

Parenting & Adult Education Directory



Welcome:

As part of the Early Help, Children and Families Service, the Parenting and Adult Education (PAE) teams work is to coordinate courses, programmes and employment pathways for families with children pre-birth – 19 years old (25 years old for children with SEND). We focus our offer on enabling Early Steps into Parenting and Education which includes:

- ✚ Increasing parenting capacity and knowledge
- ✚ Access to education and training
- ✚ Employability & good job opportunities

We offer access to a variety of courses and programmes which are delivered at your local Children and Family Centre on a termly basis, where this is not possible we have outlined pathways and support in accessing the programmes directly with the provider. Further information on this is outlined below.

We work with a range of different training providers and organisations for which there is an eligibility criteria. Further information on this is available in the [How to apply](#) section.

Exclusive to our service, our offer includes crèche provision on site which means you can bring your child and leave them with the creche team whilst you learn. It is important to note that spaces are limited and provided on a first-come first-served basis.

This directory outlines in detail the programmes and courses on offer, course content, time and duration of programmes and how to apply. If however you need further information please speak to a member of staff at your local Children and Family Centre.

Eligibility & How to Apply:

All our courses and programmes are **Free** if you have lived in Tower Hamlets for the last 3 years or more, are registered with a Children and Family Centre, Unemployed on Benefits or if your household income is less than £21,157.50 per annum. Further information on this is available in the [How to apply](#) section.

Parenting & Adult Education Team

Early Help, Children and Family Service

Parenting Programmes:

Below is a list of information for all scheduled parenting programmes due to be delivered at your local Children and Family Centre. If you would like to apply for any of the programmes, please follow the instructions on the [How to apply](#) section.

Programme:	Delivery Type:	Venue:	Crèche:	Duration:	Start Date:	Session Day & Times	End Date:
<u>Understanding Autism</u>	Classroom	JS - CFC	Yes	12 Weeks	26 th April 2022	Tuesdays 9:30am-2:30pm	19 th July 2022
<u>*Positive Change</u>	Classroom	JS - CFC	Yes	12 Weeks	21 st April 2022	Thursdays 10:00am-12:00pm	14 th July 2022
<u>Managing Challenging Behaviour</u>	Classroom	OG - CFC	Yes	12 Weeks	29 th April 2022	Fridays 9:30am-2:30pm	22 nd July 2022
<u>Children & Young Peoples Mental Wellbeing</u>	Classroom	OV - CFC	Yes	12 Weeks	25 th April 2022	Mondays 9:30am-2:30pm	18 th July 2022
<u>*Change for Good</u>	Classroom	MO - CFC	Yes	8 Weeks	11 th May 2022	Wednesdays 10:00am-12:00pm	6 th July 2022
<u>*Change for Good</u>	Classroom	OV - CFC	Yes	8 Weeks	12 th May 2022	Thursdays 10:00am-12:00pm	7 th July 2022
<u>*Change for Good</u>	Classroom	AP - CFC	No	8 Weeks	10 th May 2022	Tuesdays 10:00am-12:00pm	5 th July 2022
<u>*Incredible Years</u>	Classroom	OC - CFC	Yes	12 Weeks	30 th March 2022	Wednesdays 10:00am-12:00pm	20 th July 2022
<u>Triple P</u>	Classroom	OG - CFC	Yes	6 Weeks	9 th May 2022	Mondays 10:00am-12:30pm	4 th July 2022

*Please note when booking onto these parenting programmes, you will be advised to complete a Provider Referral Form subject to meeting the eligibility criteria. Further information is available on the [How to apply](#) section.

Parenting Programmes:

Below is a list of information for all scheduled parenting programmes due to be delivered at your local Children and Family Centre. If you would like to apply for any of the programmes, please follow the instructions on the [How to apply](#) section.

