



Newham Family Hub Network

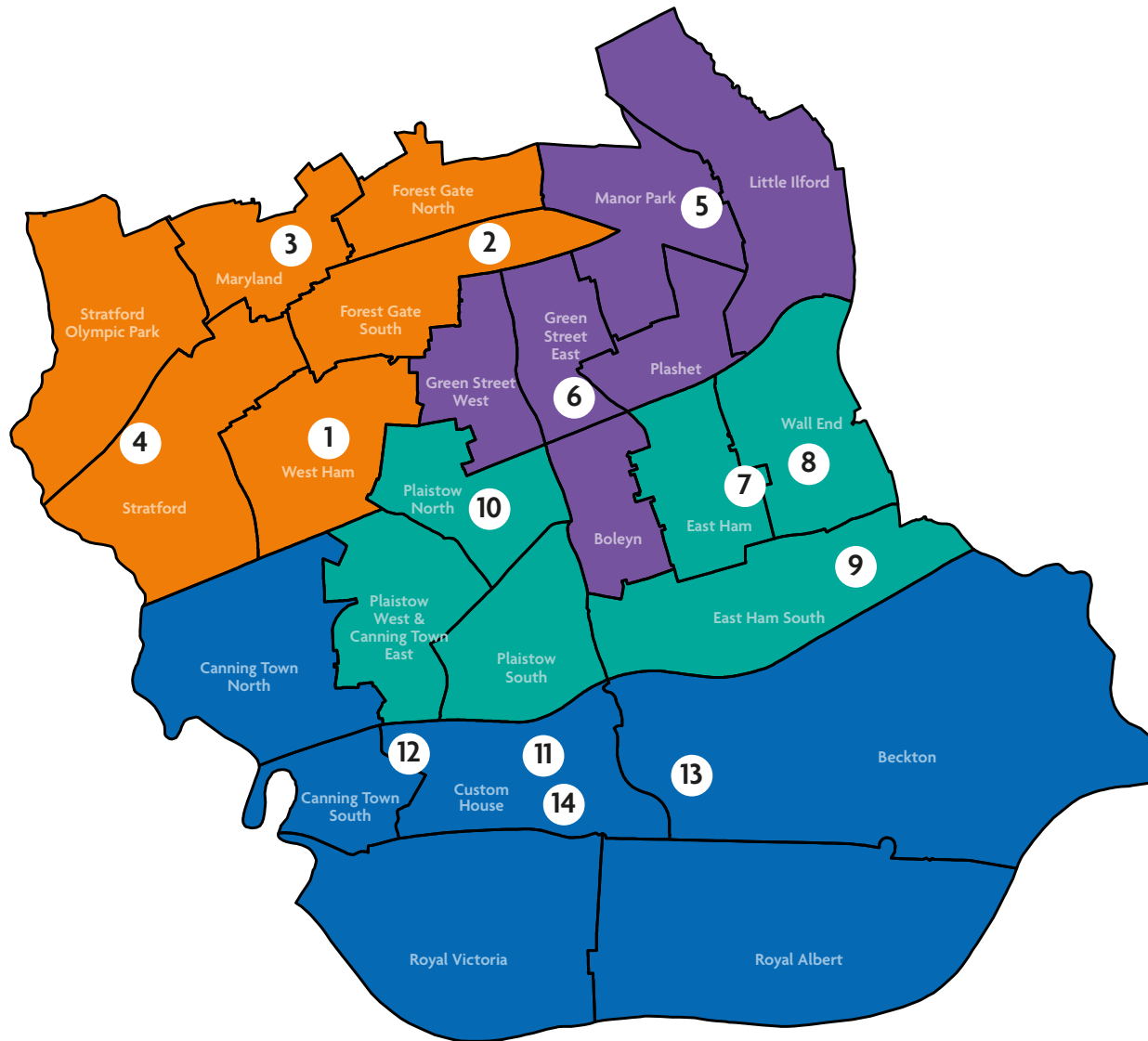
Family Hubs contact:

☎ 020 3373 2555 ✉ familyhub@newham.gov.uk

newham.gov.uk/familyhubnetwork

WE ARE NEWHAM.

