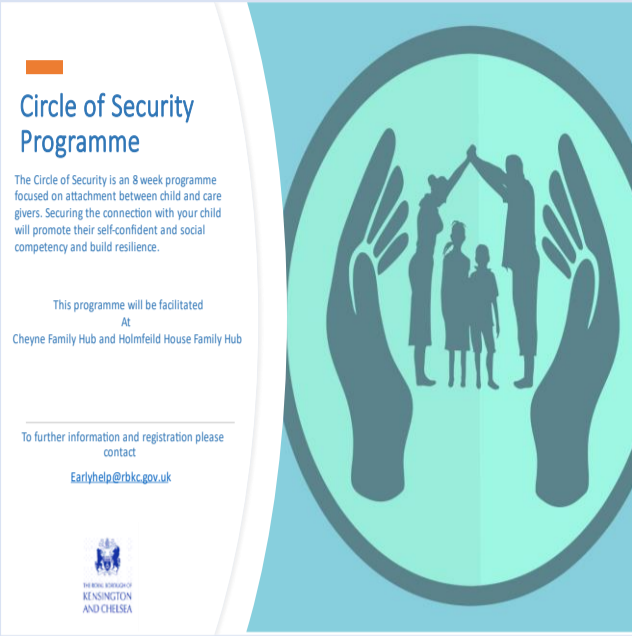






RBKC PARENTING OFFER




January to March 2025

Parenting Programmes & Groups/Workshops	Description	Who is it for	When & where	Contact Details
<p>CIRCLE OF SECURITY PARENTING PROGRAMME</p>  <p>Circle of Security Programme</p> <p>The Circle of Security is an 8 week programme focused on attachment between child and care givers. Securing the connection with your child will promote their self-confident and social competency and build resilience.</p> <p>This programme will be facilitated At Cheyne Family Hub and Holmfield House Family Hub</p> <p>To further information and registration please contact Earlyhelp@rbkc.gov.uk</p> 	<p>At times, all parents feel lost or without a clue about what their child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.</p> <p>This is an 8-week programme that will support you to: -</p> <ul style="list-style-type: none"> • Understand your child's emotional world by learning to read emotional their needs. • Support your child's ability to successfully manage emotions. • Enhance development of your child's self esteem • Honour the innate wisdom and desire for your child to be seen. 	<p>For parents and carers with children from 4months to 7 years old</p>	<p>South. Cheyne Family Hub Dates 16/1/25 – 13/03/25 Time 9.30 - 12oclock</p> <p>North Holmfield Family Hub Date 25/2/25 – 14/4/25 Time 9.30 - 12oclock</p>	<p>For further information and to make a referral, please contact familyhub@rbkc.gov.uk</p>
<p>Keeping the Child in Mind Programme (RBKC Early Help)</p> <p>Keeping the child in Mind: Adults Working Together</p>  	 <p>What is the Keeping the child in Mind Programme?</p> <p>Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.</p> <p>The Keeping the Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life.</p> <p>This programme helps us think about what we do, why we do it and how it makes us all feel in the family.</p> <p>Building Blocks: The Four Constructs</p> <p>Self-awareness Appropriate expectations</p> <p>Empathy Positive discipline</p> <p>Emotional Health</p> <p>The Four Sessions</p> <p>Week 1: Self Awareness The role of parents/carers for children and young people; Managing difficult feelings; Nurturing ourselves</p> <p>Week 2: Appropriate Expectations Appropriate expectations; Networks of support; Communicating clearly</p> <p>Week 3: Boundaries and Positive Discipline Parenting styles; Time to calm down; Problem solving and negotiating</p> <p>Week 4: Empathy Choosing how to respond; Empathy in practice; Empathy for adults and children</p> <p>Practical information</p> <p>There are four 2-hour sessions with a tea and coffee break.</p> <p>Up to 12 parents/carers are invited and there are two Family Links trained group leaders.</p> <p>Partners are welcome and it's also fine to come on your own or with another relative or friend.</p> <p>Some groups provide a creche; check with group leaders beforehand.</p> <p>You need to come to all four weeks; they fit together like a puzzle.</p> <p>You will be provided with a Keeping the child in Mind parent booklet to accompany the 4 week programme.</p>	<p>For parents and caregivers with children of Primary school at an upwards. This is a face-to-face program.</p>	<p>Facilitated at Holmfield Family Hub Date 21/1/25 – 11/2/25 9.30am - 12noon</p> <p>Cheyne Family Hub on Dates 20/3/25 – 10/4/25 @ 9.30am - 12noon</p> <p>Creche available.</p>	<p>To book a place on this programme please email the Early Help Service on earlyhelp@rbkc.gov.uk</p>

