

# CONFIDENT PARENT

# Happy Child

SPRING TERM

Jan to April

# 2024

Delivering Parenting  
Programmes for  
all ages in  
Hammersmith  
and Fulham



# 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.

## 5 PARENTING TIPS FOR HEALTHIER USE OF SCREEN TIME

1

Set a good example – think about your own use of digital media

2

Establish clear rules and set reasonable limits for use of digital media (the TV, iPad/tablet/computer and phone) – give older children opportunity to renegotiate screen time on a regular basis

3

Have a device free time /place

4

Put all the devices away at least one hour before going to bed

5

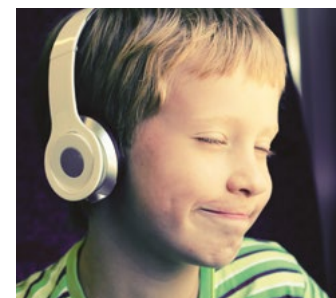
Look for opportunities to increase physical activity/play

World Health Organization recommends no screen time for babies under 2 and no more than one hour for those aged 2 to 4. For older children no more than 2 hours a day but there is no set rule, you'll need to decide how much screen time can your child use each day and what's appropriate.

**NEW – STARTING JANUARY 2024**

## AUTISM & PARENTING IN CONVERSATION

Are you a parent or carer to an Autistic child? Do you have a friend or family member that you wish to understand and support better?



Or  
scan the  
QR CODE  
here

- I am an openly Autistic specialist with a life-long experience living in a world designed for neurotypicals. I facilitate group sessions where I help educate others about the Autistic neurotype.
- The sessions are designed to be informal, entertaining and positive. Giving you plenty of opportunities to ask any questions you may have about your loved ones.
- Co-delivered with a mother that knows first-hand how to raise happy Autistic children, it will change what you believe about our nature.
- Sign up for free submitting the following online form:  
<https://forms.office.com/e/gRcKhTL7Qj>

Thurs 8 Feb & Tues 19 Mar from 10.00am – 12.00pm  
at The Masbro Centre, 87 Masbro Road, W14 0LR

## STRENGTHENING RELATIONSHIPS WITHIN FAMILIES PROGRAMME

A 3-week group course that looks at conflict as a normal part of any relationship.

How parents interact, regardless of whether they are together or separated, has a big impact on their children. The programme supports parents to think about “constructive” ways to deal with disagreement as opposed to “destructive”.



The programme starts on Wednesday 28 February at 9.30 – 11.00am  
at The Masbro Centre, 87 Masbro Road, W14 0LR

Contact Marina 07740 752679 [marina@upg.org.uk](mailto:marina@upg.org.uk)  
No crèche facilities available



# WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



## STEPPING STONES TRIPLE P

*‘I am more patient with my child and I shout less’*

*‘The course gave me motivation to work on changes in my child’s behaviour and everyday life’*



## PARENT GYM

*‘Parent Gym helped me explore the world with my child in a healthy and helpful way’*

*‘I love Parent Gym because it helped me understand how to teach my kids and take time out for myself’*



## TRIPLE P WITH ARABIC SUPPORT

*‘It good to be able to understand’*

*‘Now I spend quality time with my child every day and I am encouraging my husband to do the same’*



## ABOUT BOY'S COURSE

*‘The best part is using the techniques and seeing the “Magic”’*

*‘The course gave me the sense of community with other mothers and knowledge that I am not the only one struggling. Thank you!’*

# SPRING TERM 2024



## TRIPLE P

A 6-week programme for parents/carers who have a child between 0-12 years of age. The programme helps parents raise happy and confident children. Parents are introduced to a range of strategies to enhance parent child relationship, encourage positive behaviour and manage misbehaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Fulham Central Children's Centre Shottendane Rd SW6 5PG	Triple P No crèche facilities available	Every Tuesday starting 05.03.2024 12.30 – 2.30pm No sessions during Easter holiday	Marina Kopanja 07740 752679 marina@upg.org.uk

### Programme with Arabic support for parents with children 0-12 years old

Flora Gardens Children's Centre Dalling Road W6 0UD	Triple P with Arabic Support Limited crèche places available for children under 5 years of age – booking required	Every Wednesday starting 21.02.2024 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
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## ABOUT BOYS COURSE [ABC]

