

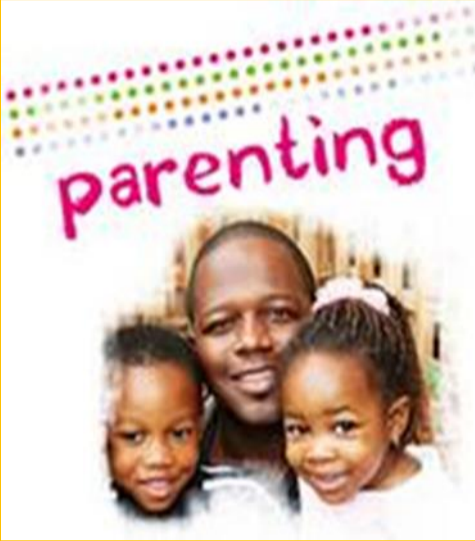


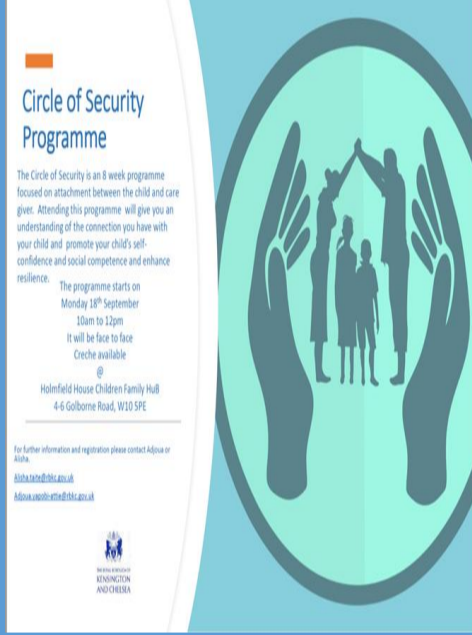



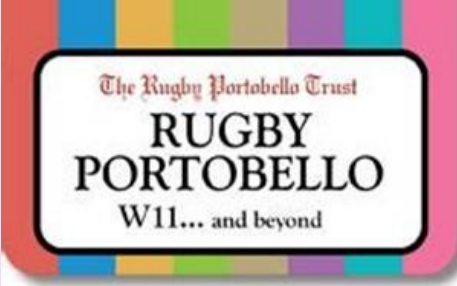


Parenting Programmes & Groups	Description	Who is it for	When & where	Contact Details
<p>North Children Centre Family HuB</p> 	<p>Holmfield House Family Hub</p> <p>Monday's Change4Life Club 6- week programme</p> <p>This programme offers specialist. Nutritional and physical activity and advice as well as motivational support to help families make positive lifestyle choices.</p> 	<p>Change4Life free six-week club programmes are here to support expectant parents, children, young people and families, across Kensington & Chelsea.</p>	<p>@Holmfield House 1:00pm - 2:00pm 18th Sept - 16th Oct 6th Nov - 6th Dec</p>	<p>All Sessions must be booked via the Family Hubs</p> <p>NORTH HuB Sessions at Holmfield House, Clare Gardens or Virtual Sessions in the North please call to book a session please call 020 7938 8400 or email childrencentresnorth@rbkc.gov.uk</p>
	<p>Tuesday's Talking Steps 6-week programme</p> <p>Talking Steps is a language programme providing tips and advice for parents on how to support children's language development through play and everyday activities.</p>	<p>For parents and children of 12 months old to four years</p>	<p>@Holmfield House from 10am to 11.30am</p>	
	<p>Thursday's Baby Zone</p> <p>For new-borns to babies up to crawlers. PEEP is a 6-week programme. It aims to improve family life by making the most of everyday learning opportunities, listening, talking, playing, singing, and sharing books and stories together.</p>	<p>new-borns to babies up to 6 months old</p>	<p>@ Clare Gardens 10am to 11.30am</p>	
	<p>Baby Zone Plus +</p> <p>For babies from 6 months to walking. PEEP is a 6-week programme. It aims to improve family life by making the most of everyday learning opportunities, listening, talking, playing, singing, and sharing books together.</p>	<p>babies 5 months to walking.</p>	<p>@ Clare Gardens 1:00pm - 2:30pm</p>	
	<p>Fridays Let get ready for Nursery!</p> <p>This 5-week Programme is to support the next step into nursery. We offer practical advice and support the transition to give an idea of what to expect when starting.</p>	<p>For families entitled to the 2-year-old funding.</p>	<p>@ Holmfield House 10:00am- 11:30am</p>	

<p>South Children Centre Family HuB</p> 	<p align="center">Cheyne Centre Family Hub</p> <p align="center">Monday's Baby Zone</p> <p>PEEP is a rolling programme which aims to improve family life by making the most of everyday learning opportunities, listening, talking, playing, singing and sharing books and stories together.</p> <p align="center">Baby Zone Plus+</p> <p>For babies from 6 months to walking. PEEP is a 6-week programme. It aims to improve family life by making the most of everyday learning opportunities, listening, talking, playing, singing and sharing books together.</p> <p align="center">Tuesday's Ages & Stages</p> <p>week programme designed to encourage families to engage in positive conversation and activities that develop children's listening, understanding, and speaking skills.</p> <p align="center">Wednesday's Change4Life Club 6- week programme</p> <p>This programme offers specialist. Nutritional and physical activity and advice as well as motivational support to help families make positive lifestyle choices.</p>  <p align="center">Thursdays</p> <p align="center">Baby Zone</p> <p>For new-born to crawlers. PEEP is a rolling programme. It aims to improve family life by making the most of everyday learning opportunities.