Newham Family Hub Network



West: Stratford, Forest Gate and West

- 1 Rebecca Cheetham Children's Centre
- 2 Kay Rowe Children's Centre
- 3 Maryland Children's Centre
- 4 Abbey Lane Children's Centre

East: Manor Park, Little Ilford and Green Street

- 5 Family Hub @Manor Park Community Children's Centre
- 6 St Stephen's Children's Centre

Central: East Ham and Plaistow

- 7 Family Hub @ East Ham Library
- 8 Altmere Children's Centre
- 9 Oliver Thomas Children's Centre
- 10 Plaistow Children's Centre

South: Custom House, Canning Town and Beckton and Royal Docks

- 11 Edith Kerrison Children's Centre
- 12 Keir Hardie Children's Centre
- 13 Beckton and Royal Docks Children's Centre
- 14 Family Hub @ Shipman Youth Zone

Newham Family Hub Network

Support for families

Newham Family Hub Network brings together different services in a 'one stop shop' to make it easier to get the help you and your family need.

Family Hub provide a single place to go for face-to-face support and information from a variety of services from pregnancy right up to 18 years of age (up to 25 years if the young person has additional needs). There is also a Family Hub virtual and digital offer available. More information on newham.gov.ukfamilyhubnetwork

Family Hubs, Children's Centres, 0-19 Children's Health, Youth Services and local voluntary, community and faith organisations are working together to deliver our Family Hub Network so families can access information, advice and support to help them when they need it the most.

"I'm truly impressed by the service and its potential. I'm excited to contribute to making it accessible for Newham families. With collaboration, passion, and shared efforts, we can drive meaningful change and create a more productive, supportive community."

Newham parent



Infant feeding



Perinatal Mental Health



Parenting Programme



Parent Carer Panel



Home Learning Environment



Best Start to Life Publication



SEND Support and Services

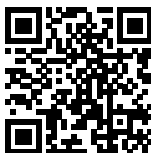
☎ 020 3373 2555

✉ familyhub@newham.gov.uk

🏠 newham.gov.uk/familyhubnetwork

If you live in Newham and would like to register to access Family Hub services for you and your family, please complete the following Online Registration Form. Our Family Hubs Privacy Notice explains how we use and process your information to improve and deliver our services in response to local need.

Scan the QR code for more information



Health visiting service

Health visitors work with children and their families from the antenatal period until the child is five. They work in partnership with other agencies including midwives, GPs, schools, social workers, voluntary services and children's centres.

The health visiting teams are made up of health visitors, community nurses, nursery nurses, breastfeeding peer supporters and clinical support workers.

They offer support with:

- Becoming a parent
- Welcoming your new baby
- Your emotional and mental wellbeing
- Infant feeding and weaning support
- Health promotion/health education
- Developmental reviews
- Healthy lifestyle (weight, healthy nutrition and physical activity)
- Managing minor illnesses to reduce hospital attendance
- Getting your child ready for school
- Signposting and supporting to access community services.

Contact us

To contact the service, please call the single point of access line.

☎ 020 3373 9983

✉ CHIS@newham.gov.uk

Baby feeding information
🏠 newham.gov.uk/children-families/feeding-baby

Baby feeding leaflet
🏠 newham.gov.uk/babyfeedingposter

Baby feeding helpline:

☎ 07534 249611

✉ baby.feeding@newham.gov.uk



Supporting children with special educational needs and disabilities (SEND)

Newham libraries

The early years play a crucial role in lifelong development. Research has shown that an enriching environment and experiences throughout these years can provide essential foundations for children's later social, emotional and cognitive outcomes. This is why we are committed to providing quality books and story and rhyme time sessions in all our libraries for under 5s. Times and locations can be found on the library website.

The libraries also deliver the Bookstart programme, which provides free books and resources to babies from birth to one year old, through its partnership with the health visiting teams and the children's centres. Packs are also available for children with additional needs, including universal SEND packs for babies and toddlers. Bookstart Shine is available for children who are deaf and Bookstart Touch for those who are blind or partially sighted.