Programme:	Delivery Type:	Venue:	Crèche:	Duration:	Start Date:	Session Day & Times	End Date:
<u>*Mums Matter</u>	Classroom	CW- CFC	Yes	6 Weeks	19 th April 2022	Tuesday 10:00am-12:00pm	24 th May 2022
<u>*Mums Matter</u>	Classroom	IOD- CFC	Yes	6 Weeks	7 th June 2022	Tuesday 10:00am-12:00pm	12 th July 2022
<u>First Aid</u>	Classroom	CS- CFC MA- CFC MG-CFC JS- CFC	Yes	1 Day	-	TBC	-
<u>Safer Together & Healthy Relationships</u>	Classroom	OC – CFC	Yes	4 Weeks	16 th June 2022	Thursdays 10:00am-12:00pm	7 th July

Parenting Programmes: *continued...*

The information provided below gives you a brief overview on each programme. This is to enable you to decide which programme is best suited for you to apply for, based on your needs.

Programme:	Duration:	Learning Hours:	Course Content:
Positive Change	12 Weeks	3 hours per week.	Programme is for mothers who have experienced domestic abuse. It supports mums to build on their relationship with their children. Raise awareness of conflict within their home. Classes will give mothers the opportunity to meet and share with other mums who have had similar experiences. You will explore the impact of conflict and strengthen the bond between you and your family.
Strengthening Families Strengthening Communities (SFSC)	13 Weeks	3 hours per week.	Programme is for parents with children 0-18 years old and is designed to promote effective behaviour management with children. As well as encouraging community involvement with parents. You will learn new skills for communicating with children. You will discuss and practice positive discipline and setting boundaries. You will explore ways to reduce conflict and challenge behaviour. You will also learn about child development.
Understanding Autism	12 Weeks	4 hours per week.	Programme is for all parents who wish to increase their knowledge and understanding of autism. You will learn what autism means and how it is diagnosed. Understand the characteristics that may be present in people with autism. Learn about conditions that commonly co-occur with autism and understand common misconceptions surrounding autism.
Incredible Years	12 Weeks	3 hours per week.	Incredible Years programme aims to strengthen the relationship and bond between the parent and the child, improve parent - child interaction, reduce behavioural difficulties through increasing the use of positive parenting and behaviour management strategies and build and promote the child's social and emotional skills
Managing Challenging Behaviour	12 Weeks	4 hours per week.	Programme looks at behaviour that challenges. Learn how to support positive behaviour. You will learn the importance of effective communication and management of challenging behaviour. Understand how to support those involved in incidents of challenging behaviour.
Made of Money	4 Weeks	2 hours per week.	This workshop covers topics on how to spend and save money and explores how to manage debt and the different types of finances.

Parenting Programmes: *continued...*

Programme:	Duration:	Learning Hours:	Course Content:
Mums Matter	6 Weeks	3 hours per week.	Programme aimed at any mother who has become unwell with mental health during the post-natal period. This programme is early intervention care for those in need teaching them resilience and ways to manage their wellbeing and development. CBT techniques are used as part of each session.
Safeguarding & Prevent	12 Weeks	3 hours per week.	The purpose of this qualification is to increase learner's knowledge and awareness of their duty and safeguarding. This includes online safety. By completing this qualification, learners will develop knowledge of safeguarding in an environment where they have a duty of care.
Children and Young Peoples Mental Health	12 Weeks	3 hours per week.	If you want to learn about mental health issues to support children and young people that you work with, or those you care for in your own life, this course is perfect for you. IT will teach you about supporting children and young people's mental health and emotional well-being. You will learn about issues facing children and young people like depression, anxiety and conduct disorder, as well as factors that affect their mental health and the impact mental health problems can have on them and their
First Aid	2 Weeks	3 hours per week.	This is a non-accredited paediatric first aid course which covers various kinds of serious injuries and how to assess them before getting medical attention. Choking, CPR, head trauma, bleeding and broken bones are some of the topics covered.
Change for Good	10 Weeks	2 hours per week.	These courses are for people who would like to learn to cook healthy, tasty, and budget friendly meals using minimum equipment. The different workshops touch on cultural differences, sharing good practice and advise on how to improve standards of health at home. If you have little or no cooking experience, you will learn basic techniques. There will be many resources for you to access recipes, nutritional and health related information.
Triple PPP	6-9 Weeks	3 hours per week	Programme is for parents of children between the ages 1–12-year-old. Classes enable parents to share common concerns about their parenting and deal with their children's behaviour. You will learn effective positive parenting strategies, gain skills to manage common child behaviours and issues, learn how to understand and promote your child's development and gain support from other parents.
Safer Together & Healthy Relationships	4 Weeks	2 Hour	This workshop explores the types of and risk factors of domestic violence and abuse, the physical and psychological effects and the behaviours displayed by an abusive person. It explores what is a healthy relationship, what is the impact of domestic violence on survivors and their children. We discuss the help seeking process and support range for survivors.

