

PARENT CONNECT

Supporting Newham Families

24th September 2021 Edition

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[CAMHS Wellbeing Workshops](#)

A warm welcome back to the new term!
We hope that you had a restful and fun summer break.
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!

The Early Help Partnership

[BOOK YOUR PLACE](#) at the **DICE Parenting Support Programme**,
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"One of her other friends had gone missing, and they asked who my daughter had been with and she told them and they said these men are possible groomers, I was so naive that I didn't even know what a groomer was"

"We thought he was just being a typical teenager spending time on his computer and phone. We didn't know that he was being recruited into crime"

Next Gen Newham Event 30th September!

Next Gen Newham is a group made up of young people and parents, as well as leaders from across Newham (Council, NHS, Police etc). The group meets to think about what's working, what's not working and to make decisions about where to focus to make things better for young people in our borough. To help understand what's going on in Newham, we're looking at data, reading research but most importantly talking to young people.

The next session is on 30 September from 4.30 - 6.30pm. It will take place virtually on Zoom. <https://basis-co-uk.zoom.us/j/91013814982>

For safeguarding,
Young People must complete [this form to sign up](#).
Parents must complete [this form to sign up](#)

At this session we will do two things:

First, feedback on the work that has been done since the last session of Next Gen Newham. At the last session with young people, parents and leaders identified three top areas of focus: Youth Safety, Education, Employment & Training and Facilities and Activities. Since then a big piece of work has happened to create an action plan to improve Youth Safety in Newham.

We will then split into groups to discuss creating Newham's "curriculum for life". This is about understanding what are all the things young people in Newham need to see, do and learn now in order to reach their dreams.

WE ARE NEWHAM.

NEXT GEN NEWHAM

Curriculum for Life!

What do you need to do, see and learn in Newham...

to be able to grow up and **FULFILL** your **DREAMS**

We NEED your help!

To create the principles of Newham's curriculum for life...

To give our young people everything they need to achieve their **AMBITIONS**

So that **EVERYONE**... shops, businesses, the council, the hospital, parents and schools can **WORK TOGETHER!!**

Join us virtually at Next Gen Newham on:
30th September 4:30 ~ 6:30 pm to get involved

for more information and to sign up contact max.goodall@newham.gov.uk

Headstart Peer Parenting Sessions

It is clear that this pandemic is having an impact on us beyond 2021. As we continue to adjust and readjust, parents have found it helpful to come to a safe space to share strategies to build resilience.

We are ready to begin recruiting for both our online and face to face **Being a Parent group** which commence this week. The e-flyer is attached, and we will be running 4 groups, 1 which will be delivered in Urdu.

The Being a Parent Group is a weekly space for parents with children aged 9-16 to come together sharing experiences and learning tried and tested approaches that can help us navigate this difficult time. Many parents have already benefited from this course, and we want to reach as many parents (and grandparents, aunts, uncles, carers too) as possible.

EMPOWERING PARENTS EMPOWERING COMMUNITIES

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

HEAD START NEWHAM

Being a Parent Course

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

Delivered digitally via video call app called zoom OR in a safe community setting following government guidelines.

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
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

Comfort breaks will be built in to the course

Course Details:

Tuesdays (On Zoom)	Wednesday Canning Town Community Library	Thursdays (On Zoom)	Thursdays Canning Town Community Library (Delivered in Urdu)
Start: 28th Sept 2021 End: 30th Nov 2021 Time: 10am–12pm	Start: 6th Oct 2021 End: 8th Dec 2021 Time: 12pm–2pm	Start: 30th Sept 2021 End: 2nd Dec 2021 Time: 6–8:00pm	Start: 23rd Sept 2021 End: 25th Nov 2021 Time: 10am–12pm

To sign up for the course, please follow the link below:
<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

For more information and support, please follow us on Facebook, Twitter and Instagram @HeadStartNewham

