



**PARENTING
PROGRAMMES
IN HACKNEY**

**HACKNEY FAMILY
INFORMATION
SERVICE**

September 2021



Hackney's Parenting Programme Brochure

details the dates and times of parenting programmes that are being delivered across Hackney. The List is published on a termly (Autumn, Spring and Summer) basis in line with the academic year. The list is updated on a half termly basis as additional information is made available.

“There is no more important job in any society than raising children, and there is no more important influence on how children develop than their parents.”

(Laurence Steinberg)

‘Parenting is an important part of loving and caring for your child. Good parenting is about providing a warm, secure home life, helping your child to learn the rules of life (e.g. how to share, respect others, etc.) and to develop good self-esteem.’

(Royal college of Psychiatrists March 2012)

Being a parent and raising children is one of the most important and rewarding jobs. At the same time, it can be hard work and challenging.

Babies and children change and develop at a rapid rate and parents need to adapt their approach to parenting to keep up. Parenting programmes are one type of support available to parents and carers, which provides them with the opportunity to develop their skills and strategies in parenting and raising their children.

Parenting programmes are mostly delivered to groups of parents and carers, who come together to work through a programme which has a track record of improving outcomes for families. The parenting programmes are delivered and facilitated by a trained worker who has experience of delivering the programme and supporting parents and carers to develop their parenting skills.

[City and Hackney's CAMHS Parent Programme Directory.](https://cityandhackneycamhs.org.uk/wp-content/uploads/2020/06/Parent-Programme-Directory-City-Hackney.pdf)

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In Hackney we recognise that parents will require access to different levels of parenting programmes depending on their particular circumstances.

Therefore, in conjunction with City and Hackney CAMHS, we have developed a Parent Programme Directory:

The directory gives an overview of each parenting programme, key people to contact and the different level of need the programme will best meet.

Universal

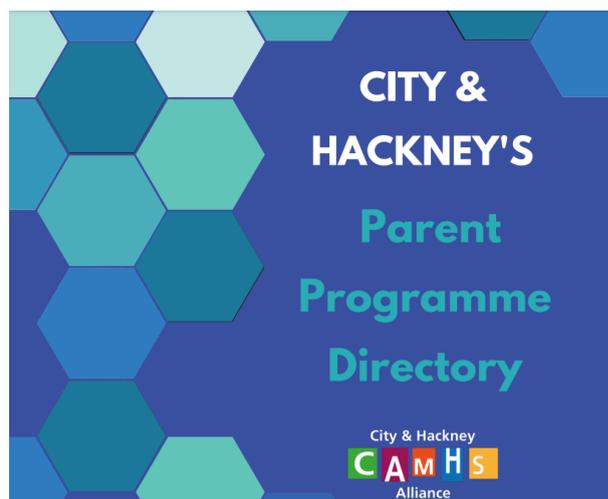
Information, advice, support and guidance for all parents and carers and their families

Universal Plus Partnership

Early identified, and increasing, needs are being experienced by parents and carers and their families

Complex/High risk

Specialist and statutory support for parents and carers and their families where poor outcomes exist



Hackney [children's centres](#) offer a range of services to local families with young children to receive support that they need, including free parenting support. Our children's centres offer a range of parenting courses and you will find details of courses listed below.

Strengthening Families Strengthening Communities

Course dates and venue

- The course will run from 14 September till 14 December 2021. It will be held every Tuesday from 9.30am – 12:30pm (no session on 26 October 2021).
- The course will take place at Comet Nursery School & Children's Centre, 20 Halcomb Street, London, N1 5RF

Course details

This is a 13-week online programme for Hackney Mums, Dads and Carers The programme will cover:

- Cultural and spiritual focus

Valuing who we are, our customs and family traditions

Cycle of life

Circles of support

Encouraging children to feel good about themselves

- Improving relationships with our children

Being a role model

Listening to and understanding children

Teaching children how to solve problems and manage anger and conflict

- Positive discipline

Techniques to increase respectful behaviour

Encouraging children to be self-disciplined

- Rites of passage

Helping children to move from childhood to adulthood successfully

- Community involvement

Using community resources and solving community problems

- Topics include:
 - Ethnic and cultural roots
 - Causes of behaviour
 - Family and community violence
 - Special time
 - Praise
 - Solution building
 - Family rule discussions
 - Managing conflict
 - Managing anger
 - Relaxation
 - Time out

Why Parents Join the Program

Parents may want to:

Sort out all the confusing advice we can get from others about how to bring up children
Learn ways to make the methods we are already using to improve our child's behaviour more effective

Learn new or different ways of disciplining children

Learn how to prepare our children (socially, mentally and emotionally) for the challenges of today's world

Learn ways of helping our children feel good about themselves and be proud of who they are and their family background

Talk about their views and concerns about bringing up children with other parents

Booking information

Please contact Sebright Children's Centre to register your interest on Tel: 020 7749 1210

Strengthening Families Strengthening Communities

Course dates and venue

- The course will run from 21 September till 14 December 2021. It will be held every Tuesday from 09.15am – 12.30pm
- The course will be held in Ann Taylor Children's centre

Course details

Strengthening Families, Strengthening Communities (SFSC) is a parenting programme designed to support you to raise happy and successful children by getting access to information and strategies for bringing up your children, meeting other parents, and making sure your voice is heard. This is a 4 week online introduction to the programme for Hackney Mums, Dads and Carers.

What we will cover:

- Enhancing relationships
- Positive discipline
- Cultural/spiritual
- Rites of passage
- Community involvement

Booking information

Please contact Ann Taylor Children's Centre to register your interest on: 020 7275 6038.

Creche is available.

Strengthening Families Strengthening Communities

Course dates and venue

- The course will run from 14th September - 14th December 2021.
- It will be held every Tuesday from 09.30am - 12.30pm.
- This will be held at Oldhill Community School and Children's Centre

Course details

Strengthening Families, Strengthening Communities (SFSC) is a parenting programme designed to support you to raise happy and successful children by getting access to information and strategies for bringing up your children, meeting other parents, and making sure your voice is heard.

What we will cover:

- Enhancing relationships
- Positive discipline
- Cultural/spiritual
- Rites of passage
- Community involvement

This is a 13 weeks programme. A free crèche will be provided.

Booking information

To register or for further information, please contact Woodberry Down Children's Centre on 020 8815 3270 or email admin.wdcc@hackney.gov.uk

Solihull Parenting Group - Understanding Your Child's Behaviour

Course dates and venue

- The course will run on Fridays 24th Sept – 10th Dec 2021, from 1-3pm.
- It will take place at Wentworth Children's Centre.

Course details

A 10 week' parenting programme facilitated by a clinical psychology team from First Steps based on the well-known Solihull approach. Free crèche will be provided.

Booking information

For further information and to book please contact, Wentworth Children's Centre: childrenscentre@wentworth.hackney.sch.uk or call 020 8985 3491, option 2.

Parent's voice delivers sessions on Risky behaviours as a prevention and intervention method. Our aim is to help parents/carers identify these changes in behaviour ensuring we safeguard our children within the home and as best we can while they are out.

Parents voice coffee fix

Course dates and venue

- The course will be held every Tuesday (starting 14th September) 12.30pm -1.30pm
- It will take place at The Crib 1-16 benyon court , Balmes road, De Beauvoir N1 5TJ

Course details

Parents voice coffee fix is for Parents and Carers to come together in a relaxed environment to discuss everyday life, raising children and teens and Life after covid.

Booking information

Please drop in for the session

To book your own tailored risky behaviour sessions , for your local community group, youth provision or school please contact Kelly @ parentsvoice526@gmail.com or Programming@thecrib.biz alternatively call 07961859921.

Keep your eye out on eventbrites for further zoom sessions !

Parents voice

Course dates and venue

- The course will take place on 22nd September 12.30pm-2pm
- This is an Online course

Course details

Transition and boundaries Parents /Carers of year 6-7 students. This session aims to support Parents and carers understanding of transitional processes and the importance of age appropriate boundaries

Booking information

Booking information can be accessed via eventbrites

To book your own tailored risky behaviour sessions , for your local community group, youth provision or school please contact Kelly @ parentsvoice526@gmail.com or Programming@thecrib.biz alternatively call 07961859921.

Keep your eye out on eventbrites for further zoom sessions !

Parents voice (Understanding risky behaviour)

Course dates and venue

The course will take place on 20 October 5pm-6.30pm

This is an Online course book via eventbrites (understanding risky behaviours in teens)

Course details

Parents voice -Understanding risky behaviour in Teens helps to support Parents/Carers knowledge and understanding of risky behavior and impulsivity in the adolescent years. Helping to spot the signs of escalations of risk along with prevention methods to support your parenting.

Booking information

Booking information can be accessed via eventbrites.