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. The programme offers practical techniques to support with boundaries and discipline.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	ABC – Limited crèche places available for children under 5 years of age – booking required	Every Tuesday starting 27.02.2024 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

## STEPPING STONES TRIPLE P

A 6-week programme for parents/carers who have a child with additional needs and disabilities between the age of 0-12 years. Parents are introduced to a range of strategies to help develop positive parent child relationship and encourage desirable behaviour. The programme teaches parents a range of techniques to teach children with disabilities skills in a range of areas, such as communication, problem-solving, self-care, and self-regulation as well as manage challenging behaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
The Stephen Wiltshire Centre Queensmill Rd SW6 6JR	Stepping Stones Triple P No crèche facilities available	Every Thursday starting 22.02.2024 9.30am – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

# PROGRAMME OF PARENTING COURSES

## INCREDIBLE YEARS

An interactive 7-week group for parents with babies 0-1 years of age. The programme supports parents to build strong and 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 you.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	Incredible Years An interactive session for parent and baby together	Every Monday starting 29.01.2024 11.00 – 1.00pm No session during half term	Marina Kopanja 07740 752679 marina@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 develop a close relationship with their child and encourage positive behaviour. 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 Centre 87 Masbro Road W14 0LR	SFSC Limited crèche places available for children under 5 years of age – booking required	Every Thursday starting 11.01.2024 9.30 -12.30pm No session during half term	Marina Kopanja 07740 752679 marina@upg.org.uk



## FREEDOM PROGRAMME

An 11-week programme for women who wants to learn more about domestic abuse, regardless of whether they left or are still in abusive relationship. The programme will examine strategies used by abusive partner and early warning signs. It will also look in details on how it affects children and how their lives are improved when the abuse is removed.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Freedom – Limited crèche places available for children under 5 years of age – booking required.	Every Thursday starting 29.02.2024 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



# SPRING TERM 2024

# PROGRAMME OF PARENTING COURSES



## BLOSSOMING BUMPS

Blossoming Bumps is a 3-week discussion group and journal making for mums-to-be. The group will lead the discussions on the emotional well-being during pregnancy, reducing the stress and how to get ready to welcome new baby.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Brook Green Family Centre 49 Brook Green W6 7BJ	Blossoming Bumps Relaxing group for mums-to be	Every Tuesday starting 30.01.2024 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



## MONEY COURSE

A 5-week programme that supports families to better manage their finances through the series of interactive sessions looking at emotional relationship with money; creating and balancing the budgets, controlling the spending; setting savings goals and issues of debt and the wise use of credit

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Limited crèche places available for children under 5 years of age – booking required.	Every Tuesday Starting 16.01.2024 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

## PARENTING TEENS

A 3-week discussion group for parents of pre-teens and teens. The group will lead the discussions on positive communication, setting boundaries, negotiating and problem solving and managing fighting and aggression.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Young people 8+ can join Masbro Youth Club session	Every Friday starting 08.03.2024 4.30 – 6.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk

## WORKSHOPS

One off topic specific workshops for parents/carers.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	Sleep Workshop for parents with babies *Babies under 1yr welcome	Monday 18.03.2024 11.00 – 1.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
	How to manage children's tantrums (with Eritrean support)	Tuesday 30.01.2024 9.45 – 11.15am	
	Fussy Eaters (with Polish support)	Tuesday 20.02.2024 9.45 – 11.15am	
	Potty Training (with Albanian support)	Tuesday 26.03.2024 9.45 – 11.15am	
Brook Green Family Centre 49 Brook Green W6 7BJ	Parenting tips – communication and language development	Tuesday 23.01.2024 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
	How to teach children to cooperate	Tuesday 05.03.2024 10.00 – 12.00pm	
Fulham Central Children's Centre Shottendane Road SW6 5PG  Open crèche for children under 5	Relationship Building	Monday 15.01.2024 10.00am – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Parenting tips – communication & language development	Monday 29.01.2024 10.00 – 11.30am	
	How to manage children's tantrums	Monday 26.02.2024 10.00 – 11.30am	
	Potty training	Monday 11.03.2024 10.00 – 11.30am	
Old Oak Community & Children's Centre 76 Braybrook St Open crèche for children under 5	Building positive relationships	Thursday 18.01.2024 11.45 – 1.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
	How to teach children to cooperate	Thursday 25.01.2024 11.45 – 1.00pm	
	Teaching children self-control	Thursday 01.02.2024 11.45 – 1.00pm	
	Managing fighting and aggression	Thursday 08.02.2024 11.45 – 1.00pm	

## PARENTS @ MASBRO COFFEE MORNINGS

Come and find out what parenting support is available to Hammersmith & Fulham parents or carers, meet other parents, share your parenting experiences and much more...