The libraries are also partnering with the BookTrust to ensure that lower income and deprived families are given priority with the new targeted approach for the Bookstart offer, identifying settings and providers to gift books and resources to engage families in a lifelong reading journey.

For more information on Bookstart, email: deborah.peck@newham.gov.uk

Local Offer and Family Information Service

The Local Offer provides information on what services are available in the area for parents and carers and children and young people aged 0-25 years with SEND.

The Family Information Service contains a full range of parenting programmes for parents of children aged 0-18 (25 years with SEND).

🏠 families.newham.gov.uk

SEND surgery

SEND surgeries are regularly run throughout the year for parents/carers of children and young people aged 0-25 years. The surgeries offer advice and guidance on:

- EHCP Plan
- Social care
- Therapies
- SEND travel assistance
- Family support
- General information

For more information

✉ sendsurgery@newham.gov.uk

The general information sessions are a good option if you are unsure about the different services available. Sessions last 15 minutes and are held between 10am-12noon. Representatives from the Parents Forum are available to support parents and offer further information about their role. If you would like additional support in requesting an appointment, contact:

☎ 07495 021 062 or

✉ info@newhamparentforum.co.uk

MENCAP

The Strengthen, Empower & Nurture (SEN) Project is an early year's family support programme supported by MENCAP and the Newham SEND Hub for Early Years.

- Join Family support groups, online or face-to-face
- Develop your understanding of SEND with other families who understand and care
- Share skills and ideas with each other to build confidence and knowledge
- Explore volunteering roles with us
- Find the support you want and need with our team of staff
- Get support through our workshops on completing Disability Living Allowance applications
- One-to-one support with a Family Connector
- Early Positive Approaches to Support (E-PAtS) groups
- Closed Facebook group: (Supporting each other – Newham)

Contact Leva Jupe

☎ 07814 078 247

✉ newhamfs@mencap.org.uk

Bonny Downs Community Association

This local organisation offers a range of activities and support services for the entire family.

The Well Community Centre,
49 Vicarage Lane, E6 6DQ

☎ 020 8586 7070

✉ info@bonnydown.org

🏠 bonnydowns.org/whats-on



Digital offer

Best Start for Life (0-5 years) Virtual Offer

To obtain an overview of services for families of children from conception to age 5 visit:

newham.gov.uk/beststartforlife

Relationship support - FREE One Plus One digital resources

Three interactive online courses for parents and carers. To gain access, go to:

newham.gov.uk/oneplusone

Select **Newham** from the London map and then follow the online registration process. Once registered, you will be able to access the three online resources below. **Please note that these resources do not work with Internet Explorer but work fine with all other browsers.**

1. Me, You and Baby Too

Becoming parents can change your relationship. Tiredness and stress associated with parenthood can lead to you and your partner misunderstanding each other. This course can help you improve communication skills and manage conflict better. It is packed with

videos and animations to help you navigate the transition to parenthood.

newham.gov.uk/meyoubaby

2. Arguing Better

If you want to understand the impact of parental arguments on children, try this course.

newham.gov.uk/arguingbetter

3. Getting it Right for Children

When parents separate, it's easy for children to get caught in the middle of their disagreements. This course is designed to help you parent co-operatively after parting.

newham.gov.uk/getitright

Early Start nutrition courses

Free online nutrition courses for parents and carers.

- Eating well in pregnancy
- Feeding your baby in the first year
- Good nutrition for your toddler
- Fussy eating strategies for families

newham.gov.uk/earlystart

FREE childcare entitlement

If you have children aged two, three or four years old, you may be entitled to free childcare and early learning for your child.

15 hours – two-year-olds

Get up to 15 hours per week for your two-year-old child. Starts from the term after your child turns two. Eligibility criteria applies. Find out if you are eligible by doing a simple online check.

newham.gov.uk/twoyearold

If you require assistance
twoyearold.childcare@newham.gov.uk

15 hours – three- and four-year-olds

FREE for ALL three- and four-year-olds. No eligibility criteria. Available from the term after your child turns three. Simply register directly with an approved provider. Approved providers include childminders, private day care nurseries, pre-schools as well as school nursery units.

newham.gov.uk/threefouryearold
020 3373 0980

30 hours – three- and four-year-olds

If you are a working parent, you may be able to get 30 hours of FREE childcare per week for your three- or four-year-old child. 30 hours is a scheme to help working parents with their childcare costs, as well as providing high quality early education.

