

# PARENT CONNECT

## Supporting Newham Families

### 13<sup>th</sup> May 2022 Edition

Mental Health Awareness Week

Newham Parents as Partners

Children Overrepresented Pathfinder Project

LCIS School-Age Family Training and Support for Autism/Social Communication

Core Vocabulary Boards

Intensive Interaction

Online SCERTS Training Course for Parents/Carers

Welcome Newham

New Cook and Play programme to help families across Newham to be healthier

LGBTQ+ Meet up Group and Youth Out East

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Safe Connections Suicide Prevention Hub and Helpline

Headstart Befriending

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Hello everyone,

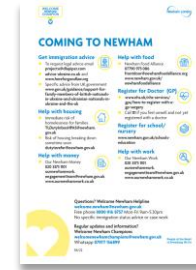
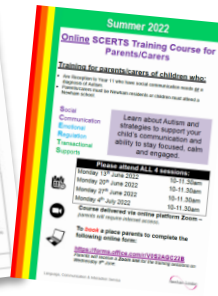
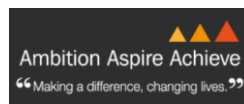
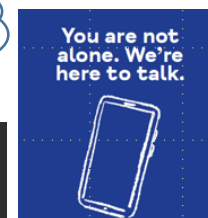
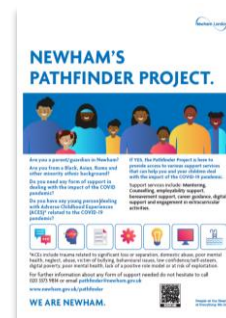
If you would like to receive this newsletter direct to your email you can [Sign up for Parent Connect here](#)

Parent connect is circulated on a **monthly basis**.

Have a wonderful weekend, see you next month!

Early Help Partnership

May 2022



# Mental Health Awareness Week

## Local and National Support Available

### CAMHS Wellbeing Workshops

Need someone to listen? Feeling overwhelmed?

You can **text SHOUT to 85258** for free, any time, to speak to a trained volunteer. They will listen and guide you to a calm and safe place.

Visit <http://giveusashout.org> for more info

Resources: <https://giveusashout.org/get-help/resources/>



A-Z of Helplines can also be found here: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

## Newham Talking Therapies

Community Psychological & Employment Support

<https://newhamtalkingtherapies.nhs.uk/>

[Newham | Hestia](#) | [Newham Together Cafe | Hestia](#)

**Samaritans** Phone: 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org) Website: [www.samaritans.org.uk](http://www.samaritans.org.uk) Confidential support for people experiencing feelings of distress or despair. (free 24-hour helpline)

**PAPYRUS** Phone: HOPElineUK 0800 068 4141 Website: [www.papyrus-uk.org](http://www.papyrus-uk.org) Young suicide prevention society. (9am to midnight, every day of the year)

**CALM** Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: [www.thecalmzone.net](http://www.thecalmzone.net) Campaign Against Living Miserably helpline and webchat

**Men's Health Forum** Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk) 24/7 stress support for men by text, chat and email.

### Mental Health, Wellbeing and Support in Newham Webinar

More on Wellbeing Support in this Newsletter on Pages 13 and 14 (*HeadStart YourTime Befriending and Safe Connections Suicide Prevention Hub and Helpline*)

## Join the Newham Parents as Partners Network

Are you a parent living in Newham?

- Interested in becoming a Parent Champion trained by the council to signpost local parents to services?
- Do you want your voice heard and actively take part in working with the Council to improve services?
- Do you want to be kept informed of new developments and services that your family can access?
- Are you interested in joining a Parents as Partners Network?

If you have answered 'yes I am interested' to any of the questions, please click on the link to join the newly devised 'Parents as Partners Network'.

Parents that sign up will be kept abreast of upcoming consultations and engagement events that they can join to get their voices heard as part of developments. You will also be informed of Parent Champion training and volunteering opportunities as well as invitations to the termly Parents as Partners Network meetings.

Your participation is voluntary.

We look forward to hearing from you!

