

PARENT CONNECT

Supporting Newham Families

8th October 2021 Edition

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[CAMHS Wellbeing
Workshops](#)

Hi everyone! We hope you have had a good week 😊

If you would like to receive this newsletter direct to your email, every Friday, you can [Sign up for Parent Connect](#)

Have a wonderful weekend!
Early Help Partnership

DICE Places still available!

[BOOK YOUR PLACE](#) at the **DICE Parenting Support Programme**,
Page 18

"One of her other friends had gone missing, and they asked who my daughter had been with and she told them and they said these men are possible groomers, I was so naive that I didn't even know what a groomer was"

"We thought he was just being a typical teenager spending time on his computer and phone. We didn't know that he was being recruited into crime"

Newham Family Support Sessions - Early Help Partnership Team

Romanian

BSL

[Supporting Parents](#)

[Supporting Parents](#)

[Supporting Children](#)

[Supporting Children](#)

[Supporting Teenagers](#)

[Supporting Teenagers](#)

[Supporting Children
and YP with Additional
Needs](#)

[Supporting Children and
YP with Additional
Needs](#)

[Taking Care of Yourself](#)

More to come!

[Immigration Support](#)

[Keeping Safe in the
Community](#)

[Keeping Safe Online](#)

Urdu and Punjabi coming soon!



Playlist:

https://www.youtube.com/playlist?list=PLfBuvuA_uMZIS5U9HlxG0QpjwtEJ98zQ



Newham Family Support Workshop – Supporting Parents during the Pandemic – Translated in BSL

Open Conversation – Romanian Group

Newham Romanian Parents and Carers are invited to join this discussion group.

More community discussion groups are coming soon, watch this space!

A poster for an 'Open Conversation' event for the Romanian community in Newham. The poster features a colorful background with large, overlapping circles in shades of blue, yellow, orange, and green. At the top, a speech bubble contains the text 'Translated Live in Romanian'. Below this, the words 'OPEN CONVERSATION' are written in large, bold, blue capital letters. The main text on the poster is organized into three columns. The left column states that Newham Romanian Parents and Carers are invited to join a discussion group. The middle column explains that the event will be a safe space for parents and carers to connect and share experiences, and that it will be facilitated in English with a live Romanian speaker. The right column provides the date and time (Thursday, 25 November 2021, 12:30 - 14:00 GMT) and a link to book a place on Eventbrite. At the bottom left, it says 'WE ARE NEWHAM.' and at the bottom right, it says 'People at the Heart of Everything We Do'.

[Book your place!](#)

**Tradusa in
Romaneste**

CONVERSATIE DESCHISA

**Parintii si ingrijitorii
rezidenti in Newham**
sunt invitati sa se alature
acestui grup pentru
discutii informative

Acesta este un spatiu sigur in care parintii si ingrijitorii din comunitatea romaneasca se pot conecta unii cu ceilalti si pot impartasi experientele ca parinte sau ingrijitor rezident in Newham.

Grupul va fi facilitat in Engleza dar cu un traducator roman ce va traduce conversatiile in timp real pentru vorbitorii de limba romana din acest eveniment.

Data si orele:
joi, 25 Noiembrie 2021
12:30 – 14:00 GMT

[Programa-ti-va online
pe Eventbrite!](#)

WE ARE NEWHAM.

People at the Heart
of Everything We Do

GR8 Day 2 Play

For SEND Young People
aged 0-25

Saturday 23rd October 12:00-18:00

Click the below link for more info and to
book your place!

<https://tinyurl.com/LBNGr8Day2Play>

For SEND young people aged 8 - 25

Free

GR8 DAY 2 PLAY

**Saturday
23rd October
12:00 - 18:00**

**Newham
Leisure Centre
281 Prince Regent Ln
E13 8SD**

GR8 Day 2 Play

Ever wondered what sports & leisure activities are on offer for SEND young people in Newham?

Come and try out some sports taster sessions such as indoor rowing, wheelchair basketball, Boccia, indoor archery, multi-sports & swimming.

There will also be information stalls about other services, opportunities to have your say about important issues that effect SEND young people in the borough, as well as a relaxation and sensory space.