You can still contact us Monday–Friday from 9am–5pm on the following details:
headstart.programmeteam@newham.gov.uk

Parent Connect

HEAD START NEWHAM | COMMUNITY FUND | in partnership with Newham London

Headstart Peer Parenting Sessions

All parents will need to **register for a place** as the group has limited capacity. Parents can sign up via the link on the flyer or <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

We have a short video about our groups which can be viewed here <https://www.youtube.com/watch?v=eAV-db8TJVA&feature=youtu.be>

Being a Parent Course (for parents/carers with a 9 -16 year old)



Each week the group looks at different topics related to your relationship with your child/ren including:

Being a Parent	Parenting skills and Listening skills
The good enough parent Taking care of ourselves	Communication and listening
Feelings	Valuing your child
Expressing and acknowledging feelings	Using descriptive praise to change behaviour
Understanding conflict, negotiation and problem ownership	Quality Time
Negotiation skills Choices, consequences and sanctions	Building your child's self esteem What is it like to be a young person in Newham
Understanding children's behaviour	Stress management, Review and Ending
Exploring needs of your child and their behaviour Discipline and household rules Family meetings	Coping with stress Reviewing your learning and celebration

For more information and support, please follow us Facebook, Twitter and Instagram @HeadStartNewham
You can also visit our website www.headstartnewham.co.uk

You can still contact us Monday–Friday from 9am–5pm on the following details:
headstart.programmeteam@newham.gov.uk



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES



'والدین ہونا' کورس

۹ سے 16 سال کی عمر کے بچوں کے والدین کے لئے ایک مفت کورس

یہ کورس آن لائن بذریعہ روم سرکاری ہدایات کے مطابق محفوظ کمیونٹی مقامات پر فراہم کیا جاتا ہے۔

والدین کے ذریعے، والدین کے لئے فراہم کیا گیا

یہ کورس بچوں کی بہتر تربیت کرنے میں والدین کی رہنمائی کرتا ہے۔ جانتے کہ اپنے بچوں کو کس طرح اپنی بات سننے پر آمادہ کریں اور پراعتماد اور خوش بچے پروان چڑھائیں

- اس کورس میں شرکت کر کے والدین کی حیثیت سے اپنا تجربہ بیان کر کے دوسروں کی مدد کریں
- اپنے بچوں سے بات چیت کرنے، کامیابیوں کا جشن منانے اور مل کر مسائل حل کرنے کے نئے طریقے سیکھیں
- اپنے گھر کے ماحول کو پرسکون اور خوشگوار بنائیں

جاننے کا وقت
فراہم کیا
جائے گا

تفصیلات

بروز جمعرات

آغاز

۲۳ ستمبر ۲۰۲۱

اختتام

۲۵ نومبر ۲۰۲۱

وقت:

صبح ۱۰ سے ۱۲ بجے تک

کورس میں داخلے کے لئے اس لنک پر رابطہ کریں

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

مزید معلومات کے لئے ہمیں فیس، ٹیک، ٹینٹ، اور ہسٹا گام ب فالو کریں۔

آپ ہم سے مندرجہ ذیل ای میل پر ہر سے لے کر جمعے تک ۹ بجے سے ۵ بجے تک رابطہ کر سکتے ہیں
headstart.programmeteam@newham.gov.uk



Parent Connect



'والدین ہونا' کورس

(۹ سے ۱۶ سال کی عمر تک کے بچوں کے والدین/سرپرست کے لئے)

ہر ہفتے گروپ آپ کے اپنے بچوں کے ساتھ رہنے پر مبنی مختلف موضوعات کو زیر بحث لانا ہے جیسا کہ