[Sign up here!](#)

## Children Overrepresented Pathfinder Project

Are you a parent/guardian in Newham?

Are you from a Black, Asian, Roma and other minority ethnic background?

Do you need any form of support in dealing with the impact of the COVID pandemic?

Do you have any young person dealing with Adverse Childhood Experiences (ACES)\* related to the COVID-19 pandemic?


If YES, the Pathfinder Project is here to provide access to various support services that can help you and your children deal with the impact of the COVID-19 pandemic.

Support services include: **Mentoring, Counselling, employability support, bereavement support, career guidance, digital support and engagement in extracurricular activities.**

(Full Leaflets are attached to the Newsletter email from Strengthening Families 13/5/22)

Newham London


## NEWHAM'S PATHFINDER PROJECT.



Are you a parent/guardian in Newham?  
Are you from a Black, Asian, Roma and other minority ethnic background?  
Do you need any form of support in dealing with the impact of the COVID pandemic?  
Do you have any young person dealing with Adverse Childhood Experiences (ACES)\* related to the COVID-19 pandemic?

If YES, the Pathfinder Project is here to provide access to various support services that can help you and your children deal with the impact of the COVID-19 pandemic.


Support services include: Mentoring, Counselling, employability support, bereavement support, career guidance, digital support and engagement in extracurricular activities.



\*ACES include trauma related to significant loss or separation, domestic abuse, poor mental health, neglect, abuse, victim of bullying, behavioural issues, low confidence/self-esteem, digital poverty, poor mental health, lack of a positive role model or at risk of exploitation.

For further information about any form of support needed do not hesitate to call 020 3373 9814 or email [pathfinder@newham.gov.uk](mailto:pathfinder@newham.gov.uk)  
[www.newham.gov.uk/pathfinder](http://www.newham.gov.uk/pathfinder)


**WE ARE NEWHAM.**



People at the Heart of Everything We Do

Newham London


## NEWHAM'S PATHFINDER PROJECT.



Are you aged 6-25 living in Newham?  
Are you from a Black, Asian, Roma and other minority ethnic background dealing with trauma related to the COVID-19 pandemic?  
Has the pandemic affected your mental health or school life in any way?  
Do you need a safe space to express your feelings or talk with a trusted individual?  
Do you need support in dealing with trauma related to any of Adverse Childhood Experiences (ACES) overleaf?  
Would you love to express your voice on issues related to the COVID-19 pandemic, racism, inequality and disproportionality?

**If YES, the Pathfinder Project is here for YOU.**

In collaboration with our partners, we provide access to a range of services.



For any further information on how we can help you, call 020 3373 9814 or email [pathfinder@newham.gov.uk](mailto:pathfinder@newham.gov.uk)  
[www.newham.gov.uk/pathfinder](http://www.newham.gov.uk/pathfinder)

**WE ARE NEWHAM.**

People at the Heart of Everything We Do

## LCIS School-Age: Family Training and Support for Autism/Social Communication

In addition to our school service offer, LCIS provides a range of courses for **families** of primary and secondary-aged children and young people in Newham who have a diagnosis of **autism or** social communication difficulties.

### SCERTS® Parent/Carer Training

Course dates: Mondays 13th/ 20th/27th June & 4th July 2022 – all four sessions.

Click [HERE](#) to reserve a place

### Intensive Interaction

Course date: Thurs 23rd June 2022

Click [HERE](#) to reserve a place

### Core Vocabulary Boards

Course date: Thurs 30th June 2022

Click [HERE](#) to reserve a place

Language, Communication & Interaction Service  
[LCIS@newham.gov.uk](mailto:LCIS@newham.gov.uk)  
020-3373-3764 or 020-3373-7161



## LCIS School-Age: Family Training & Support For Autism/Social Communication

In addition to our school service offer, LCIS provides a range of courses for **families** of primary and secondary-aged children and young people in Newham who have a diagnosis of **autism or** social communication difficulties.



