

CONFIDENT PARENT

HAPPY CHILD!



SUMMER TERM

APRIL - JULY

2019

*Delivering Parenting Programmes in
Hammersmith and Fulham*

CONFIDENT PARENT HAPPY CHILD!



CONFIDENT PARENT – HAPPY CHILD

is for parents and carers of children 0-18 years of age living in Hammersmith and Fulham.

The project offers a range of evidence based parenting programmes, information, advice and support for parents and carers to build positive parenting skills.

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

“Its changed my life – me and my son were at breaking point before attending the programme – if I had not attended the situation today would have been completely different”

parent attending SFSC programme



“It’s really opened my eyes to different ways of parenting”

parent attending SFSC



ABOUT BOYS COURSE

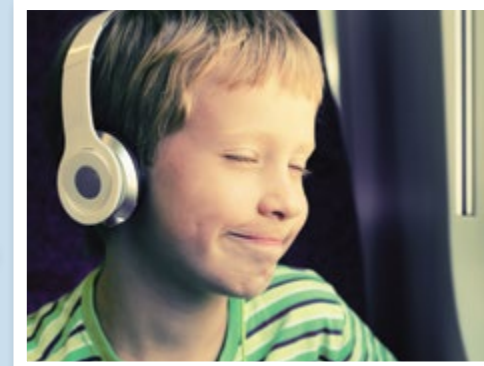
“The programme has helped me to think about discipline early on, and better equip my child for the future”

parent attending About Boys Course

SENSORY PROCESSING WORKSHOP

“I found the course really enlightening and will be re-thinking some strategies we use with my son”

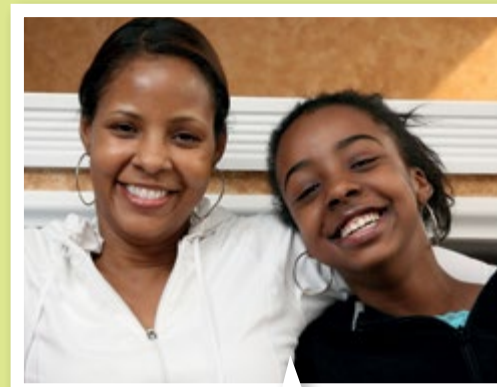
parent attending SPW Course



SPEAK EASY

“I found myself sharing information with other parents I know, they found the information very helpful”

parent attending Speak Easy



“The venue was nice, the staff have been wonderful, very friendly and helpful and the knowledge has been amazing. It has changed my relationship with my children and now we speak openly. I have enjoyed all of it”

parent attending Speak Easy





TRIPLE P

A 6-8 week programme for parents/carers who have a child between 0-11 years of age. Parents are introduced to a range of strategies to enhance parent child relationships and manage challenging behaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Miles Coverdale Primary School Coverdale Road W12 8JJ	Triple P No crèche facilities available	Introductory session 06.06.2019 thereafter every Thursday starting 13.06. 2019 1.00 – 3.00pm	Seetal Tank 020 7605 0800 07732 681739 seetal@upg.org.uk

SPECIALIST PARENTING SUPPORT

Specialist parenting workshops for parents/carers who have a child with special needs.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Brook Green Family Centre 49 Brook Green W6 7BJ	Parents Active – Fortnightly session for parents who have a child with special needs. Limited crèche places available for children under 5 years of age, booking required.	Every other Tuesday starting 23.04.2019 10.00 – 12.00pm	Nandini Ganesh 020 8748 5168 nandini.ganesh@hfmencap.org

1-2-1 PARENTING SUPPORT

Individual and family therapy sessions for parents/carers who have a child of primary or secondary school age.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
The Meanwhile Family Therapy Service Masbro Centre 87 Masbro Road W14 0LR	One to One Triple P Parenting Support For parents who have a child of primary and secondary school age	Ongoing, contact service for more details	Galit Haviv-Thomas 020 7605 0800 07834 611875 g.havivthomas@nhs.net

ABOUT BOYS COURSE [ABC] 0-5 YEARS

A 4 week group for parents/carers who have boys between 0-5 years of age. The programme supports parents/carers to have a better understanding of boys and their development and offers practical techniques to support with boundaries and discipline.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	ABC – Limited crèche places available for children under 5 years of age, booking required	Every Monday starting 24.06.2019 12.30 – 2.30pm	Mihoko Kamijima 020 8741 7892 mihoko@upg.org.uk



INCREDIBLE YEARS [BABY PROGRAMME]