Adult Education:

Below is a list of information for all scheduled adult learning courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions on the [How to apply](#) section.

Course:	Delivery Type:	Venue:	Crèche:	Duration:	Assessment Date:	Start Date:	Session Day & Times:	End Date:
*Childcare L1	Classroom	MO-CFC	No	10 Weeks	28 th April 2022	5 th May 2022	Thursdays 9:30am-2:30pm	14 th July 2022
*Childcare L2	Classroom	CS-CFC	No	12 Weeks	28 th April 2022	5 th April 2022	Thursdays 9:30am-2:30pm	21 st July 2022
*Heath & Social Care L1	Classroom	CW - CFC	No	10 weeks	28 th April 2022	5 th April 2022	Thursdays 9:30am-2:30pm	14 th July 2022
*Business Admin L1	Classroom	MO- CFC	No	10 Weeks	29 th April 2022	6 th May 2022	Fridays 9:30am-2:30pm	15 th July 2022
*Functional Skills English E3-L1	Classroom	MG - CFC	No	22 Weeks	26 th April 2022	4 th May 2022	Tuesdays 9:30am-12:30pm	28 th June 2022
*Helping in Schools L1	Online	Online	No	10 Weeks	26 th April 2022	24 th May 2022	Tuesdays 9:30am-12:30m	12 th July 2022
*Community Interpreting L1	Online	Online	No	10 Weeks	29 th April 2022	6 th May 2022	Fridays 9:30am-12:30pm	22 nd July 2022

*Please note when booking onto these adult education courses, you will need to ensure you meet course entry requirements and an eligibility criteria to qualify for free funding. Further information is available on the [How to apply](#) section.

Adult Education: *continued...*

The information provided below gives you a brief overview on each course. This is to enable you to decide which course is best suited for you to apply for, based on your needs.

Course:	Levels:	Duration:	Learning Hours:	Course Content:
Community Interpreting	1, 2, 3	L1- 8 Weeks L2- 12 Weeks L3- 22 Weeks	3 hours per week.	Aimed at learners who speak fluent English and another community language. Learners who want to develop their linguistic skills and knowledge to develop a career as a community interpreter.
Health and Social Care/ Adult Social Care	1, 2	L1- 12 Weeks L2- 12 Weeks	5 hours per week.	Health and Social Care qualifications provide learners with the knowledge and skills needed to work with some of society's most vulnerable people including the elderly, children, and adults with learning difficulties.
Childcare	1, 2, 3	L1-12 Weeks L2- 12 Weeks L3- 22 Weeks	5 hours per week.	This qualification is to help learners to build the knowledge and skills needed when working with children and young people from pre-birth to 19 years of age. It covers a diverse range of job roles and occupational areas working in children's settings including early years and social care. Levels on offer are 1 and 2. Level 3 requires learners to apply for an Advanced Learner Loan.
Helping in Schools (Teaching Assistant)	1, 2	L1- 10 Weeks L2- 12 Weeks	4 hours per week.	A short course to explore how literacy and numeracy is fundamental in primary schools. How to manage behaviour. Develop knowledge and understanding that all those working in a school and college will need. Cover areas such as children and young people's development, safeguarding, communication, equality, and diversity. Understanding the school and college context.
Functional Skills English	E3- L1	22 Weeks	3 hours per week.	GCSE equivalent accredited qualification for those learners who are looking to gain English accreditation. Levels on offer are 1 and 2.
Functional Skills Maths	E3- L1	22 Weeks	3 hours per week.	GCSE equivalent accredited qualification for those learners who are looking to gain their maths accreditation. Levels on offer are 1 and 2.