### SCERTS® Parent/Carer Training

This is a four part training course run over four weeks during term time for parents/carers of children with social communication difficulties from Reception to Year 11. The course gives an opportunity for parents/carers to learn more about autism/social communication through SCERTS®, an educational framework used to identify the highest priority needs for support for individuals with ASD to provide the best quality of life outcomes. It is a great opportunity to share experiences and advice with other parents and carers on a similar journey.

Course dates: Mondays 13<sup>th</sup>/ 20<sup>th</sup>/27<sup>th</sup> June & 4<sup>th</sup> July 2022 – all four sessions.  
Click [HERE](#) to reserve a place

### Parent/Carer Workshops



#### Intensive Interaction:

For parents/carers to learn more about the Intensive Interaction approach. This is an intervention commonly used in schools to build their child's fundamental communication and interaction skills.

Course date: Thurs 23<sup>rd</sup> June 2022

Click [HERE](#) to reserve a place:

#### Core Vocabulary Boards:

For parents/carers to learn how to use this communication system, which aims to support their child's understanding and use of words to communicate. Course runs termly.

Course date: Thurs 30<sup>th</sup> June 2022

Click [HERE](#) to reserve a place:

*Session dates and booking information are also circulated to schools and uploaded to the Newham Local Offer on a termly basis.*



## Core Vocabulary Boards

For parents of children with social communication needs or diagnosis of Autism in Reception to Year 11

- Parents/carers must be Newham residents or child must attend a Newham school
- 1 parent/carer to register per child (but more than 1 parent/carer can attend on the same link)

Click on the link below to book onto the training.

You will be sent a Zoom link nearer the date.

<https://forms.office.com/r/9tiVmrFhm1>



## Online Training for Parents Core Vocabulary Boards

### About this Course:

It will focus on what a Core Vocabulary Board is and why and how to use them at home with your child. There will be opportunities to ask questions about topics covered with the Speech and Language Therapists.

Core Vocabulary Board: CVB is a form of Augmentative and Alternative Communication (AAC). It is made up of colour-coded core words. Core words are chosen based on the earliest developing words in young children's language and the most frequently used words by adults i.e. the words children hear the most frequently.

This training is appropriate for parents/carers of children and young people where a Core Vocabulary Board (CVB) is being used in school or has been recommended by a professional

- For parents of children with social communication needs or diagnosis of Autism in Reception to Year 11
- Parents/carers must be Newham residents or child must attend a Newham school
- 1 parent/carer to register per child (but more than 1 parent/carer can attend on the same link)

Click on the link below to book onto the training.

You will be sent a Zoom link nearer the date.

<https://forms.office.com/r/9tiVmrFhm1>

**Thursday 30<sup>th</sup> June 2022**

**10 am Registration**

**10.15-11.30 Course (delivered on Zoom)**

Language,  
Communication  
& Interaction Service (LCIS)

## Intensive Interaction

For parents of children Reception to Year 11 who have social communication needs or a diagnosis of Autism;

☑ Parents/carers must be Newham residents or children must attend a

Newham school;

☑ 1 parent/carer to register per child (but more than 1 parent can attend on the same link).

**Click on the link below to book onto the training.**

**You will be sent the Zoom link nearer the date:**

<https://forms.office.com/r/XC4kkQjgdQ>

**Thurs 23rd June 2022**

**10 am Registration**

**10.15-11.30 am course delivered via Zoom**

## Online Training for Parents Intensive Interaction

### About this Course:

Intensive Interaction is an approach which involves following your child's lead and facilitating motivating interactions in order to develop the early fundamental skills of communication e.g. joint attention, turn-taking, increased vocalisations and the development of meaningful eye contact.

We will cover what 'Intensive Interaction' is, how it can help your child and how you can use the key strategies at home.

There will be opportunities to ask questions about topics covered with the Speech and Language Therapists/Specialist Teachers delivering the course.

- For parents of children Reception to Year 11 who have social communication needs or a diagnosis of Autism;
- Parents/carers must be Newham residents or children must attend a Newham school;
- 1 parent/carer to register per child (but more than 1 parent can attend on the same link).