If you are interested in taking up the offer of 30 hours childcare, you must first check if you are eligible at childcarechoices.gov.uk where you can also apply. You must apply a term ahead of when you want to take up a place.

There are more than 180 registered providers who offer 30 hours of free childcare across Newham for parents who qualify, with many flexible options available to suit your needs. For the full directory of Newham 30 hour providers:

newham.gov.uk/30freehours

For more information

30hourschildcare@newham.gov.uk
020 3373 0980

For information on all the schemes that help with childcare costs, including the planned expansion of the 30 hours scheme and changes to Universal Credit.

childcarechoices.gov.uk.

Find out what help is available to you and use this interactive tool to work out what would be best for you in your circumstances.

gov.uk/childcare-calculator

Useful numbers and information

Newham Council
☎ 020 8430 2000
Shelter
☎ 0808 800 4444

For residents who have difficulty accessing food due to financial issues

Newham Food Alliance
🏠 newham.gov.uk/newhamfoodalliance

Health and wellbeing

Newham Mental Health Crisis Helpline
☎ 0800 073 0066
Change, Grow And Live (Drug And Alcohol Support)
☎ 0800 652 3879
Chat Newham (Befriending)
☎ 0808 196 3510
✉ Bsilfamilysupport@newham.gov.uk

Safeguarding and safety

Newham Mash
☎ 020 3373 4600/020 8430 2000
Hestia (Newham) Domestic Abuse Support
✉ referralsnewham.dsv@Hestia.org
☎ 0808 196 1482
Freephone National Domestic Abuse Helpline
☎ 0808 2000 247
Childline
☎ 0800 1111 or 0808 800 5000

Health visiting support

Health sessions

Baby Feeding Café
Wednesday, 1-3pm
East Ham Library

Baby Feeding Café
Tuesday, 1-3pm

Antenatal 'Getting Ready to Feed Baby' workshops
Every other Tuesday, 3.30-5.30pm

'Starting Solids' workshops
Every other Wednesday, 10am-12pm

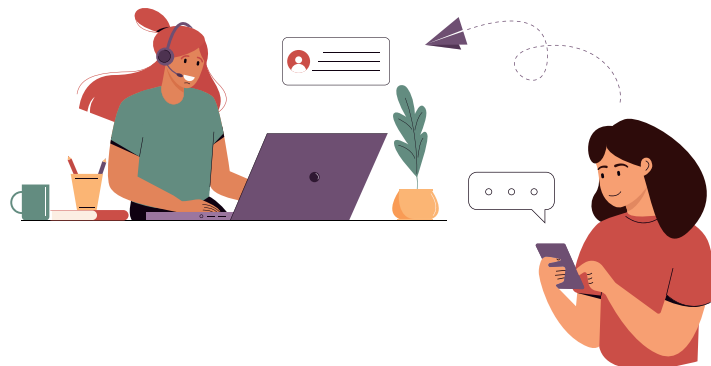
Monthly parent/carer's support Group (open to all SEND 0-18 years)
First Friday of every month (except January and August)
9.45-11.30am
(Bookings via Eventbrite)

Newly diagnosed ASD parent/carer's support session (0-5 years)
Appointment only, 9.30-11.30am

Toilet training (SEND 0-5 only)
Appointment only, 9.30-11.30am

Sleep training session (SEND 0-5 only)
Appointment only, 9.30-11.30am

For more information, please contact call the single point of access line on telephone number **0203 373 9983** or email **CHIS@newham.gov.uk**



Support in Newham

**Newham
Baby Feeding Helpline
07534 249 611**



We provide baby feeding support to all families. Call or text our Baby Feeding Helpline for skilled help and support with any questions about feeding your baby or toddler up to three years.