To book your own tailored risky behaviour sessions , for your local community group, youth provision or school please contact Kelly @ parentsvoice526@gmail.com or Programming@thecrib.biz alternatively call 07961859921.

Keep your eye out on eventbrites for further zoom sessions !

[First Steps](#) helps children and young people experiencing many common problems with emotional wellbeing, relationships and behaviour. Our aim is to provide prompt and easily accessible support – the first steps – to tackle problems early before they can become more of a worry.

First Steps' First Year and You (Solihull Approach Parenting Group) For parents and babies together

Course dates and venue

- Start date: 24th September 9 sessions (during term time only) on Friday afternoons 1-3pm
- Mapledene Children's Centre

Course details

This group is for parents of babies aged 0-12 months who are experiencing mild to moderate low mood or anxiety, and/or challenges in their relationship with their baby.

This is a psychology-led group which focuses on how it feels to be a parent of a new born, how to manage difficult feelings and the challenges that parenthood brings.

It will also focus on developing a positive relationship with your baby and different aspects of their development, including communication, sleep and feeding.

- Learn about your baby's development and how they are feeling
- Develop your confidence with parenting
- Get ideas to improve the relationship with your baby
- Meet other parents, share ideas, feel supported
- Have space to talk about how it feels to be a parent

Facilitated by: Dr Hannah Morgan (Clinical Psychologist, First Steps) and Rebecca Andrews (CBT Therapist, Talk Changes)

- Free programme
- Crèche provided
- Refreshments provided
- Aimed at parents from Hackney
- Booking required- closed group
- Referrals and self-referrals accepted

Booking information

Professionals can refer using the First Steps referral form.
Parents can self-refer by calling First Steps on 0207 014 7135

First Steps' Incredible Years Parenting Group

Course dates and venue

- Start date: 27th September 11 sessions on Monday mornings from 10am-12pm (during term time only)
- Tyssen Children's Centre

Course details

For parents of children at primary school (aged 5-12 years).

There is a referral criteria applied for this programme; parents/professionals can contact First Steps for more information and to see if this group is right for them.

Please note that First Steps' early intervention parenting groups are appropriate for parents who are experiencing some difficulties in managing a range of parenting or child behaviour problems (of a mild-moderate level), or would like to meet other parents and receive support around typical child behaviours and developmental issues.

First Steps are unable to work with families who are currently open to Children's Social Care.

This programme is designed to teach parents how to foster positive behaviours in their children and give parents some effective techniques for dealing with common behaviour problems.

The group covers a number of topics, including: developing positive relationships, encouraging behaviours you like; child-directed play; managing problem behaviour; rules, responsibilities and routines; setting limits; time out and consequences.

Facilitated by: Dr Natalie Bailey (Counselling Psychologist) and Francesca Weber (Assistant Psychologist / Parenting Groups Worker)

Booking information

Professionals can refer using the First Steps referral form.
Parents can self-refer by calling First Steps on 0207 014 7135

First Steps' Understanding Your Child's Behaviour (Solihull Approach Parenting Group)

Course dates and venue

- Start date: 24th September 11 sessions (during term time only) on Friday afternoons 1-3pm
- Wentworth Children's Centre

Course details

For parents of children aged 0-5.

There is a referral criteria applied for this programme; parents/professionals can contact First Steps for more information and to see if this group is right for them.

First Steps' early intervention parenting groups are appropriate for parents who are experiencing some difficulties in managing a range of parenting or child behaviour problems (of a mild-moderate level), or would like to meet other parents and receive support around typical child behaviours and developmental issues.

First Steps are unable to work with families who are currently open to Children's Social Care.

This group is intended for parents and carers who want to know more about sensitive and effective parenting.

The group aims to: promote understanding of children's behaviour within the context of developmental issues; promote the development of parent/child reciprocity; increase confidence and self-esteem in both parents and children; and develop a framework of thinking about parent/child relationships which can be developed into a lifelong skill.

The programme explores issues such as: tuning into children; exploring feelings; parenting styles; communication (what is being communicated through behaviour); temper tantrums and what might be meant by them; sleep patterns; and behavioural difficulties.

Facilitated by: Chantal Newman (CAMHS Practitioner) and Francesca Weber (Assistant Psychologist / Parenting Groups Worker)

Booking information

Professionals can refer using the First Steps referral form.

Parents can self-refer by calling First Steps on 0207 683 4611.

The [HENRY](#) programme supports families to provide the best possible start in life for babies and children.