**Click on the link below to book onto the training.**

**You will be sent the Zoom link nearer the date:**

<https://forms.office.com/r/XC4kkQjgdQ>

**Thurs 23<sup>rd</sup> June 2022**

**10 am Registration**

**10.15-11.30 am course delivered via Zoom**

Language,  
Communication  
& Interaction Service (LCIS)

## Online SCERTS Training Course for Parents/Carers

Learn about Autism and strategies to support your child's communication and ability to stay focused, calm and engaged.

### Training for parents/carers of children who:

- ☐ Are Reception to Year 11 who have social communication needs **or** a diagnosis of Autism.
- ☐ Parents/carers must be Newham residents or children must attend a Newham school.

Social

Communication

Emotional

Regulation

Transactional

Supports

**To book a place parents to complete the following online form:**

<https://forms.office.com/r/V0S2AGC22B>

Parents will receive a **Zoom link** for the training sessions on Wednesday 8<sup>th</sup> June.

## Summer 2022

### Online SCERTS Training Course for Parents/Carers

#### Training for parents/carers of children who:

- Are Reception to Year 11 who have social communication needs **or** a diagnosis of Autism.
- Parents/carers must be Newham residents or children must attend a Newham school.

Social  
Communication  
Emotional  
Regulation  
Transactional  
Supports

Learn about Autism and strategies to support your child's communication and ability to stay focused, calm and engaged.

#### Please attend ALL 4 sessions:

Monday 13 <sup>th</sup> June 2022	10-11.30am
Monday 20 <sup>th</sup> June 2022	10-11.30am
Monday 27 <sup>th</sup> June 2022	10-11.30am
Monday 4 <sup>th</sup> July 2022	10-11.30am



**Course delivered via online platform Zoom – parents will require internet access.**

**To book a place parents to complete the following online form:**

<https://forms.office.com/r/V0S2AGC22B>

Parents will receive a **Zoom link** for the training sessions on Wednesday 8<sup>th</sup> June.



# Services, Groups and Activities

## Welcome Newham

<https://www.newham.gov.uk/council/newham-council-offers-support-ukrainian-population>

There is also the **Welcome Newham Helpline** which is for anyone in Newham who is an asylum seeker or refugee, family, friends or host. The helpline can provide free advice, support and answer questions on how to get help for health, money, food, jobs and housing.

Email: [Welcome.Newham@newham.gov.uk](mailto:Welcome.Newham@newham.gov.uk)

Free phone: **0800 916 8757** Monday – Friday 10am-5pm We have also created an information group so people can receive regular information update can join the information group by emailing [WelcomeNewhamChampions@newham.gov.uk](mailto:WelcomeNewhamChampions@newham.gov.uk)

**HELP WITH HOUSING**  
Finding a place to live in Newham

**HELP WITH FOOD**

**COMING TO NEWHAM**

**ARRIVING IN NEWHAM**

**GETTING FREE SCHOOL MEALS FOR SECONDARY SCHOOL**

**HELP WITH EMOTIONAL HEALTH**  
Support for people 18 years and older

**HELP WITH EMOTIONAL AND MENTAL HEALTH**  
Support for children and young people under 18

**GETTING HELP WITH YOUR HEATH**  
Health care in the UK is FREE when you need it. In some cases you will need a referral.

**Questions? Welcome Newham Helpline**  
[welcome.newham@newham.gov.uk](mailto:welcome.newham@newham.gov.uk)  
Free phone 0800 916 8757 Mon-Fri 9am-5.30pm  
No specific immigration status advice or case work

**Regular updates and information?**  
[welcome.newhamchampions@newham.gov.uk](mailto:welcome.newhamchampions@newham.gov.uk)  
WhatsApp 07977 156899

**People at the Heart of Everything We Do**

### New Cook and Play programme to help families across Newham to be healthier

[Nutrition Kitchen](#) is helping Newham Council to deliver a new 10-week cooking and play programme in schools and children centres around the borough. Families will cook and eat tasty meals, learn healthy recipes, play activities and receive information on many topics such as: cooking on a budget, label reading and healthy swaps.