</p> <p align="center">Let's get ready for nursery! Is a 6-week course. This session is to support the next step into nursery. We offer practical advice and support the transition to give an idea of what to expect when starting nursery.</p>	<p>For new-born's to babies up to 6 months old.</p> <p>For Babies from 6 months to walking</p> <p>For parents and carers with children 1 + years old.</p> <p>Change4Life free six-week club programmes are here to support expectant parents, children, young people and families, across Kensington & Chelsea.</p> <p>10:00am-11:30am 7th Sept - 19th Oct 2nd Nov - 21st Dec For new-born to crawlers</p> <p>for families entitled to the 2-year-old funding.</p>	<p>@St Cuthberts Children's Centre 1.30pm-3:00pm 4th Sept - 16th Oct 30th Oct - 18th Dec Please contact the Hub for further information and start times!</p> <p>1:30pm – 2:30pm @ Cheyne Family Hub</p> <p>@Cheyne Family Hub 10:00am - 11:00am 18th Sept - 16th Oct 6th Nov - 6th Dec</p> <p>@ Cheyne Family Hub</p> <p>@ St Cuthberts Children Centre 10:00am - 11:30am 15th Sep-20th Oct 2nd Nov - 7th Dec</p>	<p>SOUTH HuB Contact Sessions at Cheyne Children Centre, St Cuthbert's or Virtual Sessions in the South please call to book a session please call 020 7938 8400 or email childrencentressouth@rbkc.gov.uk</p> <p>Please note further sessions of Baby Zone will take place on November 7th.</p>
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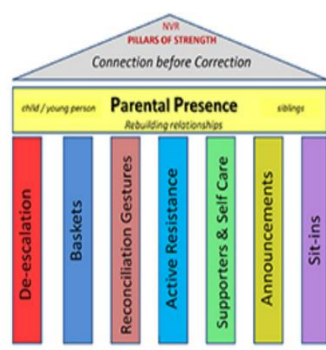

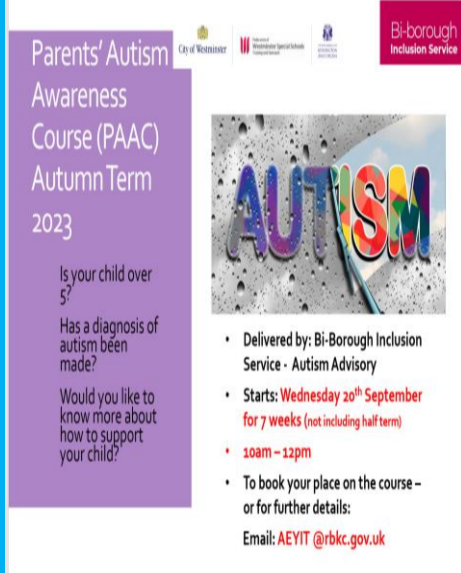
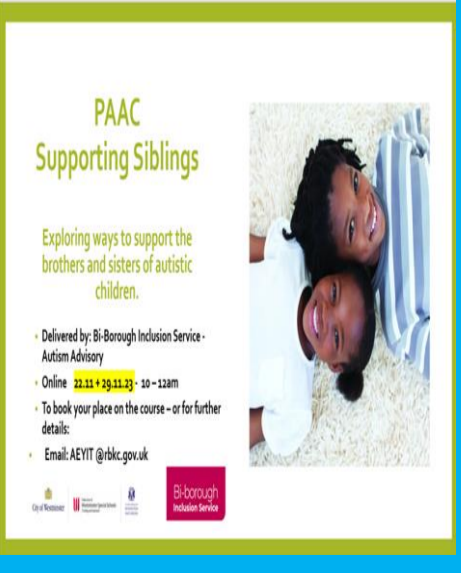
RBKC PARENTING OFFER SEPTEMBER TO NOVEMBER 2023/24

<p>SFSC TEEN FOCUSED PROGRAMME</p>  <p>STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES' TEEN FOCUSED PROGRAMME</p> <p>This is a 12-week Parenting Programme for parents or carers who caring for pre-teens or Adolescent Children</p> <p>Welcome to Strengthening Families Strengthening Communities 'Teen focused programme' designed to support parents in navigating the challenges and joys of raising adolescent and preteens. This programme aims to provide valuable insights, practical, tips and evidence-based strategies to create a nurturing and positive environment. We will delve into the unique characteristics and developmental milestones of adolescents and preteens. We will explore the physical, cognitive and emotional changes during this stage and help parents gain a deeper understanding of the evolving challenges and current issues affecting your teenagers.</p> <p>Refreshments & Creche facilities available</p> <p>Building resilience and self-esteem, social competence and a positive self identity</p> <p>Strategies to help keep the connection with your Teen.</p> <p>Learn new ideas to help you to navigate difficult times.</p> <p>—WHERE?—</p> <p>@ Lancaster Youth Hub 128a Lancaster Road London W11 1QS Thursday 8th September 10am to 1pm</p> <p>For more information, please contact Donna Archer Donna.archer@rbkc.gov.uk</p>	<p>This is a 12-week Parenting Programme for parents or carers who caring for pre-teens or Adolescent Children</p> <p>Welcome to Strengthening Families Strengthening Communities (SFSC) 'Teen focused programme' designed to support parents in navigating the challenges and joys of raising adolescent and preteens. This programme aims to provide valuable insights, practical, tips and evidence-based strategies to create a nurturing and positive environment. We will delve into the unique characteristics and developmental milestones of adolescents and preteens. We will explore the physical, cognitive and emotional changes during this stage and help parents gain a deeper understanding of the evolving challenges and current issues affecting your teenagers.</p> <p>SFSC is available as a 12-week face to programme.</p>	<p>For parents and carers who support pre-teens and teenage children</p>	<p>Every Thursday @ Lancaster Youth Hub. 128 Lancaster Road W11 1QS</p>	<p>For referrals, please contact Carol Ricketts or Donna Archer for further information. Carol.ricketts@rbkc.gov.uk</p> <p>Or Donna.archer@rbkc.gov.uk</p>