YOU TH
EMPOWERMENT

Click on the link for more information about the day and to book places
<https://tinyurl.com/LBNGr8Day2Play>


Newham London
active
newham



Therapeutic Workshops

We are excited to launch another round of online therapeutic workshops. We welcome **all young people and families in Newham** to our workshops. They can be open to CAMHS, but **do not need to be open to CAMHS** to access the workshops and can sign up directly on Eventbrite.

We have upcoming workshops on topics such as:

- *Managing anger (13th October)*
- *Managing conflict and arguments with teens (27th October)*
- *Sleep (10th November)*
- *Managing mood (8th December)*


A poster for 'Therapeutic Workshops' by Newham CAMHS. The poster has an orange background with a repeating pattern of white crescent shapes. At the top left is a logo with overlapping colored circles and the text 'well being #take care'. At the top right is the NHS East London NHS Foundation Trust logo. The title 'THERAPEUTIC WORKSHOPS' is in large, bold, orange letters. Below the title, it says 'Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.' At the bottom, it says 'FOR MORE INFO, DATES & TO SIGN UP: visit https://tinyurl.com/yxzmha8q or google "newham CAMHS workshops"'. There is a QR code at the bottom center with the text 'SCAN ME' below it.

THERAPEUTIC WORKSHOPS

Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

FOR MORE INFO, DATES & TO SIGN UP:
visit <https://tinyurl.com/yxzmha8q>
or google "newham CAMHS workshops"


SCAN ME

Book your place:
<https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

Parent Childcare Survey 2021

Newham's annual parent childcare survey is now live at www.newham.gov.uk/childcareparentsurvey2021

Newham Council wants to hear from parents about their experience of childcare and what their needs and preferences are. This helps us shape services to meet residents needs.

Participants completing the survey can also opt in to get information about help with childcare costs and be entered into a draw for £ 100 of shopping vouchers.

The survey is open until **Friday 3rd of December**



Newham Parent Childcare Survey 2021

www.newham.gov.uk/childcareparentsurvey2021

RSBC Connecting Families Online Sessions are back!

Join us for our online sessions facilitated by
our team of RSBC Family Practitioners

Click here to register:
familiesfirst@rsbc.org.uk



**Connecting
Families
Online**

**Our monthly evening group session for parents and carers of
vision impaired children and young people (0-25 years) returns!**

Join us for our online sessions facilitated by our
team of RSBC Family Practitioners.

What to Expect

- Peer support
- Empowering each other
- Learning about and understanding mental health and well-being
- Sharing knowledge and experience
- Discussing the challenges of raising a child with a vision impairment
- Open advice forum – no question is too big or small

**"I have enjoyed listening to other parents talk about their
children and to know that they are experiencing the same
thoughts and feelings that I was when my child was younger"**
– parent participant feedback

**Next online session:
'VI children and support
in school'**

**Tues 19th October
19.30 – 21.00**

Click here to register: familiesfirst@rsbc.org.uk



RSBC New Sessions!



Royal Society for Blind Children

Red Font = face to face

Black Font = online

Connecting Families

VI Children and Support in Schools

Following our successful pilot last academic year, we're pleased to launch the first of our online dates for this coming academic year. Please join us for our next session of Connecting Families Online. Are you getting the right support for your child in school? Are you not sure if you need to apply for an EHCP? How do you get the best out of school to work with your child's needs? Join our experienced Family Practitioners and other families of children and young people with a vision impairment to discuss and share EHCP experiences, tips and suggestions, challenges and celebrations. Please email familiesfirst@rsbc.org.uk to register and a Teams invite will be sent on the day to join the evening session.

Siblings Wellbeing Session

RSBC's Families First team is excited to be launching new online sessions for the brothers and sisters of children and young people with a vision impairment. These sessions will provide space for siblings to connect with each other, share experiences and have fun. To sign up or for more information, please contact Ellie at ellie.familiesfirst@rsbc.org.uk

Supper Club Celebration

Now that we are delivering face to face, we will be holding a celebration event for young people who took part in our RSBC Supper Club! If you did not take part in Supper Club, you can still come along and take part in the event, socialise, meet new people and friends and as we now have our re-vamped Supper Squad you are more than welcome to sign up and join them going forward! If you love food, having a great time, getting to know the team and your peers this is the event to be at! If you would like sign up or need more information please contact Jelani.banks@rsbc.org.uk

October Half Term

• Gaming Session

Join us as we will play a variety of interactive online games suitable for all levels of gamers.