Adult Education: *continued...*

Course:	Levels:	Duration:	Learning Hours:	Course Content:
Personal Development/ Aspirations	-	4 Weeks	2 hours per week.	Short workshops on gaining confidence and understanding employment setting protocols. Discuss career plans and how to achieve goals and targets.
Business Admin	1, 2	L1- 12 Weeks L2- 12 Weeks	5 hours per week.	This qualification covers a wide range of administrative functions. For individuals looking to develop their skills and knowledge to work in an office.
Customer Service	1, 2, 3	L1-12 Weeks L2- 12 Weeks L3- 22 Weeks	5 hours per week.	This qualification provides the underpinning knowledge required by employees to work in a range of customer service roles. Learners will get essential knowledge on how to carry out tasks such as managing information and supporting events.
Information Advice & Guidance	1, 2		5 hours per week.	If you give information, advice, or guidance as part of your role, this course can help you brush up on your skills and make sure you're aware of the fundamental rules for successful information sharing. This course covers communication techniques, interpersonal skills, and group interactions, as well as how to store and retrieve information in a way that complies with the law.
Leadership and Management ILM	2,3		3 hour per week	ILM Leadership & Management Course is for individuals who have management responsibilities but no formal qualifications and are serious about developing and improving their skill set and ability.
Qualification in teaching ESOL	3	Flexible	Flexible	Build your confidence as a teacher in ESOL so you can help adapt materials for different learner levels, address issues for lower-level learners and those with literacy issues, integrate low level technology in your lessons and gain a recognised Level 3 Award in English for Literacy and Language Teaching.

We have access to a wider range of courses offered by local providers and organisations, in order to discuss these options and find out more please contact the PAE team for further details.

ESOL - English for Speakers of Other Languages:

Below is a list of information for all scheduled ESOL courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions on the [How to apply](#) section.

Session Title	Delivery Type:	Venue:	Crèche:	Duration:	Assessment Date:	Start Date:	Session Day & Times:	End Date:
ESOL	Classroom	JS-CFC	Yes	10 Weeks	25 th April 2022	2 nd May 2022	Mondays 1:00pm-3:00pm	11 th July 2022
ESOL	Classroom	OG-CFC	Yes	10 Weeks	27 th April 2022	4 th May 2022	Wednesdays 9:30am-11:30am	13 th July 2022
ESOL	Classroom	CW-CFC	No	10 Weeks	-	6 th May 2022	Fridays 9:30am-11:30am	15 th July 2022
Pre-Entry ESOL	Classroom	SH- CFC	Yes	10 Weeks	25 th April 2022	2 nd May 2022	Mondays 10:00am-12:00pm	11 th July 2022
ESOL Conversation Club	Classroom	CS- CFC	Yes	6 Weeks	-	7 th June 2022	Tuesdays 1:00pm-3:00pm	12 th July 2022