<p>CIRCLE OF SECURITY PARENTING PROGRAMME</p>  <p>Circle of Security Programme</p> <p>The Circle of Security is an 8 week programme focused on attachment between the child and care giver. Attending this programme will give you an understanding of the connection you have with your child and promote your child's self-confidence and social competence and enhance resilience.</p> <p>The programme starts on Monday 18th September 10am to 12pm It will be face to face Creche available</p> <p>@ Holmfield House Children Family Hub 4-6 Golborne Road, W10 5PE</p> <p>For further information and registration please contact Alisha or Adjoua Alisha.taite@rbkc.gov.uk Adjoua.yapobi-attie@rbkc.gov.uk</p>	<p>At times, all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.</p> <p>This is an 8-week programme that will support you to: -</p> <ul style="list-style-type: none"> • Understand your child's emotional world by learning to read emotional needs. • Support your child's ability to successfully manage emotions • Enhance development of your child's self esteem • Honour the innate wisdom and desire for your child to be seen. 	<p>For parents and carers with children from 4months to 7 years old</p>	<p>@Holmfield House Children Centre Hub</p>	<p>For referrals, please contact Alisha.taite@rbkc.gov.uk or Adjoua.yapobi-attie@rbkc.gov.uk</p>
<p>MIDAYE</p>  <p>midaye Family Support</p> <p>Midaye offers 1:1 support for families with children under 16 living in RBKC.</p> <p>We can support your family with:</p> <ul style="list-style-type: none"> -Parenting skills and relationship building -Emotional well-being -Education support -Healthy living -Practical support and advice <p>Midaye's Project Officers speak English, Arabic, Somali, Tigrinya, Italian and Russian!</p> <p>To learn more or register call: 07593 440944</p>	<p>Family Support: we offer a comprehensive Family Support Project. Multi-lingual Midaye Project Officers empower families with 1x1 support through different challenges or circumstances productively and positively within relationship building, education, health, and well-being.</p> <p>Family support 1:1</p> <p>We offer package intensive 1:1 family support.</p> <p>practical support signposting referral to parental support groups/Peer support groups Father's peer support group Sunday Football sessions for Father's</p>	<p>This support is for families with children under 19 years old living in RBKC,</p>		<p>Please contact Midaye on contact@midaye.org.uk 075 93 440 944 020 8969 7456</p>




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<p>MAGIC MUMS (RPT)</p> 	<p>Magic Mums is Rugby Portobello Trust (RPT's) parenting programme, which has been running successfully since 2012. It has been shown to have a profound and lasting impact, strengthening families, and helping mums to develop their parenting skills. The group is supported by a professional facilitator who has skills and experience in Positive Parenting and Strengthening Families.</p>	<p>For mothers and their children up to primary school age</p>	<p>Sessions will be on Tuesday and Thursday, 11 till 12. from 10am to 12pm lunch is provided.</p> <p>Creche available</p>	<p>For further information Magic Mums Co-ordinator Kirstin Edwards E: Kirstin.Edwards@RPT.org.uk P: 0207 229 2928</p>
