

Barnet Family Services, 0-19 Early Help Hubs Groupwork Programmes Autumn Term 2018

Venue	Course	Dates/ Crèche	Outline of Prog
The Hyde Children's Centre Hyde Crescent, London NW9 7EY	Solihull For parents and carers of children aged 0 – 5 Years 4 weeks	Wednesday 31 Oct – 21 Nov 2018 9.30 – 11.30 Crèche available	The Solihull Approach enables the family to think about their situation and then together, enables them to arrive at a solution. The benefits of this programme are that parents are supported to ensure that children have a good emotional start in life.
Wingfield Children's Centre The Concourse, Grahame Park NW9 5XN	Family Links For parents and carers of children aged 2 - 11 years old 11 weeks	Tuesdays 18 Sept – 20 Nov 2018 9.30 – 12.00 Creche available	This course helps parents / carers reflect on the experience they had as a child, of being parented and how this affects their parenting now. The focus is on looking after self and understanding their own and their child's emotional needs, to help build good communication within the family. Areas covered: <ul style="list-style-type: none"> • Praise • rewards and penalties • family rules • discipline • choices and consequences • understanding and managing feelings • nurturing yourself • child development • problem solving • negotiation
Underhill Children's Centre Mays Lane, Barnet EN5 2LZ	Incredible Years For parents and carers of children aged 2.5 – 10yrs 12 weeks	Thursdays 20 Sept – 13 Dec 2018 12.30 – 3.00 Crèche available	The focus is building up a pyramid of support with a strong emphasis on play and interaction with children, encouraging and supporting children's development and understanding children's needs. Strategies covered to support parents/carers and their children in managing behaviours; positive attention, praise, appropriate ignoring, clear communication, rewards, incentives, emotional regulation, limit setting, natural and logical consequences, problem solving and time out.

Newstead Children's Centre 1 Fallows Court, Off Tarling Road, East Finchley, London N2 8LG	Good Start, Great Start For parents and carers of children aged 3 years old 6 weeks	Mondays 5 Nov – 10 Dec 2018 9.00 – 11.00	The Good Start, Great Start programme supports school readiness and assists in making transitions a smoother process for the child and parent. The programme offers parents the opportunity to develop relationships with each other as well as their child's early years setting or school.
Coppetts Wood Children's Centre Coppetts Road, London N10 1JS	Good Start, Great Start As above	Wednesdays 7 Nov – 12 Dec 2018 1.00 – 3.00	The Good Start, Great Start programme See above
Underhill Children's Centre Mays Lane, Barnet EN5 2LZ	Good Start, Great Start As above	Fridays 2 Nov – 7 Dec 2018 10.00 – 12.00	The Good Start, Great Start programme See above
Barnfield Children's Centre Barnfield School, Silkstream Road, Edgware HA8 ODA	Good Start, Great Start As above	Fridays 2 Nov – 7 Dec 2018 9.15 – 11.15	The Good Start, Great Start programme See above
Fairways Children's Centre The Fairway, Mill Hill NW7 3HS	Good Start, Great Start As above	Wednesdays 7 Nov – 12 Dec 2018 1.00 – 3.00	The Good Start, Great Start programme See above
The Hyde Children's Centre Hyde Crescent, London NW9 7EY	Triple P Teen For parents of teens 7 weeks (incl. 1 week individual telephone support)	Mondays 17 Sept -5 Nov 2018 9.30 – 12.00 No creche	This course focuses on managing behaviour and enabling young people to learn new skills that will teach independence and self-discipline. The course provides you with a range of tools to teach and guide your children enabling them to make positive changes in behaviour and attitude.

Venue TBC	Strengthening Families, Strengthening Communities (SFSC) For parents of teens 12 weeks	Not being run until New year	This programme assists parents/carers to reflect on and support their children to develop strong family, cultural, ethnic and spiritual roots, a positive parent-child relationship and the life skills necessary for functioning in today's society. Anger management and positive discipline approaches are integrated to enhance parents' ability to model and teach as a vehicle for fostering high self-esteem, self-discipline and social competence.
Coppetts Wood Children Centre Coppetts Road, London N10 1JS	Women's Support Group For women affected by DV (with a child aged 11 or under) 12 weeks	Thursdays 20 Sept - 13 Dec 2018 10.00 – 12.00 Crèche available	Ideally, women referred should not be in a relationship with, and living separately from the perpetrator; must have a child of 11 years or under in the family. A parenting course which will promote safer relationships, raise self-esteem, increase understanding of conflict and children's needs. Course covers the different forms of abuse – e.g. emotional, psychological; safety planning; the dynamics of why women stay; loss and grieving; self-esteem work; the effects of DV on children, the different feelings children experience and how to support them with this e.g. managing anger. Parenting techniques are covered in the context of when children have lived with abuse.
Underhill Children's Centre Mays Lane, Barnet EN5 2LZ	Children's Play Therapy Group For children aged 6-11 yrs affected by DV 12 weeks	Thursdays 20 Sept – 6 Dec 2018 4.30 – 5.30	This programme allows children to tell their story in a safe and supportive environment with other children who have had similar experiences. It helps to improve the child's confidence and self-esteem and build resilience. Referral criteria – parents should not be in a relationship with and living separately from the perpetrator. Facilitators will assess each child / family for suitability. The child needs to be able to focus in a group setting. Siblings will not be put in a group together but will attend separate groups

Please note – all parenting groups (excluding the DV groups) will have a session on children and young people's mental health and how parents and carers may support them, delivered by our Wellbeing practitioners. This session may be an additional week or a half session added to an appropriate week, at the discretion of the facilitators.

If you want to discuss any of the above, please contact the Hub Team according to where the family live, ie, East / Central, South or West.