ESOL - English for Speakers of Other Languages: *continued...*

Course:	Levels:	Duration:	Learning Hours:	Course Content:
ESOL (Family Learning)	E1-L1	10 Weeks	2 hours per week.	ESOL stands for English for Speakers of Other Languages. It's aimed at non-native English speakers looking to take up a new language or confirm their skills. If you would like to improve your speaking, listening, and writing skills but struggle, ESOL is the best starting point. Levels on offer are E1, E2, E3 and L1. Please note the level for each course is set following results from the assessments.
Pre-Entry ESOL	PE-E1	10 Weeks	2 hours per week.	Pre-Entry ESOL is the most basic entry level ESOL aimed at those learners with no or very little knowledge and understanding of speaking, listening, and writing English. This course is an introduction level enabling learners to access entry level courses. ESOL stands for English for Speakers of Other Languages. It's aimed at non-native English speakers looking to take up a new language or confirm their skills. If you would like to improve your speaking, listening, and writing skills but struggle with English now, Pre-Entry ESOL is the best starting point.
Conversation Clubs	E1-E3	6 weeks	2 hours per week.	Conversation Club will provide language practice to parents/carer's who couldn't access ESOL classes (due to long waiting list or COVID-19 restrictions). Sessions will provide English practice and some basic English teaching together with quite a lot of orientation, cultural input. We encourage communication in the group and provide advice to parents about support and services provided by IEYS and TH council. Along with developing English skills this course will fight isolation and ease the building of network in the community.

How to Apply:

All our programmes and courses are delivered at your local Children and Family Centres in partnership with training providers and organisations. As a result of which for some there may be a set application process, a selection criteria or entry requirements which you will need to meet to be eligible. For details on eligibility please see the detailed chart below.

To access any of our parenting programmes you will need to meet all the criteria in section 1 in [Blue](#):

[Section 1](#)

Tower Hamlets Resident

Have a Child Pre Birth – 19 Years Old

Registered with a Children and Family Centre

All our parenting programmes are free to attend providing you live in Tower Hamlets and have a child pre-birth - 19 years old (25 Years old if Child has SEND). Parenting programmes highlighted with a * will require you to **consent to completing a Referral Form** at the Children and Family Centre which is **mandatory**. Depending on the programme the relevant referral form will be provided at the centre when you apply.

Adult education & ESOL courses are fully funded, providing you meet all the criteria in [Blue](#) in section 1 & 2 in addition to **one** of the set criteria's below in [Orange](#)

[Section 2](#)

Lived in the UK 3 Years or More

Unemployed

Household Income less than £21,157.50 Per Annum

In receipt of Out of Work Benefits.

Please note for some programmes you are also required to meet entry requirements which are course dependent and vary accordingly. If you have any questions in relation to your criteria status or to discuss this further, please contact the Parenting Adult Education Team.

How to Apply: *continued...*

Do you meet the relevant criteria above for your selected programme/course?

YES

Follow instructions below on how to apply for your chosen programme or course.

NO

Contact the PAE team to discuss your individual circumstances and receive further guidance & support.

How to Apply:

Complete an online Parenting Adult Education Course Enquiry Form?

You can access our enquiry form here <https://forms.office.com/r/GLiv8sDXnt>

Once completed and submitted your information will be sent to the PAE team to process and add to the relevant waiting list.

If you don't have access to ICT, attend your local Children and Family Centre and book your name onto the course?

Once you attend a Children and Family Centre, a member of the team will take your EISi ID number and add you onto the relevant programme/course booking waiting list which will be shared with the PAE Team. In the instance this is a parenting programme, you will be required to provide consent to complete a Parenting Referral Form. Staff at the centres will confirm your personal details to ensure our information is up to date and you also can highlight any support needs. Please don't forget to mention if you will need the use of crèche.

How will I know I have been offered a place?

A member of staff from the Early Help and Children and Family Service will contact you one/two weeks before the programme/course assessment or start date to invite you in and confirm your place on the course.

What should I do if I have not received a call or been offered a place?

If you do not receive a call it may mean you do not have a place on the course due to our long waiting lists, nonetheless you will remain on the waiting list until we deliver the course again and you will be contacted then. You can contact the PAE team to discuss further and to check your status.

How to Apply: *continued...*

What happens if I turn up to a programme/course without booking or confirmation?