HENRY: Healthy Families

Course dates

In-person workshops happening in local Children's Centres:

- Taster session : 4 October - Week 1-8: 11 October – 6 December
Monday 10.00am - 12.30pm

Taking place at Comberton Children's Centre, 10 Comberton Rd, E5 9PU

- Taster session: 6 October - Week 1-8: 28 September - 26 November
Wednesday 12:00pm - 3.00pm

Taking place at Ann Tayler Children's Centre, 1-13 Triangle Rd, E8 3RP

- Taster session: 21 September - Week 1-8: 4 May – 29 June
Tuesdays: 10:30am – 12:00pm

Online programmes delivered on Google Meets

- Taster session: 21 September - Week 1 - 8 - 28 September - 23 November
Tuesday: 10.30am - 12.00pm
- Taster session: 24 September - Week 1-8: 1 October – 26 November
Friday: 1.00pm - 2.30pm

*no sessions will be held during October half-term week: 25th – 29th October

Course details

FREE HENRY 8-week Virtual Groups for families with a child under 5 years.

Booking information

For more information, or to register onto a session, please contact:

hcsupport@henry.org.uk or call/text 07519109876

HENRY: Starting Solids

Course dates

Online sessions will take place on:

- Monday 20 September from 1.00pm - 2.30pm
- Wednesday 6 October from 10.00am - 11.30am
- Wednesday 27 October from 1.00pm - 2.30pm

- Thursday 14 October from 10.00am - 11.30am

In-person workshops happening in local Children's Centres:

- Thursday, 16 September 1.00pm - 3.00pm
- Thursday, 21 October 1.00pm - 3.00pm
- Thursday, 18 November 1.00pm - 3.00pm

Ann Tayler's Children Centre, 1-13 Triangle Road, E8 3RP

- Friday 15 October from 10.00am - 11.30am
Sebright Children's Centre, Haggerston Park, Queensbridge Road, E2 8NP

- Monday 18 October from 1.00pm - 3.00pm
Daubeney Children's Centre, Daubeney Road, E5 0EG

- Thursday 25 November from 10.00am - 11.30am

Ihsan Children's Centre, 66-68 Cazenove Rd, N16 6AA

Course details

Introducing solid foods is a whole new chapter for you and your baby. When your baby is 3 months or older, this workshop will get you ready, decide what foods to start with, learn how to make mealtimes enjoyable, help.

Your baby develop healthy eating habits and enjoy a wide range of foods, getting them off to a great start!

Booking information

For more information, or to register onto a session, please contact: hcsupport@henry.org.uk or call/text 07519109876

HENRY: Portion Sizes

Course dates

- Monday 25 October from 1.00pm - 3.00pm
Daubeney Children's Centre
- Friday 29 October from 10.00am - 11.30am
Sebright Children's Centre

Fussy Eating: Monday 27 September from 10.00am - 11.30am
Ihsan Children's Centre

Course details

How big is a portion? How many portions should my child have? What kinds of foods are best? We answer these questions and more so you can feel confident you are getting your child off to a healthy start.

We can also offer these sessions on a 1-to-1 basis with an interpreter – call for details). You will need access to the internet to attend the sessions.

Booking information

For more information, or to register onto a session, please contact:

hcsupport@henry.org.uk or call/text 07519109876

[Everyone Health](#) offers a behaviour change approach to improving the health of local communities. We do this by providing dynamic and bespoke healthy lifestyle services to partners across the sector and deliver effective prevention and treatment services.

Tier 2 Children's Healthy lifestyle and Weight Management

Course dates

This is a rolling programme, so you can join anytime

Course details

Hackney children's healthy lifestyle and weight management programme delivered by Everyone Health and commissioned by Hackney council.

We offer healthy lifestyle and child weight management support for 5-19 year olds and up to 25 years for children and young people with Special Needs and Disabilities (SEND) and their families. This service is available to anyone living, studying or registered with a GP in Hackney and the City of London.

Our free 12 week programme is delivered by qualified Nutritionists and Physical Activity Specialists who deliver high quality preventative and early intervention support for children/young people and their families to make sustainable improvements to their nutrition, physical activity and healthy weight outcomes.

Booking information

To book, complete an online referral form at:

<http://www.everyonehealth.co.uk/hackney-council/>

Or email: eh.ankhackney@nhs.net

Or phone on 07518 910322 or call the Clinical Contact Centre on 0333 005 0095.