• Stubbers

Gear up and get outside! We're taking a day trip to the Stubbers Adventure Centre in Ockendon! Here at the ultimate adventure centre, there is something for everyone. We'll be chasing the excitement across land and water with exciting attractions like climbing, boating and other skill-building activities! If you are interested in signing up or would like more information, please contact enquiries@rsbc.org.uk or check out our website.

• Merton Vision and RSBC – Family Fun Day

We are back in action with Merton Vision, and we have put together an exciting Family Fun Day! From multi-sports to fun interactive and engaging games and activities for all ages, there will be something for everyone! Come along with your friends and family and meet new people. We look forward to seeing some returning faces and new ones! If you would like to meet new people and have a great time, this is the place to be! If you are interested in signing up or would like more information, please contact enquiries@rsbc.org.uk or check out our website.

• Cooking

We have had successful cooking sessions on our screen over the last few months, and now it is only right that we are back in person, cooking together as an RSBC Family! If you are interested in brushing up on your cooking skills, or wanting to learn how to cook up some flavour packed food this is the session to be at! If you are interested in signing up or would like more information please contact enquiries@rsbc.org.uk or check out our website.



Royal Society for Blind Children

RSBC October Programme of Activities

Go to our website for more
information:
<https://www.rsbc.org.uk/calendar-of-activities/>

October Programme of Activities

Orange Font = Face to Face
Black Font = Online

Week 1					
Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
				Assistive Tech, 3pm - 5pm	Creative 8 - 25yrs 10am - 1pm
Week 2					
Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
Assistive Tech 3pm - 5pm Audio Book Club 11 - 25yrs 5pm - 6pm	Creative 8 - 25yrs 5pm - 6pm	Siblings Wellbeing Session 4:30pm - 5:15pm Audio Book Club 11 - 25yrs	NO ACTIVITY	* Assistive Tech, 3pm - 5pm	HAWB Work Out 8 - 25yrs 11am - 11:45am Supper Squad 8 - 15yrs 12pm - 1pm

		5pm - 6pm Youth Forum (CLOSED GROUP) 5:30pm - 7pm			
Week 3					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16
<ul style="list-style-type: none"> * Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm 	<ul style="list-style-type: none"> * Sisterhood 11 - 25yrs 5pm - 6pm 	<ul style="list-style-type: none"> * Siblings Wellbeing Session 4:30pm - 5:15pm * Sensory Story Time 0 - 8yrs 1pm - 2pm * Audio Book Club 11 - 25yrs 5pm - 6pm 	<ul style="list-style-type: none"> * Creative 8 - 25yrs 5pm - 6pm 	<ul style="list-style-type: none"> * Parents Assistive Tech, 3pm - 5pm 	<ul style="list-style-type: none"> * Pan London HAWB 8 - 25yrs 10am - 1pm * Creative 8 - 25yrs 10am - 1pm
Week 4					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23
<ul style="list-style-type: none"> * Assistive Tech 3pm - 5pm * Audio Book Club 11 - 25yrs 5pm - 6pm 	<ul style="list-style-type: none"> * Connecting Families Online 7:30pm - 9pm 	<ul style="list-style-type: none"> * Siblings Wellbeing Session 4:30pm - 5:15pm * Audio Book Club 11 - 25yrs 5pm - 6pm 	<ul style="list-style-type: none"> * Supper Squad Celebration Event 16 - 25yrs 5pm - 7pm 	<ul style="list-style-type: none"> * Assistive Tech, 3pm - 5pm 	<ul style="list-style-type: none"> * Tower Hamlets HAWB 8 - 25yrs 10am - 12pm * Creative 8 - 25yrs 10am - 1pm