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<p>WESTWAY TRUST</p> 	<p>Strengthening Families, Strengthening Communities (SFSC) This is a four week programme aimed at enhancing parents and carers relationships with their children. Although the programme is not predominantly for fathers, we aim to promote the connection that fathers have with their children. The programme also offers parenting strategies needed to build a life long supportive and nurturing relationship.</p>	<p>For parents and carers, who have children from birth to 19 years old.</p> <p>We welcome Fathers</p>	<p>Online sessions start at 6pm - 8pm</p> <p>Session Dates 14/01/2025 21/01/2025 28/01/2025 04/02/2025</p>	<p>For further information or to register your interest please contact Muna Ali Muna.Ali@westway.org</p> <p>Or contact 07701360233</p>
<p>Let's Get Ready for Nursery</p> 	<p>Lets Get Ready for Nursery is a 5 week course to support children to confidently transition into nursery.</p> <p>This course offers practical advice and support, that will give you and your child the experience and information of, what to expect, when Children transitions to nursery.</p> <p>The course is for families that are entitled to the two year old funding.</p>	<p>For children starting nursery that are entitled to the two-year-old funding.</p>	<p>North Holmfield House Family Hub, 4-6 Golborne Road London W10,5PE 28/02/2025</p> <p>South Cheyne Family Hub, 10 Thorndike Close, London SW10 0ST 28/02/2025</p>	<p>Please contact For further information familyhub@rbkc.gov.uk</p> <p>Holmfield 0207 938 8400</p> <p>Cheyne 020 7361 2202</p>
<p>PARENTING WORKSHOP</p> 	<p>Parenting Workshop, will support parents and carers in the various areas of their childrens ages and stages of development. By sharing knowledge and information around toilet training, enhancing parenting skills, strategies, routines and boundaries.</p> <p>As well as self-help skills to support you to navigate the challenges and joys of being a parent/carer of younger children.</p>	<p>For parents and carers with children from 2years old to 5</p>	<p>Cheyne Family Hub on the following dates</p> <p>17th January 31st January 14th February</p> <p>Time 10am-11am. All sessions</p>	<p>To register your interest in this course please contact us via or telephone or email</p> <p>020 7361 2202 familyhub@rbkc.gov.uk</p>

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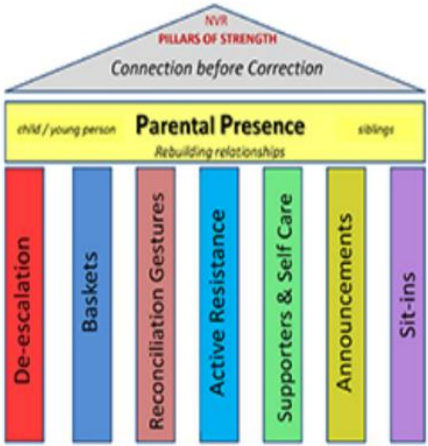