<p>KIND PARENTS KIND CHILDREN</p> 	<p>Kind Parents Kind Children is a parenting programme that puts kindness and compassion at the heart of parenting and family life.</p>	<p>For parents and carers of children of all ages</p>	<p>The course will take place at Rugby Portobello Trust 221 Walmer Road W11 4EY</p>	<p>For registration, please contact Kristin on the above email and telephone number.</p>
	<p>Are you concerned about your young child's emotional wellbeing or development?</p> <p>KCW CAMHS Under 5s is an inclusive service, offering consultation, psychotherapeutic treatment, and screening to children under 5 and their families. We also offer consultations to professionals within the network. The service works out of 2 Family Hubs in RBKC: Cheyne and Holmfield House. We are able to see families for treatment or consultation at either of these locations or at our K&C CAMHS clinic.</p> <p>In KCW Under 5s we are passionate about promoting the emotional development of babies, toddlers, and all young children under the age of 5. Some of the difficulties we tend to see are:</p> <ul style="list-style-type: none"> - separation anxiety - relational difficulties - toileting or sleeping difficulties - excessive tantrums - bed-wetting and soiling - behavioural difficulties 	<p>Children and infants under 5 and their families (parents, carers, siblings).</p> <p>Professionals working with children under 5 and their families who may benefit from consultations or an informal chat.</p>	<p>Contactable at any time. Additional Family Hub presence:</p> <p>Cheyne</p> <p>Music & Movement: Mondays 10:00-10:45</p> <p>Consultations: Mondays 9:00-5:00</p> <p>Holmfield House</p> <p>Stay & Play: Thursdays 10:00-11:30</p> <p>Consultations: Thursdays 9:00-4:00</p>	<p>cnw-tr.kccamhs.cnwl@nhs.net</p> <p>cnwl.kcw-camhs-under5s@nhs.net</p> <p>0203 317 3599</p> <p>Ask to speak to a member of the Under 5s Team or the Duty team.</p>

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<p>Non Violence Resistance</p> 	<p>NVR is a therapeutic intervention aimed at helping parents and carers to develop strategies for managing children or young people's destructive, violent, or difficult behaviours, whilst at the same time focusing on rebuilding the relationship with them. Parents are invited to join other parents experiencing similar difficulties to form small groups or pods, facilitated by Systemic Family Therapists, which meet for 12 weeks and is offered in a hybrid way (face to face and online).</p>	<p>All Parents and Carers in RBKC</p>	<p>This programme will be facilitated across the Borough. This programme starts in September 2023</p>	<p>Referrals are only via your Early Help practitioner or SW If you are interested and would like to know more, speak to your Early Help Practitioner and you will be contacted by our NVR leads.</p>																								
