2021



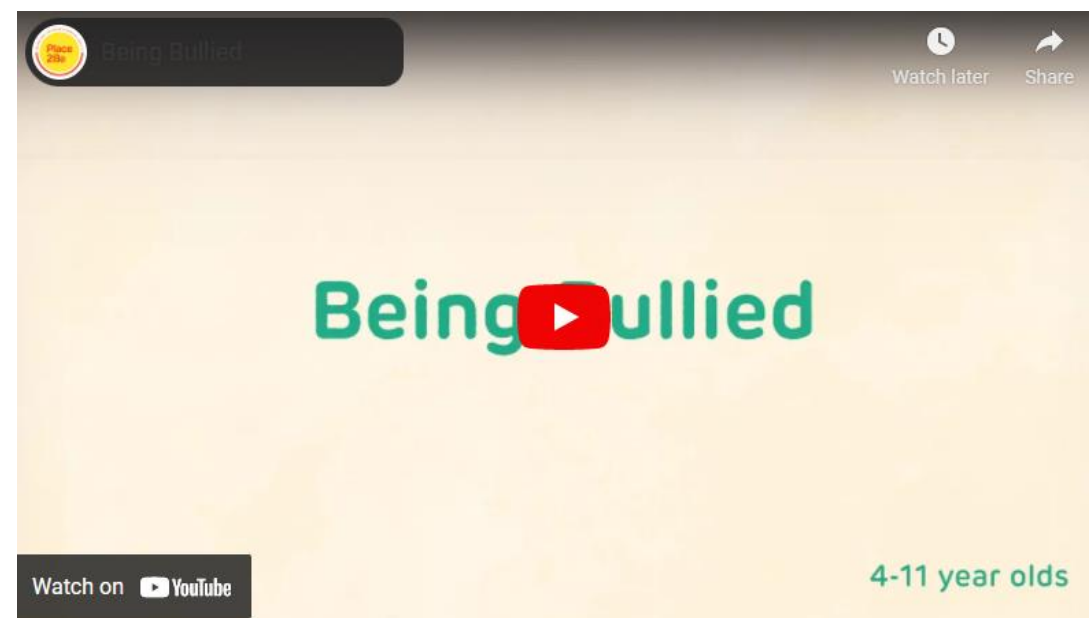
Place2Be – My Child is being bullied, what can I do?

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



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

paul495@btinternet.com

/NewhamAbilityCamp

07811 671 082



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 (Wed, 10-12pm), 8th, 15th, 22nd and 29th September 2021 (FULL)

Course 2 (Wed, 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 (FULL)

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

More 2022 Dates Coming Soon!

Exploitation & The Grooming process

Digital Dangers

Parenting Top Tips & Support Networks

The Teenage Brain

ELOP Youth Out East LGBTQ+ Youth Group and Mentoring

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



LGBTQ+
18-25s
meet up group

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+

elop
LGBT mental health and wellbeing
ELOP is a Registered Charity 1067474

INFO & SIGN UP
EMAIL
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 ~ 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



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>





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**


COMMUNITY catch 22 LINKS Proudly part of

WHAT MUSIC COULD YOU MAKE WITH NO LIMITATIONS?



Link Studios

SCAN THIS CODE & BECOME A MEMBER



COMMUNITY catch 22 LINKS Proudly part of

Link 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 PODCASTING BOOKING ONLY*	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

BY KIND PERMISSION OF MUSICOR R.V

Registered Charity Number 1124127