It is your responsibility to ensure that you have a place before you arrive at one of our programmes/courses. Our venues hold a specific number of people and these are allocated via our booking system. If they are overfilled, we are in breach of Health and Safety Regulations. So, people turning up on the day without prior booking may be turned away.

Waiting list

For all our programmes/courses we have a waiting list. If you are not offered a place for your preferred date, you will remain on the list until the next date becomes available. In certain cases, places may become available due to cancellations and we will make every effort to contact you to book you in. Please note in cases where we have long waiting lists, we make every effort to arrange more programmes/courses to meet the needs of our families.

Refreshments

Refreshments are not provided as part of our programmes/courses. But, certain venues have their own arrangements. We request families to make their own arrangements in relation to refreshments for themselves and their children (if they are placed in the crèche).

Parking

The venues we use do not have parking facilities. All our centres may have resident/pay-and-display on-street parking. Please plan well ahead when travelling to the venues.

Employment Support:

Children and Family Centres have a range of dedicated employment services available locally for families looking to access and discuss their employability needs. As part of progression through our courses and programmes we encourage our families to utilise the support available upon completion so you can discuss and explore next steps.

Below we have outlined a detail of our service providers and their outreach schedule at the Children and Family centre, their eligibility criteria and how to access their service.

Supporting Stronger Families

Supporting Families Employment Advisers are here to support you and your family overcome barriers to work and prepare you to be job ready. Their aim is to help you discover, develop, and reach your goals. The support is tailored depending to your needs and what you want to achieve.

To access the support, the family must have met an eligibility criterion, to discuss this further please contact your local outreach team advisor who can check your status and give you further information.

To refer into the service please complete the [Inquiry Form](#) or contact Early Help Hub on 0207 364 5006 Option 2.

To discuss your circumstances or if you have any questions please contact the outreach advisor based at your local centre.

Stronger Families Employment Outreach Team	
North West	
Mowlem	Raadiyah Hussain 07960 776 899 raadiyah.hussain@towerhamlets.gov.uk
Meath Gardens	
Collingwood	
South West	
John Smith	Raadiyah
Ocean	Keith
Wapping and Bigland	Amran
North East	
Overland	Keith Joseph 07960 776 890 keith.joseph@towerhamlets.gov.uk
Mile End	
Marner	
South East	
Chrisp Street	Amran Ahmed 07951 188 438 amran.ahmed@towerhamlets.gov.uk
Around Poplar	
IOD	

Employment Support: *continued...*

WorkPath

WorkPath is a unique employment service for all Tower Hamlets residents, providing support for people at all levels of work, skill, or experience. They can provide employment support tailored to your needs, whether you need basic skills or advanced training; access to work experience, apprenticeships, or graduate schemes; CV help, interview preparation and more.

Their job is to give you the right mentoring, support and helping hand that you need, so you can move forward on your path to employment and realising your full potential.

WorkPath is available to all residents who live in Tower Hamlets, if you would like to access their service, please contact your local Children and Family Centre who will assist you to complete a referral to your local advisor.

If you have any questions or queries, please contact:

Tel: 020 7364 5000

workpath@towerhamlets.gov.uk

Children & Family Centre:		IAG Officer Contact Detail:
North East	Overland	Suhel Ahmed suhel.ahmed@towerhamlets.gov.uk Tel: 020 7364 1899 Mob: 07904 160 028
	Marner	
	Mile End	
South East	Isle of Dogs	Mohammed Ahad mohammed.ahadx@towerhamlets.gov.uk Tel: 020 7364 6565 Mob: 07716 700 383
	Around Poplar	
	Chrip Street	
South West	Wapping	Rusunara Begum rusunara.begum@towerhamlets.gov.uk Tel: 020 7364 1071 Mob: 07904 158 667
	Ocean	
	John Smith	
North West	Meath Gardens	Shamina Khanum shamina.khanum@towerhamlets.gov.uk Tel: 020 7364 2720 Mob: 07904 586 632
	Mowlem	
	Collingwood	

Employment Support: *continued...*

NHS Talking Therapies Employment Service

The NHS Talking Therapies Employment Team is part of the NHS psychological treatments service for mental health and emotional problems like stress, anxiety, and depression.