<p>PARENTS AUTISM AWARENESS WITH CHILDREN UNDER 5 YEARS OLD</p> 	<p>AUTISUM AWARENESS TIMETABLE</p> <table border="1"> <thead> <tr> <th>Session</th> <th>Theme</th> <th>Dates</th> </tr> </thead> <tbody> <tr> <td>Session 1</td> <td>What is Autism?</td> <td>20th September 2023</td> </tr> <tr> <td>Session 2</td> <td>How Autism affects... communication</td> <td>27th September 2023</td> </tr> <tr> <td>Session 3</td> <td>How Autism affects...social communication and social interaction</td> <td>4th October 2023</td> </tr> <tr> <td>Session 4</td> <td>How Autism affects... the senses</td> <td>11th October 2023</td> </tr> <tr> <td>Session 5</td> <td>How Autism affects... behaviour</td> <td>18th October 2023</td> </tr> <tr> <td>Session 6</td> <td>Supporting children in school</td> <td>1st November 2023</td> </tr> <tr> <td></td> <td>Parents' Choice</td> <td>8th November 2023</td> </tr> </tbody> </table>	Session	Theme	Dates	Session 1	What is Autism?	20 th September 2023	Session 2	How Autism affects... communication	27 th September 2023	Session 3	How Autism affects...social communication and social interaction	4 th October 2023	Session 4	How Autism affects... the senses	11 th October 2023	Session 5	How Autism affects... behaviour	18 th October 2023	Session 6	Supporting children in school	1 st November 2023		Parents' Choice	8 th November 2023	<p>For children under 5 years old.</p>	<p>Please book via AEYIT@rbkc.gov.uk, letting us know the age of your child - you will then be sent the information to join the group.</p>	<p>For further information and bookings on all the programs documented in this section please email for AEYIT@rbkc.gov.uk</p> <p>For bookings please email AEYIT@rbkc.gov.uk</p>
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<p>WESTWAY TRUST</p> <p>FREE 13 WEEK PARENTING COURSE</p> <p>STRENGTHENING PARENTS</p> <p>STRENGTHENING COMMUNITIES</p> <p>HOLMEFIELD HOUSE CHILDRENS CENTRE 2-4 GOLBOURNE ROAD W10 5PE 9AM-12:30PM</p>  <p>TUESDAYS 12TH SEPT - 19TH DECEMBER 2023</p> <p>REFRESHMENTS AND LUNCH INCLUDED!</p> <p>CRESHE PROVEDED</p> <p>GET IN CONTACT WITH: (Muna Ali) 07701360233 OR (Sana Elomari) 07957451667</p>	<p>SFSC PARENTING PROGRAMME</p> <p>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.</p>	<p>From Birth to 18yrs old</p>	<p>To be facilitated at Holmfield House Please refer to flyer for this information</p>	<p>For bookings on the programme. Please contact. Muna Ali 07701360233 Or Sana Elomari 07957451667</p>
<p>WEST LONDON ACTION FOR CHILDREN</p> <p>1. Breathing Space Mindfulness Group for Parents</p>  <p>Do you want to...</p> <ul style="list-style-type: none"> • become more aware of your thoughts and feelings? • get stress under control? • respond and not react to difficulties in relationships? <p>Join our Mindfulness Group!</p> <p>Mindfulness is a way of paying attention to whatever is happening in our lives and experiencing it in a non-judgmental way. In this group we will practice mindfulness exercises together. This will help us to choose how and to what we want to pay attention.</p> <p>Taster session on Wed 20th September 2023 10am to 11.15am at Fulham Broadway Methodist Church, 452 Fulham Road</p> <p>Then every Wednesday from 4th October for 8 weeks between 10am and 11.15am (breaking for half term)</p> <p>2. CAMEO (Come And Meet Every One)</p> <p>WLAC parent & toddler group Autumn 2023</p>  <p>Wedsdays 11am - 12.30pm</p> <p>Chelsea Methodist Church 155e Kings Road London SW3 5TX</p> <p>A relaxed space to bond with your child through art and play, connect with other parents and build your network of support.</p> <p>Arts & Crafts, Storytelling, Sing and Sign, Free Play</p>	<p>What is Breathing Space?</p> <p>The Breathing Space course teaches a mindfulness practice tailored specifically to parents. It shows a way to paying attention to whatever is happening in our lives and experiencing it in a non-judgmental way.</p> <p>What to expect - In this group we practice mindfulness exercises together. This will help us to choose how and what we want to pay attention to.