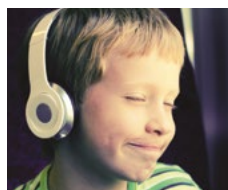
If you are interested, contact Marina: [marina@upg.org.uk](mailto:marina@upg.org.uk) 07740 752679

OR just drop into the Masbro Centre between 10.00 – 11.30am Friday 23 February



# SPRING TERM 2024

# PROGRAMME OF PARENTING COURSES



## PARENTS ACTIVE

Parentsactive is the forum for parent or carer of a child or young person with disabilities or special educational needs living in Hammersmith & Fulham. Parentsactive offers informative coffee mornings, training,

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Parents Active Session for parents who have a child with special needs – booking required	Runs fortnightly on Tuesdays 10.00 – 12.00pm	Nandini Ganesh 020 8748 5168 nandini.ganesh@hfmencap.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 dates	0207 352 1155 team@wlac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	ParentTalk – A forward looking, solution focused group for parents & carers of children up to 12 years of age	Call centre for 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 dates	0207 352 1155 team@wlac.org.uk



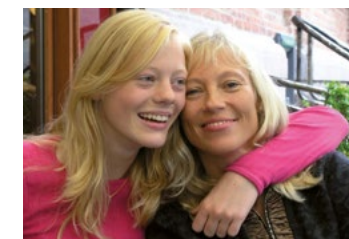
## BUTTERFLY PROJECT

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 Centre 87 Masbro Road W14 0LR	Butterfly Project Booking required	Runs fortnightly on Tuesdays 10.00 – 12.00pm	Monika Suzlak 0207 605 0800 monika@upg.org.uk

## BRIDGING THE GAP

For parents with children in secondary school in years 7-10. Learn with your child about independence, money, internet/mobile phone safety, emotions and resilience. The group helps to build a firm foundation for future home discussions.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Westworks White City Place 201 Wood Lane W12 7TU	For parents and children together	Every Tuesday 20.02.2024 – 26.03.2024 5.45 – 7.55pm	Elise 07736 302 494 elise@funpackt.org
Parkview Centre for Health and Wellbeing 56 Bloemfontein Road W12 7FE	For parents and children together	Every Thursday 22.02.2024 – 28.03.2024 5.45 – 7.55pm	Elise 07736 302 494 elise@funpackt.org