The structure and routine of employment can help reduce mental health difficulties faced by patients. The team strives to ensure that patients encountering common mental health difficulties can access employment opportunities and enjoy working life.

Working closely with their patients and employers they can help reduce stress and anxiety associated with finding work, returning to work, and remaining in work.

Eligibility

To be eligible for the service, patients must be:

- Aged 18 years or over
- A resident of Tower Hamlets
- Registered with a GP
- Open to receiving IAPT talking therapies

To discuss referrals please speak to the local advisor based at your local centre or liaise directly with your GP.

NHS Talking Therapies Employment Outreach Team

Mowlem Children and Family Centre

Oliver Jackson

07776675341

Oliver.jackson7@nhs.net

Ocean Children and Family Centre

Shajeda Begum

07776 675 261

Shajeda.begum@mithn.org.uk

Around Poplar Children and Family Centre

Ian Diggins

07435733755

ian.diggins@nhs.net

If you have any other questions related to employment support that you need advice and guidance on, please liaise with the PAE team direct.

Parental Engagement Team PET:

The Early Help and Children and Family Service work closely with the Parental Engagement Team (PET) and have outlined details on their service offer and how you can access it.

The PET offer includes access to an exclusive variety of parenting programmes which include:

- ✚ Learning workshops that help you understand what your child is learning at school and discover how you can help at home
- ✚ Online safety sessions that give you an insight into your child's online world and tips to help keep them safe
- ✚ Parenting programmes that help you develop a positive relationship with your child and promote good behaviour
- ✚ Health and wellbeing programmes that support your physical and emotional wellbeing
- ✚ Volunteering and employment programmes to help you realise your career aspirations

PET programmes, groups, courses and workshops are all delivered in schools, children and family centres, community settings across the whole of Tower Hamlets. Details of what is available can be accessed if you contact parentalengagement@towerhamlets.gov.uk or visit www.towerhamlets.gov.uk/parentfamilysupport

The PET offer also includes parent voice support networks which include:

The Parent and Carer Council (PCC) - A universal family forum where you can help shape the services that are available to families in the borough. It's a great way for you to get involved with local consultations, help identify gaps in support and discuss national issues that may be affecting families locally. For more information visit www.towerhamlets.gov.uk/parentcouncil

Platform to Talk - Discussion based virtual sessions where you can connect with other parents, share your concerns and get reliable information. Join the conversation on a range of topical issues from family life, parenting, learning and more.

The Somali Parents and Carers Network - A chance for you to meet with other Somali parents and carers and share your experiences relating to education and parenting, as well as hear from guest speakers.

Dads' Network - As a dad or a male carer, the network will help you strengthen your relationship with your child through positive parenting and play. Join the network, meet other dads and share your experiences at play day events and informal meetings held online and in person throughout the year. For more information visit www.towerhamlets.gov.uk/dads

For more information or to join a group, please contact the Parental Engagement Team parentalengagement@towerhamlets.gov.uk

Docklands Outreach:

The Early Help Hub and Children and Family Service work closely with Docklands Outreach. They deliver a range of parenting support as outlined here:

Incredible Years Parenting Programme is for parents with children 3-10 years, who want to increase their competencies, improve parent child relationship, and reduce emotional and behavioural difficulties. The Programme is delivered twice a year from your local Children and Family centre.

