

JAN-APR 2023

WESTMINSTER PARENTING SUPPORT

Face to face and online parenting support for Westminster residents

Being a parent can be tough but there's lots of support out there.

The Westminster Early Help Parenting Team offers a range of programmes to suit a variety of interests and needs.

Browse this guide to find out more about the free courses available for Westminster parents and carers during the Summer Term 2022.

Our courses Westminster and help you to:

- build positive relationships with your child
- make parenting and family life more enjoyable and less stressful
- grow confidence as a parent
- gain a greater understanding of child development
- learn new skills and strategies
- support your child to learn and grow
- reflect on your own experiences of being parented
- discover other support and services available to you and your family

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NEXT PAGE FOR A
PROGRAMME
OVERVIEW**

For more details of each course please read on



Westminster Parenting Courses Available Jan-Apr 2023

Course	How	Day	Time	Starts	Weeks	Venue
Triple P	In person	Tues	13:00-15:00	10th Jan	10 weeks	Portman
Non-Violent Resistance	In person	Weds	10:00-12:00	11th Jan	10 weeks	Portman
Circle of Security	In person	Thurs	10:00-12:00	12th Jan	8 weeks	Bessborough
Freedom Programme	In person	Tues	10:00-12:00	10th Jan	8-11 weeks	Queen's Park
Freedom Forever	In person	Fri	10:00-12:00	13th Jan	10 weeks	Bessborough
Who's in Charge	In person	Wed	13:00-15:00	11th Jan	8 weeks	Queen's Park
Kids Time Workshop	In person	3rd Wed of each month	17:30-19:30	Ongoing	N/A	St Vincent's Family Project
One Plus One Relationship Support	Self-guided Online	N/A	Anytime	Anytime	N/A	N/A
Individual Support	In person and online	N/A	As agreed	As agreed	4-6 weeks	As agreed
Video Interaction Guidance (VIG)	In person	N/A	As agreed	As agreed	As agreed	As agreed
Fathers for Futures - Strengthening Families, Strengthening Communities	In person	Thurs	17:30-20:30	5th Jan	13 weeks	Portman
For Baby's Sake	In person and online	TBC	TBC	TBC	TBC	TBC

Courses are free and open to all Westminster residents. Self referrals are welcome as are professional referrals. Referrals for Individual Support must be made by a professional.

To apply to join any course please complete the online referral form:

<https://forms.office.com/e/cpL23nXn5N>

If you have any questions please email: earlyhelpparentingteam@westminster.gov.uk

In person group

Triple P Parenting Group

Triple P is for parents and carers of children aged 2 – 12 years. The programme is designed to give parents and carers the skills they need to raise confident, healthy children and to build stronger family relationships. Triple P doesn't tell people how to parent. Rather, it gives parents and carers simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

Triple P groups are 2 hours per week for 10 sessions and are free of charge.

The group is a great opportunity to build networks and learn from others in similar situations.

At a glance...

Triple P Parenting Group

Delivered: In person

Venue: Portman Family Hub, 12-18 Salisbury Street NW8 8DE

When: Tuesdays, 1pm - 3pm

Duration: 10 weeks

Start date: 10th Jan

Best for: Parents of 2-12 year olds looking for tools and techniques to parent more effectively.



'After being on the course I am calmer and more controlled when dealing with misbehaviour. Life is calmer and more consistent'

Parent on Triple P 0-12 group course

In person group

Non-Violent Resistance (NVR)

Non-violent resistance (NVR) addresses violent, destructive and harmful behaviours in children and adolescents. NVR can help parents and carers overcome their sense of helplessness. It can help develop a support network that will stop violent and destructive behaviours both in and out of the home. It can improve relationships between family members and the outside world.

"Better than any course I have done before" Parent completed NVR course

In person group

Circle of Security

The course aims to help you to understand and respond to your child's needs, support your relationship with your child, improve your child's self-esteem and be a confident parent.

Circle of Security Parenting Groups are designed to give parents 'a map' for understanding bewildering behaviour and responding to their children's emotional needs. Research shows that parents who are able to do this in a loving and consistent way give their children an amazing start in life.

At a glance...

Non-Violent Resistance (NVR)

Delivered: In person

Venue: Portman Family Hub, 12-18 Salisbury Street NW8 8DE

When: Wednesdays, 10:00-12:00

Duration: 10 weeks

Start date: 11th Jan

Best for: Parents of older children and teenagers who are displaying challenging behaviour

At a glance...