## WOULD YOU LIKE TO BECOME A VOLUNTEER PARENTING CRAFT FACILITATOR?

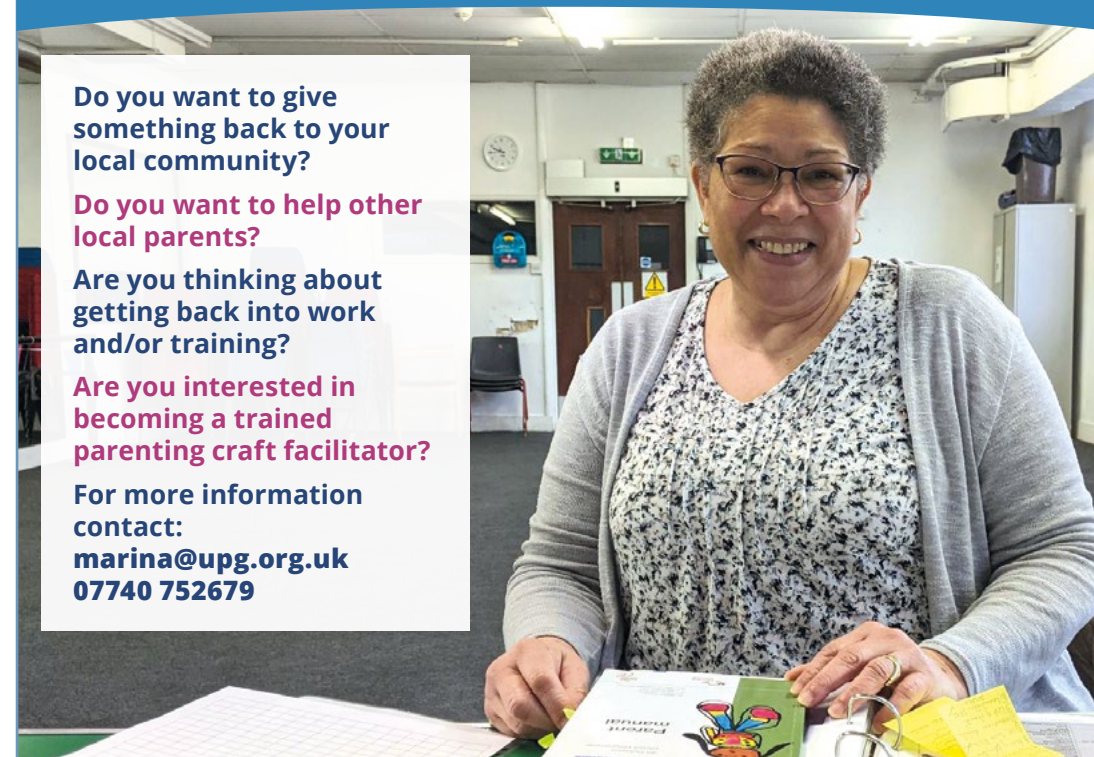
Do you want to give something back to your local community?

Do you want to help other local parents?

Are you thinking about getting back into work and/or training?

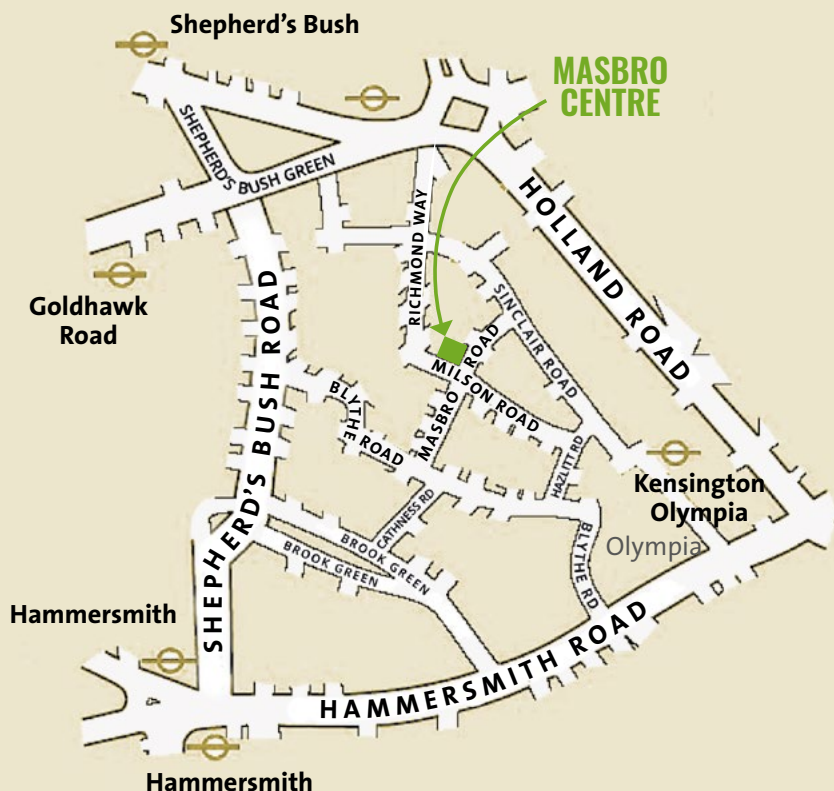
Are you interested in becoming a trained parenting craft facilitator?

For more information contact:  
**marina@upg.org.uk**  
**07740 752679**



# CONFIDENT PARENT

## Happy Child



**Marina Kopanja**  
PARENTING PROJECT MANAGER

Tel: 07740 752679

E-mail: [marina@upg.org.uk](mailto:marina@upg.org.uk)

[https://www.instagram.com/confident\\_parent\\_happy\\_child/](https://www.instagram.com/confident_parent_happy_child/)

Visit our website at [www.upg.org.uk](http://www.upg.org.uk)