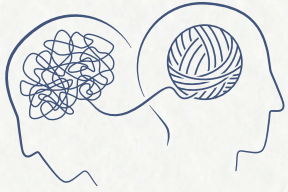


WELLBEING

newsletter



shout 85258
here for you 24/7

PARENT COFFEE MORNING

Friday 7th February

The school will be hosting another Parent Coffee morning. Mrs Walsh will be attending and will be able to sign post you to support and resources in our local community. It is also a great opportunity to form friendships with other parents.



PARENT SUPPORT GROUP

Havering Mind offer a six-week programme for parents/carers of young people (11-25) struggling with their mental health. Like-minded parents/carers are listened to and reassured whilst received tips and techniques for support their children.

It is interactive online group that lasts for two hour-long sessions on mental health, signposting, effective two-way communication, dealing with anxiety, increasing resilience, parenting styles and self-care. They aim to create a safe and non-judgmental space for parents to offload and gain support through information and empowerment.

Contact: **01708 457040**

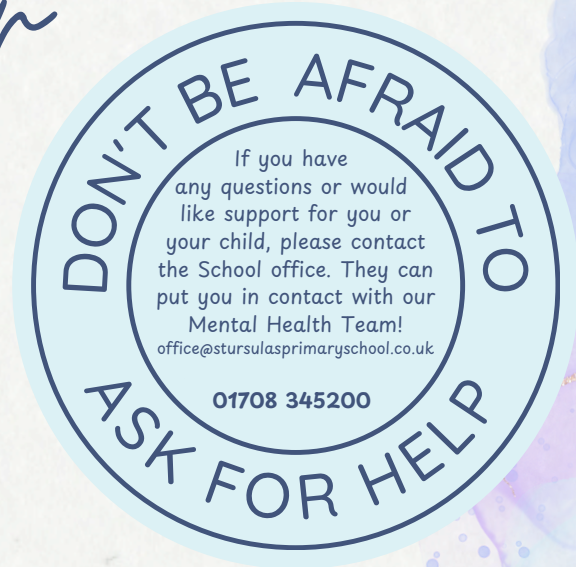
Parents@haveringmind.org.uk

CAMHS DEDICATED DADS

Wednesday 5th January @ 6-7pm
Hornchurch Fire Station

Local dads can join the monthly sessions held by NELFT at Havering Fire Station to gain a better understanding of their children's emotional wellbeing and connect with other parents.

The 'Dedicated Dads' meet-ups are facilitated by the Havering Emotional Support Team (HEST) and cover a range of topics - from practical tips to managing stress.



BLUE MENTAL HEALTH PARENT COURSES

Blue Mental Health Support offers training courses to give adults the skills to spot and prevent mental health issues in children as well as give them Cognitive Based Therapy credentials that can be used in their personal lives as well.

They have a new family version of the course which makes the course accessible at home. You can register online:

<https://blumentalhealthsupport.co.uk/webinar-registration/>

They also have a website which contain more information.

<https://blumentalhealthsupport.co.uk/>

THE WELLBEING TEAM

MRS CLARK
Mental Health &
Wellbeing Lead



MRS WALSH
Home/School Support
Worker



MRS KENT
Deputy
SENCO



Early Help Support

| | |
|----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Non Violent Resistance (NVR) | Aiming to improve the parent/child relationship; enabling parents to become a positive, authoritative presence in their child's life; learn to de-escalate difficult situations; take a firm stance against challenging behaviour and develop a robust network of supporters. 10 week programme for parents of children aged 8-18 years. |
| Parent Surgery | One to one support enabling parents to learn new behaviour management strategies and enhance the parent/child relationship. Delivered in hourly sessions for parents of children aged 0-18. |
| Parenting Drop-in Rolling Programme | Virtual drop-in rolling programme covering 6 topics: positive role models/quality time; communication/active listening; praise; identifying and prioritising problematic behaviours; de-escalation and self-care. Parents can join any week. Programme runs throughout the year including during school holidays. For parents of children aged 0-18. |
| STOP | Empowering parents to have a greater understanding about the developmental process of their teenage child. 10 week programme for parents of children aged 10-18 years. |
| Strengthening Families, Strengthening Communities (SFSC) | Culturally sensitive parenting programme for parents incorporating positive parenting, enhancing relationships, community engagement and child development taking into account cultural/spiritual beliefs. 13 week programme for parents of children aged 0-18 years. |
| Triple P Baby Online | Triple P for Baby helps parents and carers who are looking for tips and ideas to help them navigate the challenges that come with having a new baby. It's a toolbox of proven, positive strategies with a variety of practical ways to promote your baby's development, build a stronger bond and support their emotional and physical health. Whether you're pregnant or your baby is already here, Triple P for Baby can help you get off to a positive start and create the best environment for your baby's development and wellbeing. |
| Triple P Online | Triple P gives you proven parenting strategies that will help you develop your child's talents and life-skills so they can be happy, confident and successful. In the meantime, your home life will be better too: with rules followed, relationships stronger, and parents who are much less stressed! Suitable for parents of children aged up to 12. |

| Programme | Start Date | Time | Venue |
|----------------------------------------------------------|-----------------------|----------------------|------------------------------------------------------------------------------|
| Non-Violent Resistance (NVR) | 15/01/2025 | 10.00am to 12.00noon | Ingrebourne Children's Centre, Harold Hill |
| Parenting Drop-in Rolling Programme | Every Tuesday Evening | 6.00pm to 7.30pm | Virtually via Microsoft Teams Click here to join the meeting |
| STOP | 16/01/2025 | 10.00am to 12.00noon | Rainham Village Children's Centre, Rainham |
| Strengthening Families, Strengthening Communities (SFSC) | 07/01/2025 | 10.00am to 1.00pm | St Kilda Children's Centre, Romford. |

Subsequent programmes will commence April 2025 - dates and venues to be confirmed

Please contact parenting@havering.gov.uk to refer to any of these programmes or for further information.

You can also find information on all these sessions at www.havering.gov.uk/parenting