Week 5 October Half Term Week					
Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
<p>Creative Rehearsals (CLOSED GROUP)</p> <p>* Gaming Session 1pm - 3pm 8 - 25yrs</p> <p>* Assistive Tech 3pm - 5pm</p> <p>* Audio Book Club 11 - 25yrs 5pm - 6pm</p>	<p>Creative Rehearsals (CLOSED GROUP)</p> <p>* Stubbers Adventure Centre 8 - 25yrs All Day</p> <p>* Sisterhood 11 - 25yrs 5pm - 6pm</p>	<p>Merton Vision & RSBC Family Fun Day All Ages 10:30am - 3:30pm</p> <p>* Siblings Wellbeing Session 4:30pm - 5:15pm</p> <p>* Sensory Story Time 0 - 8yrs 1pm - 2pm</p> <p>* Audio Book Club 11 - 25yrs 5pm - 6pm</p>	<p>Creative Rehearsals (CLOSED GROUP)</p> <p>* Cooking Workshop 12 - 25yrs 11am - 3pm</p>	<p>Creative Rehearsals (CLOSED GROUP)</p> <p>* Parents Assistive Tech, 3pm - 5pm</p>	<p>AQA Celebration Ceremony (Invite Only)</p>



Links Studios - Youth Music Studio Project

Community Links are delighted to announce that our brand-new dedicated recording studio - Links Studios - is now open and ready to begin working with and welcoming young people & youth organisations.

As part of our youth studio offer, young people aged 11 – 19 can access free positive and meaningful activities while channeling their curiosity, passion and energy through creative activities.

Our state-of-the-art production facility offers a fun, safe and enriching entry point experience to a professional recording studio.

The youth programme will enable young people's voices to be heard while giving young people the opportunity to explore their interests, develop their skills and network with other young people across the following dedicated workshops & sessions.

- Music production * Vocal recording * Podcasting * Music producers club * The Choir * The cypher * Are you a musician

Young people who join any session as part of the youth programme can receive guided 1-1 & group coaching to support their personal development & growth, through improving wellbeing, resilience & confidence building and supporting the development of new & transferable skills

**WANT FREE STUDIO
TIME FOR YOUR
NEXT CREATIVE
PROJECTS? 11-19yrs**

**MUSIC PRODUCTION VOCAL WORKSHOPS
RECORDING STUDIO PODCASTING
LIVE MUSIC JAMMIN**

SIGN UP & BECOME A MEMBER

FILL IN OUR REGISTRATION FORM AT

<https://www.community-links.org/youth-employment/links-studios>

**WEEKLY SESSIONS & WORKSHOPS
PLACES ON A FIRST COME FIRST SERVE BASIS
EACH DAY**

**Limited spaces available
ENROLMENT THROUGHOUT 2021-2022**



**WHAT MUSIC COULD
YOU MAKE WITH
NO LIMITATIONS?**



links Studios

SCAN THIS CODE & BECOME A MEMBER



BY KIND PERMISSION OF MUSIDOR R.V

links Studios

ALL SESSIONS & WORKSHOPS ARE FREE

**TUESDAY
3PM - 7PM
MUSIC PRODUCTION
VOCAL CYPHER**

**WEDNESDAY
3PM - 7PM
VOCAL RECORDING
MUSIC PRODUCTION**

PODCASTING BOOKING ONLY*

**THURSDAY
3PM - 7PM
MUSIC PRODUCTION
CHOIR WORKSHOP**

**FRIDAY
3PM - 7PM
MUSIC PRODUCTION
LIVE JAMMING**

PODCASTING BOOKING ONLY*

EMAIL

links.studios@community-links.org

CALL:TEXT:WHATSAPP

Joelle 07739 687521

Amanda 07545421861

VISIT US

**105 Barking Road, Canning Town
E16 4HQ**

0207 473 2270

Registered Charity Number 1124127

Headstart Peer Parenting Sessions

It is clear that this pandemic is having an impact on us beyond 2021. As we continue to adjust and readjust, parents have found it helpful to come to a safe space to share strategies to build resilience.

We are ready to begin recruiting for both our online and face to face **Being a Parent group** which commence this week. The e-flyer is attached, and we will be running 4 groups, 1 which will be delivered in Urdu.

The Being a Parent Group is a weekly space for parents with children aged 9-16 to come together sharing experiences and learning tried and tested approaches that can help us navigate this difficult time. Many parents have already benefited from this course, and we want to reach as many parents (and grandparents, aunts, uncles, carers too) as possible.



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES





Being a Parent Course

A free course for parents of children aged 9 to 16 years

Delivered digitally via video call app called zoom OR
in a safe community setting following government guidelines.