والدین ہونے کے نئے

کامل والدین ہونے کا جواب
خود کی دیکھ بھال

والدین ہونے اور بات چیت کی مہارت

بات چیت کرنا اور سننا

احساسات

احساسات کو تسلیم کرنا اور
اظہار کرنا

اپنے بچے کی قدر کرنا

بچہ تبدیل کرنے کے لئے صلاحیت ہر ہفت
کرنا

نمائندگی، بات چیت اور عمل کی
بوعت کو سمجھنا

اپنے بچے کے ساتھ اچھا بچانا

اپنے بچے کی خود اعتمادی پیدا کریں
نیوم میں با حیثیت نوجوان کیسا ہے

بچوں کے طور عمل کو سمجھنا

بچوں کی سرپرست اور ان کے طور عمل
کو پرکھنا
نظم و ضبط اور گھریلو قوانین
خاندانی اجتماع

نازیب بننا اور اہم

نازیب بننا
کورس کا جائزہ اور اختتام پر جشن

مزید معلومات اور رہنمائی کے لئے ہمیں فیس بک، ٹویٹر اور انسٹاگرام پر فالو کریں

آپ ہماری ویب سائٹ پر بھی جا سکتے ہیں

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

آپ ہم سے مندرجہ ذیل ای میل پر ہر سے لے کر جمعے تک ۹ بجے سے ۵ بجے تک رابطہ کر سکتے ہیں

headstart.programmeteam@newham.gov.uk

Parent Pathways Training

Parent Pathways

This course is for parents interested in developing their skills to support other parents in their community. By the term 'parents' we mean, mothers, fathers, grandparents and carers who have experienced carrying out a parenting role. (please see attached for more details).

This course will equip you to:

- Identify your strengths in supporting parents
- Learn about what your community needs
- Gain skills in befriending and volunteering parents

Taking place on Fridays on 1st, 8th, 15th & 22nd October 2021.

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

Parent Pathways Training

THE COURSE IS
INFORMAL,
SUPPORTIVE &
FREE.

Empowering Parents to Lead in their Communities

Who is the course designed for?

This course is for parents interested in developing their skills to support other parents in their community.

By the term 'parents' we mean, mothers, fathers, grandparents and carers who have experienced carrying out a parenting role.

Course Details:

Every *Friday* on *1st, 8th, 15th & 22nd October 2021* at *10:00 - 12:30pm*
This course will be delivered over zoom.

This course will equip you to:

- Identify your strengths in supporting parents
- Learn about what your community needs
- Gain skills in befriending and volunteering parents

To find out more about this training course, please contact us at
HeadStart.ProgrammeTeam@newham.gov.uk

To register visit:
www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/

Newham Family Support Sessions - Early Help Partnership Team

Playlist:

https://www.youtube.com/playlist?list=PLfBuvuA_uMZXIS5U9HlxG0QpjwEJ98zQ

Translated in **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](#)

Urdu, Punjabi, BSL and more coming soon!



Newham Family Support Workshop – Supporting Teenagers During the Pandemic – Translated in Romanian

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

Course 2 (Weds, 6-8pm), 29th September, 6th, 13th and 20th October 2021 (**FULL**)

Course 3 (Tues, 10-12pm), 2nd, 9th, 16th and 23rd November 2021 (**SPACES AVAILABLE**)

Course 4 (Mon, 6-8pm), 10th, 17th, 24th and 31st January 2021 (**SPACES AVAILABLE**)

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

Exploitation & The Grooming process

Digital Dangers

Parenting Top Tips & Support Networks

The Teenage Brain

Reporting Indecent Images

Children and the **Internet Watch Foundation** (IWF) have launched a new tool which allows children and young people, or trusted adults on their behalf, to report a nude image or video of themselves so that the IWF can take steps to remove it from the internet.

You can report an image/video that hasn't been uploaded or shared. The IWF will assign a 'hash' to prevent the image being uploaded by anyone.

Image hashing is the creation of a unique digital description/copy of an image that can be used by the image being uploaded or shared, and prevent that action from asking place.

- Information from the IWF
<https://iwf.org.uk/news/new-tool-empowers-children-and-young-people-stop-spread-nude-images-online>
- Childline reporting tool, Report Remove –
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>