Circle of Security

Delivered: In person

Venue: Bessborough Family Hub, 1 Bessborough St, London SW1V 2JD

When: Thursdays, 10:00-12:00

Duration: 8 weeks

Start date: 12th Jan

Best for: Parents of children aged 0-5 years

*To book a place on a course or to find out more, please contact the Parenting Team:
earlyhelpparentingteam@westminster.gov.uk*

In person

Freedom Programme

This course is for women who are experiencing or have experienced domestic abuse in their past or present relationship.

It is a support group that helps women to deal with their situation in a confidential and safe environment. It also aims to help women understand and recognise potential unhealthy relationships and signs of abusive behaviour.

"The Freedom Programme has had a very positive impact on my life."

In Person



Freedom Forever

The programme is run in 10 sessions. Sessions are mostly led in discussions around the survivors lives after the perpetrator is no longer living with them. Questions asked during the sessions are intended to provoke reflection and to help users search for information on the internet.

Topics discussed during the sessions are:

- New Relationships - How we may behave after escaping from an abusive partner
- Initiating Change - Who are we as women?
- Assertiveness - Are we in control of our own lives?
- Practical Solutions - How much do you know?
- Developing New Networks - How do you make new friends?
- Support Networks - Legal Remedies
- Before & After - Remind ourselves why we left
- Parenting - behaviours our children will exhibit based on the behaviour of the dominator
- Safe Dating - What will be seen online?
- Final Thoughts - Every day I will tell myself that I am absolutely fine just the way I am.

At a glance...

Freedom Programme

Delivered: In person

Venue: Queen's Park Children's Centre, 88 Bravington Road, London, W9 3AL

When: Tuesdays, 10:00-12:00

Duration: 8-11 weeks

Start date: 10th Jan

Best for: Female victims and survivors of Domestic Violence

At a glance...

Freedom Forever

Delivered: In person

Venue: Bessborough Family Hub, 1 Bessborough St, London SW1V 2JD

When: Fridays, 10:00-12:00

Duration: 10 weeks

Start date: 13th Jan

Best for: Female victims and survivors of Domestic Violence who have attended the Freedom Programme or attended and completed a group

Contact: Parenting team at earlyhelpparentingteam@westminster.gov.uk for more information.

To make a referral: Contact Valbona Preniqi, Domestic Abuse Coordinator
vpreniqi@westminster.gov.uk
07971092567 or
earlyhelpparentingteam@westminster.gov.uk

In person

Who's In Charge?

Who's In Charge is an eight week Programme for parents who have experienced child to parent violence or abuse.

The Programme will enable parents or carers to reflect on their responses and beliefs

- Develop a calm response
- Take action, in seeking adequate support
- Collaborate, plan and implement strategies to deal with the behaviours
- Engage with other parents in the group

"The course was very encouraging and led in a non judgmental way which made it easy to engage with the content"

In person support group

KidsTime Workshop

Westminster KidsTime Workshops are fun groups for children and young people aged 5-18 and their parents / carers, where a parent or carer in the family has a mental illness. They offer a safe, non-judgemental place where families can come together to talk and learn about mental illness.

The workshops aim to:

- Help children and teens to make sense of how it feels when a parent is unwell, share worries and ask questions about mental illness
- Helping parents to cope with the stress of being a parent while also managing mental health problems
- Helping families to talk together about problems and solutions
- Providing an opportunity to meet other families who might be in similar situations

At a glance...

Who's in Charge?

Delivered: In person

Venue: Queen's Park Children's Centre, 88 Bravington Road, London, W9 3AL

When: Wednesdays, 13:00-15:00

Duration: 8 weeks

Start date: 11th Jan

Best for: Parents who have experienced child to parent violence or abuse



At a glance...

KidsTime Workshop

Delivered: In person

Venue: St Vincent's Family Project

When: 3rd Wed of each month, 17:30-19:30

Duration: Ongoing support group

Start date: 11th Jan

Best for: Families where a parent has a mental illness with children aged 5-18

Self-guided Resource

One Plus One Relationship Support



A new digital programme for parents to work through online at their own pace. Through a combination of videos and exercises these programmes will support you to improve your relationships with a partner or ex-partner.

There are three different programmes available:

- Me, You and Baby Too - for new parents
- Arguing Better - for parents experiencing stress and conflict
- Getting it Right for Children - for separating or separated parents

In person and online

Individual Support

We offer a limited number of spaces for one to one parenting support with one of our practitioners. We can deliver programmes individually as a part of a family plan, alongside a Lead professional.