Delivered for Parents by Parents

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children. You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Learn new ways to communicate with your children, celebrate successes and solve problems together
- Create a calm and peaceful family life

Comfort breaks will be built in to the course

Course Details:

Tuesdays (On Zoom)	Wednesday Canning Town Community Library	Thursdays (On Zoom)	Thursdays Canning Town Community Library (Delivered in Urdu)
Start: 28th Sept 2021 End: 30th Nov 2021 Time: 10am–12pm	Start: 6th Oct 2021 End: 8th Dec 2021 Time: 12pm–2pm	Start: 30th Sept 2021 End: 2nd Dec 2021 Time: 6–8:00pm	Start: 23rd Sept 2021 End: 25th Nov 2021 Time: 10am–12pm

To sign up for the course, please follow the link below:
<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

For more information and support, please follow us on Facebook, Twitter and Instagram
 @HeadStartNewham

You can still contact us Monday–Friday from 9am–5pm on the following details:
headstart.programmeteam@newham.gov.uk






Headstart Peer Parenting Sessions

All parents will need to **register for a place** as the group has limited capacity. Parents can sign up via the link on the flyer or

<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

We have a short video about our groups which can be viewed here

<https://www.youtube.com/watch?v=eAV-db8TJVA&feature=youtu.be>

Being a Parent Course (for parents/carers with a 9 -16 year old)



Each week the group looks at different topics related to your relationship with your child/ren including:

Being a Parent	Parenting skills and Listening skills
The good enough parent Taking care of ourselves	Communication and listening
Feelings	Valuing your child
Expressing and acknowledging feelings	Using descriptive praise to change behaviour
Understanding conflict, negotiation and problem ownership	Quality Time
Negotiation skills Choices, consequences and sanctions	Building your child's self esteem What is it like to be a young person in Newham
Understanding children's behaviour	Stress management, Review and Ending
Exploring needs of your child and their behaviour Discipline and household rules Family meetings	Coping with stress Reviewing your learning and celebration

For more information and support, please follow us Facebook, Twitter and Instagram @HeadStartNewham
You can also visit our website www.headstartnewham.co.uk

You can still contact us Monday–Friday from 9am–5pm on the following details:

headstart.programmeteam@newham.gov.uk



DICE Parenting Programme

DICE is a **4 week Parenting Support Programme**

It provides families with **information, advice** and **support** that can help them to provide a safe and protective environment for their child or young person

Each session will be **relaxed** and **informal**, with a **variety of activities, discussions** and **videos**. There will be a maximum of **12 parents/carers**, providing an ideal opportunity to meet others in similar situations and to share experiences. The programme will take place **virtually** until further notice.



[Sign up to DICE!](#)

Course 1 (Weds, 10-12pm), 8th, 15th, 22nd and 29th September 2021 **(FULL)**

Course 2 (Weds, 6-8pm), 29th September, 6th, 13th and 20th October 2021 **(FULL)**

Course 3 (Tues, 10-12pm), 2nd, 9th, 16th and 23rd November 2021 **(SPACES AVAILABLE)**

Course 4 (Mon, 6-8pm), 10th, 17th, 24th and 31st January 2021 **(SPACES AVAILABLE)**

Session 01-Introductions and thinking about the life of a teenager

Session 02-Exploitation and the grooming process

Session 03-Digital Dangers

Session 04-Parenting top tips & support networks

Exploitation & The Grooming process

Digital Dangers

Parenting Top Tips & Support Networks

The Teenage Brain

Reporting Indecent Images

Children and the **Internet Watch Foundation** (IWF) have launched a new tool which allows children and young people, or trusted adults on their behalf, to report a nude image or video of themselves so that the IWF can take steps to remove it from the internet.

You can report an image/video that hasn't been uploaded or shared. The IWF will assign a 'hash' to prevent the image being uploaded by anyone.

Image hashing is the creation of a unique digital description/copy of an image that can be used by the image being uploaded or shared, and prevent that action from asking place.

- Information from the IWF
<https://iwf.org.uk/news/new-tool-empowers-children-and-young-people-stop-spread-nude-images-online>
- Childline reporting tool, Report Remove –
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>