January to March 2025

<p>DOULA HUB</p>  <p>Join us for our 5 week course - Wednesdays from 10.30-12.30</p> <p>Neighbourhood Doula Hub</p> <p>Community Childbirth Education for North Kensington Residents</p> <ul style="list-style-type: none"> • Know Your Options • Birth Shouldn't Be Fear Based • Mindfulness and Mental Health Tools • Information and Decision Making • Confident Parenting and Postnatal Awareness <p>The Doula Hub is a safe space to connect and receive childbirth support and guidance in North Kensington</p> <p>Please ask your midwife or health care professional to refer you via our website www.neighbourhooddoula.org</p> <p>We are here to support you through your pregnancy, birth and postnatal period</p>	<p>Free Childbirth Education Classes and debrief sessions</p> <p>The Neighbourhood Doula Hub is a safe space to connect for support around childbirth. This is a 5-week course for pregnant North Kensington Residents. Providing birth preparation, educational resources or drop-in, to speak to one of our experienced Doulas about your birth experience.</p> <p>Week 1- Know your options- what to pack, anatomy and physiology, birth locations, water birth, c-section.</p> <p>Week 2- Birth shouldn't be fear based- Induction, stages of pregnancy and labour, birth affirmations (painting), comfort measures and pain relief.</p> <p>Week 3- Know your rights- body map, informed consent, birth plan.</p> <p>Week 4- Information and decision making- BRAIN tool, understanding interventions,</p> <p>Week 5- Confident parenting and postnatal awareness- feeding choices, positions, newborn care, cultural traditions, food and healing, baby weaning, plan birth debriefs.</p>	<p>For expectant mothers or mothers who have recently had a baby</p>	<p>North</p> <p>Holmfield House Family Hub, 4-6 Golborne, W10 5PE.</p> <p>Wednesday 10:30-12:30</p>	<p>Please contact the Doula Hub for further information and course dates to register your interest please complete the Type form link or follow the link in the QR code. https://office668412.typeform.com/to/LOLS1SOq</p> 
<p>MAGIC MUMS (RPT)</p>  <p>Magic Mums</p> <p>Stay & Play</p> <p>The Rugby Portobello Trust</p> <p>info@rpt.org.uk 020 7229 2928 221 Walmer RD W11 @RugbyPortobello Rugby Portobello Trust</p>	<p>Magic Mums is a Rugby Portobello Trust (RPT) parenting programme, which has been running successfully since 2012. It has shown to have a profound and lasting impact of strengthening families and helping mums to develop their parenting skills. The group is supported by professional facilitators with skills and experience in Positive Parenting and Strengthening Families.</p> <p>Tuesday: Stay & Play 9:30am - 11:30am Drop-in Service (No membership required)</p> <p>A place for mums/carers and children to come and explore a wide range of activities; arts and crafts, music, home-corner, ball pits and ride on toys. Our community cupboard offers free clothes, equipment and toys for all the family.</p> <p>Wednesday: Magic Mums 9:30am - 12pm Mindfulness Support With Morley College (Membership required)</p> <p>A safe space for mums to come, have a hot drink, make new friends and share tips and ideas for self improvement. The session ends with some relaxing mindfulness. Child care is available.</p> <p>Thursday: Magic Mums 9:30am - 12pm Crochet & Chat (Membership required)</p> <p>This term we are learning to crochet, or come and improve your crocheting skills with Gina Eusebe, followed by a hot, home-cooked lunch. Child care is available.</p> <p>All services are free and only require membership form where stated</p> 	<p>For parents and carers of children of all ages</p>	<p>Rugby Portobello Trust, 221 Walmer Road, W11 4EY</p> <p>Tuesday and Thursday, 11am – 12noon from 10am to 12noon lunch is provided.</p> <p>Creche available</p>	<p>For further information please contact Magic Mums Co-ordinator Kirstin Edwards E: Kirstin.Edwards@RPT.org.uk</p> <p>0207 229 2928</p>

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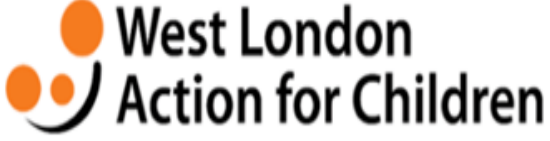