Referrals for one to one support are therefore only accepted from professionals working with a family, such as Social Care, Early Help or CAMHS. Places are limited and allocated if agreed following a consultation with the professional and parent.

At a glance...

One Plus One
Relationship Support

Delivered: Self-guided online

Best for: Parents experiencing conflict or stress in their relationship with a partner or ex-partner. In particular:

- New Parents
- Parents in a relationship
- Separated parents

Contact: Parenting team at earlyhelpparentingteam@westminster.gov.uk for more information

At a glance...

Individual Support

Delivered: in person and / or online

Duration: 4-6 weeks

Best for: Parents who need additional support and are already working with a professional including a Social Worker, Early Help Practitioner or CAMHS Practitioner

To make a referral: Contact earlyhelpparentingteam@westminster.gov.uk

Video Interaction Guidance (VIG)



Individual Support

Video Interaction Guidance (or VIG) is an intervention that aims to promote positive relationships between people (usually parent/carer and child)

- It involves video recording interactions between parents and children followed by discussions about it
- It helps you to recognise what you are already doing well as a parent and supports you to build new skills

When you first meet with your VIG practitioner, you will set some goals for change. This is often the first step in moving towards a better future with your family.

The VIG practitioner will then arrange to meet with you and your child to take a short video (about 10 minutes). This is often in your own home but may be wherever you both feel most relaxed.

Your VIG practitioner will then look at the films and pick out successful moments to show to you the next time you meet. VIG looks at building on strengths so the film will show what is working well.

At a glance...

Video Interaction Guidance

Delivered: Individual support - in person

Duration: Dependant on need - You usually meet for several 'VIG cycles' of videoing, followed by a shared review, to discover more about your child and about yourself as a parent. However, this is flexible and can be decided between you and your VIG practitioner

For more information or to sign up contact:
earlyhelpparentingteam@westminster.gov.uk

Parenting programmes delivered by our partners

In person group

Fathers for Futures - Strengthening Families, Strengthening Communities

Fathers for Futures is an inclusive parent programme to help enhance father/child relationships and raise happy confident children. The programme is for fathers and male carers of children ages 0 – 18 years old in Westminster from any background.

Using the popular 'Strengthening Families Strengthening Communities' parenting programme the course is delivered by Future Men, a multi-award-winning specialist charity that supports young people, boys and men (see www.futuremen.org for more details).

The programme runs for 3 hours a week for 13 weeks. A meal is provided and we may be able to provide free childcare.

The course will help you to:

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Gain confidence and communication skills
- Understand your child's development
- Recognise and value your family and cultural traditions
- Meet other fathers and share ideas

All groups end with a celebration and you will receive a certificate and a parent manual.



At a glance...

Fathers for Futures

Delivered: In person

Venue: Portman Family Hub, 12-18 Salisbury Street NW8 8DE

When: Thursdays, 17.30 to 20.30

Duration: 13weeks

Start date: 5th January 2022

Best for: Fathers or male carers of children aged 0-5 years

To book your place complete the form here:
<https://futuremen.org/fathers-for-futures/>
or for more information contact
Ahmed Abd-Elghany:
a.abd-elghany@futuremen.org
or call: 07757212131

Parenting programmes delivered by our partners

In person and online

For Baby's Sake

For Baby's Sake is a programme for expectant parents that takes a whole-family approach, starting in pregnancy and dealing with the entire cycle and history of domestic abuse, identifying and directly addressing any past trauma that lies at the heart of the issue.

It usually continues until the baby is two, covering the important time when a child's brain is developing and bonds are forming. We focus on attachment via our Video Interaction Guidance work.

Both parents join For Baby's Sake, whether or not they are a couple. Each has their own different practitioner.

Our way of working provides the time, space and support for parents to tackle often complex and daunting issues from their own lives.

The work with each parent includes a focus on the overall wellbeing and development of the baby and any other children.

Practitioners also work closely with each other and with multi-agency partners to safeguard the child and manage risks within each family member's journey.



At a glance...

For Baby's Sake

Delivered: In person and online

Venue: In person TBC, Online via Microsoft Teams

When: TBC

Start date: TBC

Best for parents who:

- *Want to change the behaviours that sometimes cause hurt or fear in their relationship and family.*
- *Want to co-parent their baby, even if they're not a couple or don't live together.*
- *Might have experienced significant difficulties in their own childhood and want a better start for their baby.*
- *Are expecting a baby (ideally before 28 weeks of pregnancy) and are over 17 years of age.*

For more information or to sign up contact:

earlyhelpparentingteam@westminster.gov.uk