If you, or a family you know would like to join the programme, please contact Sandeep Floré at Nutrition Kitchen on [Sandeep@nutrition-kitchen.co.uk](mailto:Sandeep@nutrition-kitchen.co.uk) or call 07526 580 621. All primary schools in Newham are also encouraged to get in touch with Sandeep Floré if they would like to host a Cook and Play programme.





## Services, Groups and Activities

### ELOP LGBTQ+ Meet Up Groups and Youth Out East

If a young person/adult wants to get involved with any of the above they can email [youth@elop.org](mailto:youth@elop.org) or call 07908 553744.

They can self-refer or you can refer on their behalf. If you want to follow us on Social Media and share any posts that may be useful for your young people that would be much appreciated.

Our twitter handle is:

[https://twitter.com/ELOP\\_LGBT](https://twitter.com/ELOP_LGBT) and Facebook:  
<https://www.facebook.com/elop.LGBT>

Info and sign up by emailing: [youth@elop.org](mailto:youth@elop.org)




**LGBTQ+**  
**18-25s**  
**meet up group**

online meet-up ~ twice a month  
every 2nd & 4th Monday  
7-8:30pm

A welcoming, relaxed & inclusive space to  
meet with others, enjoy activities & talk all things LGBTQ+

**elop**  
LGBT mental health and wellbeing  
ELOP is a Registered Charity 1067474

INFO & SIGN UP  
EMAIL  
[youth@elop.org](mailto:youth@elop.org)



*An online **LGBTQ+** safe and  
inclusive space to be you*

**YOUTH OUT  
EAST**

**Meet-up online, make friends, enjoy  
activities and share experiences with  
other LGBTQ+ young people**

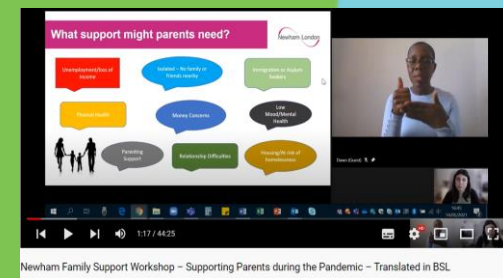
**TUESDAYS ONLINE**

**5-6.30pm for 12-15s** **7-8.30pm for 15-18s**

**CONTACT → [YOUTH@ELOP.ORG](mailto:youth@elop.org)**

**elop**  
LGBT mental health and wellbeing  
ELOP is a Registered Charity 1067474 & Company Limited by Guarantee 3355423

# Services, Groups and Activities



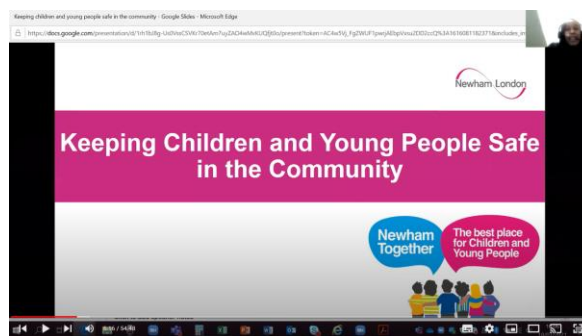
Romanian	BSL	Punjabi
<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Keeping Safe Online</u></a>
<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Immigration Support</u></a>
<a href="#"><u>Supporting Teenagers</u></a>	<a href="#"><u>Supporting Teenagers</u></a>	<a href="#"><u>Keeping Safe in the Community</u></a>
<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>	<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>	<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>
<a href="#"><u>Taking Care of Yourself</u></a>	<a href="#"><u>Taking Care of Yourself</u></a>	
<a href="#"><u>Immigration Support</u></a>	<a href="#"><u>Immigration Support</u></a>	
<a href="#"><u>Keeping Safe in the Community</u></a>	<a href="#"><u>Keeping Safe in the Community</u></a>	
<a href="#"><u>Keeping Safe Online</u></a>	<a href="#"><u>Keeping Safe Online</u></a>	

## Full Playlist:

[https://youtube.com/playlist?list=PLfBuvuA\\_uMZXS5U9HlxG0QpjwtEJ98zQ](https://youtube.com/playlist?list=PLfBuvuA_uMZXS5U9HlxG0QpjwtEJ98zQ)



## [Taking Care of Yourself During the Pandemic](#)



## [Keeping Children and Young People Safe in the Community](#)

# Safe Connections Suicide Prevention Hub and Helpline

## Safe Connections Community Hub

Safe Connections Community Hub aims to support people who are experiencing suicidal thoughts to access the right service at the right time.