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<p>Non Violence Resistance</p> 	<p>NVR is a therapeutic intervention aimed at helping parents and carers to develop strategies for managing children or young people's destructive, violent, or difficult behaviours, whilst at the same time focusing on rebuilding the relationship with them. Parents are invited to join other parents experiencing similar difficulties to form small groups or pods.</p> <p>Facilitated by Systemic Family Therapists, which meet for 12 weeks and is offered in a hybrid way (face to face and online).</p>	<p>All Parents and Carers in RBKC</p>	<p>This programme will be facilitated across the Borough. Date of the programme to be confirmed.</p>	<p>Referrals are only via your Early Help Practitioner or Social Worker. If you are interested and would like to know more, speak to your Early Help Practitioner or Social Worker who can make a referral to the NVR programme.</p>
<p>Family Learning Together Course</p> 	<p>Want to give your child the best start in life?</p> <p>The Family Learning Course is designed for parents and carers who are caring for children up to five years old. During the first five years of a child's life, they learn at a rapid pace. This course aims to assist you in supporting your child's speaking, reading, and writing skills, during this crucial time of their development. By participating in this course, caregivers can provide the best foundations for learning for their children.</p>	<p>For parents and carers with children up to 5 years old.</p>	<p>Holmfield House Family Hub, Golborne Road, W10 5PE.</p> <p>Wednesdays 10am-12noon and 1pm-3pm</p> <p>Creche provided.</p>	<p>To join, contact Bill Henries: Email: Bill.Henries@rbkc.gov.uk Call: 07890 397 065 Call: Holmfield House Family Hub 0207 938 8400</p>
<p>Bi Borough Autism Service</p> <p>Bi-Borough Autism Advisory Team Newsletter</p> 	<p>Parental Autism Awareness Course (PAAC) Early Years</p> <p>We run programmes for parents of children of various ages. These courses are to support parents to find out more about what an autism diagnosis might mean for their child. This programme will provide you with information about autism, ideas and practical strategies to support you in your parenting. This will be a safe place to share experiences with other parents.</p> <p>Triple P, Learn the positive strategies used for managing a child's/young person's behaviour and helping their child become more independent. Discuss how we could offer targeted support to families and how staff can encourage this across provisions. Understanding the impact Triple P approach has had on families, children & young people.</p> <p>Parental Awareness Course for parents of children over 5years old +. Come along to speak to the specialist autism team, network with other parents and share experiences!</p> <p>PARENTS GROUP Our parent groups continue to offer a safe space to share thoughts and experiences within a co-created community, founded on mutual respect and understanding. We are always keen to hear from parents/carers on any topics that you would like more information about, so please don't hesitate to get in touch.</p>	<p>Early Years and Primary school age</p> <p>Parents and carers with children with behavioural needs</p> <p>For parents and carers with children 5+</p> <p>For parents and carers of children of secondary school age</p>	<p>29 January 5 February 12 February 26 February 5 March 12 March</p> <p>10:00-12 noon Online</p> <p>St Quintin Centre for Children with Disabilities, 2A Wallingford Avenue London, W10 6QB</p> <p>30 January 6 February 13 February 27 February 6 March 13 March</p> <p>10:00-12 noon Online 5 February 19 March 16:00 - 17:00 Online</p>	<p>Please email: AEYIT@rbkc.gov.uk</p> <p>Please click the link below of bookings https://forms.office.com/e/YONXXBURdg</p> <p>Please email: AEYIT@rbkc.gov.uk</p> <p>Please email: AEYIT@rbkc.gov.uk</p>

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<p>WEST LONDON ACTION FOR CHILDREN</p> 	<p>Dads Matter Dads Matter is a solution-focused parenting group for fathers and stepfathers; fathers maybe sole carers, non-resident, sharing care, or seeking to re-establish their relationship with their child(ren).</p> <p>What to expect - Group facilitators usually hold individual consultations before the groups to establish what the clients' goals are. There are usually between four to ten dads participating in the group.</p>	<p>For Dads and Stepdads of children aged 18 or under</p>		<p>For bookings and information on all programmes please contact West London Action Children (WLAC)</p> <p>Telephone: 020 7352 1155 07525 781373 E- team.org.uk</p>
<p>PARENTCHILD +</p> 	<p>The ParentChild+ Programme helps parents to get their child/ren ready for nursery, ready to learn and ready to shine. If you live in Kensington & Chelsea, and worried about your child's communication and social skills, we can help you to get your child/ren ready for next stage in their lives.</p> <p>Our trained Early Years Home Visitors work with you and your child each week using educational toys, books, and games to help your child learn.</p>	<p>For parents and carers with children from 21 months to 2 half years old.</p>	<p>Weekly 3-hour sessions at home</p> <p>Weekly group sessions with other parents and children.</p> <p>Free toys and books and games</p>	<p>If you are a professional and know a family who would benefit from this programme, or a parent who would like to know more, get in touch by emailing Anamaria VasileAnamaria V@familylives.org.uk or call 07860184906. Alternatively, you can fill out this referral form</p>
<p>FAMILY LIVES</p> <p>Online Parenting Programmes</p> 	<ul style="list-style-type: none"> • Parents Together Let's Play (why play is important and how to encourage it), General Parenting aimed at parents and carers. The course is 1 hour and there is a 30-day time limit to complete the course. • Coping with Teens This course supports parents and carers to navigate the teenage years., 1-hour 20mins • Raising Confident Children (mental health and wellbeing), 1 hour 20 mins, • A New Baby in the Family (birth to 1 year), 1 hour 20, 30-day time limit We also offer the New Baby in the Family course in Arabic and Pashtu. If you are interested, we have pdfs of translated flyers about these courses, with a QR code to scan and sign up, or they are also on our website • Sibling Arguments and How to Manage Them (5-18), 1 hour 40 mins. 60-day time limit. • Co-Parenting The impact of separation Communication Resident and non-resident parents Self-care and managing new relationships 	<p>For parents and carers with children up to 11 years old.</p> <p>Teenagers 11 -18</p> <p>5-18 years old</p> <p>Postnatal/ birth to 1years old.</p> <p>All ages</p> <p>For parents with children of all ages</p>	<p>Online</p> <p>Online</p> <p>Online</p> <p>Online</p> <p>Online</p> <p>Online</p>	<p>For further information and registration please call 0808 800 2222 or email services@familylives.org.uk</p> <p>please click the links below for further information. https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/a-new-baby-in-the-family-arabic https://www.familylives.org.uk/how-we-can-help/online-parenting-courses/a-new-baby-in-the-family-pashtu</p>