Personalised Individual Parent Training PIPT also known as Parent Child Game (PCG). The PIPT and PCG are intensive parenting interventions for children who are 3-8 years with significant emotional and behavioural difficulties, including the following:

- + Aggressive behaviour e.g., hitting, biting, kicking, hair pulling.
- + Non-compliance/difficulties following instructions.
- + Attention difficulties.
- + Relationship difficulties with parents or carers

‘Guided Self-Help’ approach for mild difficulties –children aged 3-13, (non-complex with relatively recent onset). The intervention follows a manual based approach (set topics and techniques are covered/focused each week). Parents will need to be willing to read materials and carry out home based tasks and techniques between sessions. *This approach is for those who can manage learning on their own.*

All the above approaches share the same theoretical framework as supported by NICE Guidance and allow tailoring an approach to the individual family's needs, including in person delivery and remote / video working.

Community Families Programme for Parents and children aged 5-13 on social, emotional, and behavioural support around parenting strategies, children dealing with stress, anger, anxiety, self-esteem & confidence.

To discuss a referral, please contact: azra.naheed@dockout.org.uk

Interested in Becoming a Childminder?

Registered childminders are self-employed and run their own business from their home, caring for other people's children. They provide a home-based childcare setting for small groups of children of different ages.



Working as a childminder is a very rewarding career especially when your own children are young. This gives you the opportunity to be able to care for your own children while you work from home.

The Early Years Advisors provide Tower Hamlets residents with guidance into childminding through our information session which is delivered monthly over a 2-hour period.

They offer group information sessions led by the Early Years Advisors who will provide in-depth advice on the process of becoming a registered childminder, including details on how to register with Ofsted, costings involved and if this is the correct career path for you.



For further information and details on how to book onto the next session please contact:

Julie Ulla: 07961 831 660/ Brenda Lubrun: 07966 089 251

early.years@towerhamlets.gov.uk

Free Childcare Information:



**15 hours free
early learning**

**for two
year
olds**

**Your child can
take up their free place
from the term after they
turn two**

**Development for
children and opportunities
for parents**

Eligibility

You can usually qualify if:

- > you are in receipt of Universal Credit.
- > your child is under the care of the council.
- > your child is in receipt of DLA.

Visit your local children's centre to find out more

☎ 020 7364 1553

🌐 www.towerhamlets.gov.uk/earlylearning



Parenting & Adult Education Team

Early Help, Children and Family Service, 4th Floor Mulberry Place, 5 Clove Crescent, E14 2BG

PAE@towerhamlets.gov.uk

Venue Information and Contact Details:

Below is a list of addresses and contact details for all the Children and Family Centres in Tower Hamlets.

Venue Key Code:	Venue Address:	Venue Contact Details:
AP-CFC	Around Poplar, 115 Three Colt Street, London E14 8AP	020 7364 0540
CS-CFC	Chrisp Street, 45 Kerbey Street, London E14 6AW	020 7364 2856
IOD-CFC	Isle of Dogs, Millwall Park, Stebondale Street, London E14 3BX	020 7364 1179
MA-CFC	Marner, Devas Street, London E3 3LL	020 7364 3534
ME-CFC	Mile End, 9 Bede Square, Joseph Street, off Bow Common Lane, London E3 4GY	020 7364 7557
OV-CFC/	Overland, 60 Parnell Road, London E3 2RU	020 7364 1925/ 3100
OG-CFC	Olga, 25 Medway Road, London E3	
JS-CFC	John Smith, 90 Stepney Way, London E1 2EN	020 7364 0537
OC-CFC	Ocean, Whitehorse Road, London E1 0ND	020 7364 6605/0544
SH - CFC	Shadwell, 418-412 Cable Street, London E1 0AF	
WA-CFC	Wapping, 15 Richard Street, London E1 2JP	020 7364 0423
MG-CFC	Meath Gardens, 1 Smart Street, London E2 0SN	020 7364 0349
MO-CFC	Mowlem Children's Centre, Wadeson Street London E2 9DL	020 7364 7935
CW-CFC	Collingwood, St Bartholomew Gardens, Buckhurst Street, London E1 5QT	020 7364 0539

If you would like to discuss our courses or to receive information and advice, please contact the

Zubair Ahmed

020 7364 2240

077 7338 4947

Syeda Pasha

020 7364 0421

079 8427 7662

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