We offer a safe space for people to talk about their feelings and concerns and explore the underlying reasons as to why someone may feel suicidal. Our connectors provide a mixture of emotional and practical support and tailored signposting to help meet the individual's needs.

Anyone wanting support can call the free helpline number: **0300 561 0115** and speak to one of our Connectors.

We understand that for some people making the first call can be difficult, and so alternatively, people can email: [safeconnections@mithn.org.uk](mailto:safeconnections@mithn.org.uk) to request a call at a convenient time for them.

### Ways you can access the Safe Connections Community hub:

- Self-refer
- Live in Barking and Dagenham, Hackney, City and Waltham Forest, Havering, Newham, Redbridge or Tower Hamlets
- Are concerned about or having thoughts of suicide
- Aged 18+
- Our telephone lines are open from 9.30am – 4.30pm, Monday – Friday

## A Network of Protectors – Training for the Community



- Suicide Awareness and Prevention training - bespoke to North East London community audiences
- Raises suicide awareness and understanding among voluntary and community services, community-based projects, and self-help initiatives, in particular, amongst vulnerable groups and in high-risk areas.
- Gatekeeper training for people who have contact with those at elevated risk of suicide - clergy, emergency service personnel, barbers, first responders, pharmacists, carers, people employed in schools.
- Identification of signs and symptoms of suicidal ideation
- How to intervene in a mental health crisis
- How to approach, help and support into appropriate services
- A Safe Space Community Resource

For more info, contact [suicidepreventiontraining@mindchwf.org.uk](mailto:suicidepreventiontraining@mindchwf.org.uk)



You are not alone. We're here to talk.



- Safe Connections App
- Safe Connections Community Hub
- Safe Connections Grief In Places Suicide Bereavement Services
- Safe Connections Community Protectors

If you are concerned you can speak to someone or you can access the Safe Connections App using the QR code.



**0300 561 0115**



**Safe Connections Suicide Prevention Helpline:**  
**0300 561 0115** [safeconnections@mithn.org.uk](mailto:safeconnections@mithn.org.uk)

### Other helplines:

Samaritans: 116 123 - [jo@samaritans.org](mailto:jo@samaritans.org)

Suicide Prevention Helpline:  
0800 689 5652



**Thoughts of suicide can be frightening and confusing. The Community Hub provides you with a safe space to talk and someone to guide you to support services in your local area.**



If you are concerned you can speak to someone or you can access the **Safe Connections App** using the QR code.



**0300 561 0115**





## **Parent Befriending (Strengthening Families):**

A bespoke parenting befriending service for parents/carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

To request a service for you or someone you know, please email [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk).

## **Your Time (Befriending for young people)**

Your Time was set up in response to Covid as we were concerned about young people's wellbeing. It is available for children or young people aged 10-18 (up to 25 for SEND and Care Leavers). It is a safe and friendly one-to-one space to chat about the things that matter to them most with a trusted professional. The weekly contact will promote self-care tips and tools as they work together through the 'All About Me' wellbeing journal, which will be sent in a welcome pack.

Please see the link for an online referral form:

[https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

# AAA Zone Wellbeing and Multi Sports Group

To find out more: please contact Paula Blake on 07432 024002 / 0207 5114253 or by email [paula@theaaazone.com](mailto:paula@theaaazone.com)

[What's On - Welcome to Ambition Aspire Achieve \(theaaazone.com\)](http://theaaazone.com)

For further details contact **Paula**  
07432 024002 / 0207 511 4253  
[paula@theaaazone.com](mailto:paula@theaaazone.com)

**PRE-BOOKING ESSENTIAL**