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  <p>SFSC Stronger Relationships</p>	<p>The Stronger Relationships Programme is a six-week course, that gives parents and carers either separated or together, a practical insight into how disagreements can come about and what strategies there is to resolve them.</p> <p>This programme helps parents and carers reduce arguments and disagreements in the couple relationship and cope better with stress.</p> <p>Would you like to enhance your relationship with your current partner, or improve communication with your ex-partner or with the other people helping to raise your children?</p> <p>This course will support you to foster positive communication.</p>	<p>For parents and carers who are separated or together</p>	<p>Programme facilitated online and starts in April</p>	<p>For further information please contact: - sfscparent@racfound.org.uk or please call 0207 428-1880</p>
<p>HOME START</p> 	<p>Big Hopes Big Future (BHBF) is Home-Start, UK's evidence-based school readiness programme, aimed at preparing children and parents to be 'ready for school', so that children can start school equipped to make the most of their education.</p>	<p>For parents and carers with children 2-4 years old</p>		<p>For more information, or questions about making a referral, please contact us on: 020 7724 1345 admin@hswestminster.co.uk</p>
<p>TRIPLE P TEEN</p>  <p>INCREDIBLY ELEV8ED CIC POSITIVELY PURSUING POTENTIAL</p>	<p>This course will give you the tools to navigate:-</p> <ul style="list-style-type: none"> • Improve problem behaviours. • Improve relationships and communication • Set routines and rules that are followed. • Become a calmer more confident parent. • To be less stressed. • Improve child confidence and self esteem. 	<p>For parents and carers with teenage children from 11-18years old</p>	<p>The Programme will be facilitated online on 26th February at 10am- 12noon</p>	<p>Please view the link for registration or email the facilitator Samantha Abraham. info@incrediblyelev8ed.com</p> <p>Registration form https://form.jotform.com/243444148741356</p>
<p>The Young Parents Group</p>  <p>YOUNG PARENTS GROUP</p> <p>Are you a young parent aged 25 years old and under? Would you like to meet other young parents? Would you like to focus on your personal development: education, employment, training? Would you like to get involved in fun activities with your child/ren?</p> <p>Mothers and Fathers are welcome. Refreshments and Creche facilities available!</p> <p>Every Tuesday From 1pm to 3pm at Holmfield House Children Centre, 4-6 Goldborne Road W10 5PE 0207 938 8400 For further information Please contact Adjoua Yapobi-Attie or Lydia Joseph Please email us Lydia.Joseph@rbkc.gov.uk</p>	<p>Are you a young parent or do you know of any young parents interested in attending this group. This group is a place where you can meet other young parents and is a safe space for young parents to meet and connect.</p> <p>Come and get involved in mindful activities, creative fun sessions, personal development and self care activities.</p> <p>Free lunch and Creche provided</p>	<p>For young parents 25years old and under with children from birth to 4 years old.</p>	<p>Every Tuesday at Holmfield House Family Hub. 1pm to 3pm. 4-6 Goldborne Road. W10 5PE</p>	<p>For further information please contact Adjoua on 07894237990 Lydia 07928573491 Or contact Holmfield House Family Hub on 0207938-8400</p>

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