</p> <p>CAMEO is a parent and toddler group that is facilitated in a relaxed space where you can bond with your child through art and play. You can connect with other parents and build network of support.</p>	<p>For all parents and carers</p> <p>parents/car-ers and children</p>	<p>Learn more at an on-line taster session on <u>Monday 4th October</u>.</p> <p>Our next eight-week group (via Zoom) starts Monday 11th October.</p> <p>Starting Wednesday 12th September On Wednesday at 11am to 12.30pm @ Chelsea Methodist Church. Kings Road.</p>	<p>For bookings and information on all programmes please contact West London Action Children Telephone: 020 7352 1155 / 07525 781373 E-mail: team@wlac.org.uk</p> <p>Please contact WLAC for further information</p>

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<p>3.</p>  <p>Dads Matter</p> <p>A forward-looking, solution focused group for Dads and Step-dads</p> <p>Topics include:</p> <ul style="list-style-type: none"> ✓ Being a Dad ✓ Setting limits ✓ Getting cooperation ✓ Being encouraging ✓ Passing on your values ✓ Keeping your cool ✓ Building memories ✓ Working with your partner <p>West London Action for Children</p> <p>1 session per week over 6 weeks 6 pm - 7.15pm at Gertrude Street Contact us for next start date (Sep/Oct)</p>	<p>Dads Matter</p> <p>What is Dads Matter? Dads Matter is a solution-focused parenting group for fathers and stepfathers; the fathers maybe sole carers, non-resident, sharing care, or seeking to reestablish their relationship with their child(ren).</p> <p>What to expect -Our parents' group facilitators usually hold individual consultations before the groups to establish what the clients' goals are. There are usually between four and ten dads participating in the group.</p>	<p>Dads and stepdads of children aged 18 or under</p>	<p>whether living with children or not) on low income & resident in RBKC can be self referred or referred by a professional or self-refer by contacting WLAC at team@wlac.org.uk</p>	
<p>PARENTCHILD +</p>  <p>Help your child get the best start</p> <p>family lives</p> <p>Our ParentChild+ Programme helps parents get their children ready for school, ready to learn and ready to shine. If you live in Westminster or Kensington & Chelsea, and are worried about your child's communication and social skills, we can help you too.</p> <p>Our trained Early Years Home Visitors work with you and your child each week using educational toys, books and games to help your child learn and develop.</p> <ul style="list-style-type: none"> • Free programme for children aged 21 months to 2 and a half years old • Weekly 30 minute sessions at home • Weekly group sessions with other parents and children • Free toys, books and games 	<p>The ParentChild+ Programme helps parents get their children ready for school, ready to learn and ready to shine. If you live in Kensington & Chelsea, and are worried about your child's communication and social skills, we can help you too.</p> <p>Our trained Early Years Home Visitors work with you and your child each week using educational toys, books, and games to help your child learn</p>	<p>For parents and carers with children from 21months to 2 half years old.</p>	<p>Weekly 3min sessions at home</p> <p>Weekly group sessions with other parents and children.</p> <p>Free toys and books and games</p>	<p>If you are a professional and know a family who would benefit from this programme or are a parent who'd like to know more, get in touch by emailing Nia or call 07860184906. Alternatively, you can fill out this referral form.</p>