An interactive 8-week group for parents with babies 0-12mths, the programme supports parents to build strong loving relationships with their babies. Key themes include parents as communicators and babies as intelligent learners, providing physical, tactile & visual stimulation for your baby, learning to read your baby's mind and gaining support for yourself.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Edward Woods Community Centre 60-70 Norland Road W11 4TX	An interactive session for parent and baby together	Every Monday starting 13.05.2019 10.00 – 12.00pm	Marina Kopanja 020 7605 0800 marina@upg.org.uk

SPEAK EASY

An 8 week programme for parents/carers who have a child up to 18 years of age. The course aims to increase parents/carers knowledge, understanding and confidence in talking to their child about puberty, relationships, sex and growing up in a safe and age-appropriate way.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Children's Centre 87 Masbro Road W14 0LR	No crèche facilities available	Every Thursday starting 09.05.2019 17.30 – 19.30pm	Seetal Tank 020 7605 0800 07732 681739 seetal@upg.org.uk

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES [SFSC]

A 13-week programme for parents/carers who have a child between 3 – 18 years of age. Parents are introduced to a range of strategies to enhance children's behaviour and build positive parent child relationships. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Brook Green Family Centre 49 Brook Green W6 7BJ	SFSC Limited creche places available for children under 5 years of age, booking required.	Every Tuesday starting 23.04.2019 9.30 – 12.30pm	Seetal Tank 020 7605 0800 07732 681739 seetal@upg.org.uk



PARENT GYM

A 6 week programme for parents/carers who have a child 2-11 years of age. The programme helps parents increase parents' skills and confidence to help improve the behaviour and wellbeing of their child. Topics include communication, balancing warmth and discipline, setting boundaries and encouraging learning.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Children's Centre 87 Masbro Road W14 0LR	No crèche facilities available	Introductory session Monday 20.05.2019, 10.00 – 11.00am Thereafter every Monday starting 03.06.2019, 10.00 – 12.00pm	Seetal Tank 020 7605 0800 07732 681739 seetal@upg.org.uk

SENSORY PROCESSING WORKSHOP [SPW]

Sensory Processing (SP) impacts as many as 1 in 20 children, children may or may not have an additional need. This one day workshop aims to look at what SP is, how to recognise needs and identify ways in which parents can support their child's sensory needs. Parents will have the opportunity to explore play and resources to support children's sensory development.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Childrens Centre 87 Masbro Road W14 0LR	SPW No crèche facilities available	Wednesday 26.06.2019 10.00 – 3.00pm	Seetal Tank 020 7605 0800 07732 681739 seetal@upg.org.uk

BUTTERFLY PROJECT

A community based women's group, run by survivors for survivors. It provides support for women who have experienced or are currently experiencing domestic abuse. Activities include meditation, relaxation, confidence building and art therapy.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Brook Green Family Centre 49 Brook Green W6 7BJ	Fortnightly sessions. Limited crèche places available for children under 5 years of age, booking required	Every other Tuesday starting 30.04.2019 10.00 – 12.00pm	Betty Mooney betty.mooney@hestia.org

WEST LONDON ACTION FOR CHILDREN: PARENTING GROUPS

West London Action for Children offers a range of counselling and therapy services for families in Hammersmith and Fulham. Please call to discuss your needs or for more information.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
West London Action for Children 15 Gertrude Street SW10 0JN	Breathing Space – A mindfulness based stress reduction group supporting parents to experience more choice when responding to situations	Call Centre for start dates	0207 352 1155 team@wlac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	Parentalk – A forward looking, solution focused group for parents & carers of children up to 12 years of age	Call Centre for start dates	0207 352 1155 team@wlac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	Dads Matter – A forward looking solution focused group for dads, step dads and male carers of children 12 years and younger	Call Centre for start dates	0207 352 1155 team@wlac.org.uk

WORKSHOPS

One off 2-hour topic specific workshops for parents/carers.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Edward Woods Community Centre 60-70 Norland Road W11 4TX	Sleep Management No crèche facilities available	Monday 08.07.2019 10.00 – 12.00pm	Marina Kopanja 0207 605 0800 marina@upg.org.uk

CONFIDENT PARENT

HAPPY CHILD!



Seetal Tank

DEPUTY PARENTING PROJECT MANAGER

Masbro Centre • 87 Masbro Road
London W14 0LR

Tel: 020 7605 0800

E-mail: seetal@upg.org.uk

Visit our website at www.upg.org.uk