Newham Baby Feeding Helpline is available seven days a week - **07534 249 611** or email baby.feeding@newham.gov.uk for help with breast feeding, bottle feeding, mixed feeding, introducing solids, returning to work and breastfeeding.

Breast milk is tailor-made for your baby. It boosts your baby's ability to fight illness and infection.

Baby Feeding Cafes

Online and in person - meet other mothers, chat, share stories, get support. Follow the QR code for details of dates, times and locations across Newham.



Free parenting programmes



Parenting and raising a family is hard and many life events can make it feel harder.

We recognise this and we have designed a range of offers to meet parents where they are and offer a variety of parenting workshops and training courses that help you feel more equipped and better connected to your children and family.

Find out more about in person and virtual courses that are delivered live and a range of digital courses that you can access. To book and fill out the referral form please visit newham.gov.uk/parentingsupport



For more information, please contact The Early Help Parenting Team by emailing parenting@newham.gov.uk



Peer Parenting Offer Baby and Us



Empowering Parents, Empowering Communities (EPEC)



Delivered for Parents by Parents:

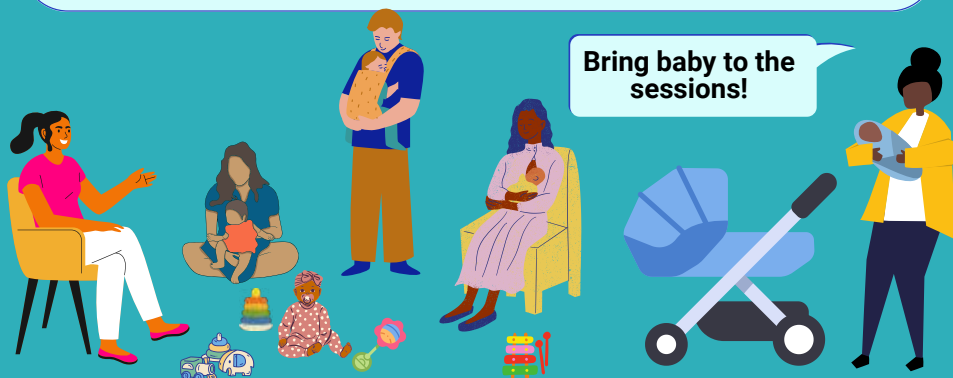
This course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

Being A Parent - Baby and Us

The Baby & Us Group is a weekly space for parents and carers with babies under 1 years old that supports families build positive relationships with their baby, with a focus on communication. It provides strategies on how to deal with the challenges of parenting a young baby.

You will leave this course feeling better able to:

- Process the impact of the birth experience
- Understand your baby's crying/sleeping/feeding cues and to feel more confident managing the practicalities of your baby's routine
- Communicate with your baby
- Develop friendships with other parents which are mutually supportive



Bring baby to the sessions!



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Newham NCT



Are you pregnant
or a new mum
and feeling low,
anxious, alone?



Talk & support, mum to mum

Support available in different languages

A friendly, non-judgemental space to talk, seek information and gain support. Offering group and 1 to 1 peer support, walk & talk and by telephone or online.



'The volunteer makes me feel normal. She listens like it's okay.'

'The 1:1 support really helped my confidence – as a mum and in myself.'

'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."'

'Everyone there has been through similar things – it feels like a family.'

Languages:

English, Bengali, Urdu, Spanish, Hindi, French, German, Swiss-German, Romanian, Punjabi, Gujarati, Somali, Vietnamese, Hausa, Turkish, Yoruba, Bulgarian, Igbo.



nct 1ST 1,000 DAYS
NEW PARENT SUPPORT

Scan to access our Padlet or visit: padlet.com/Parentsinmind/Newham

For more information please contact: 07525 403673
or email: parentsinmind.newham@nct.org.uk



FREE NUTRITION SUPPORT FOR FAMILIES

Here at Early Start Nutrition we have lots of ideas to help you and your family stay healthy. Whether it's recipe inspiration or answers to your nutrition questions, you can rely on our team of expert Registered Nutritionists to help

Visit our 'Parent's Page' to explore our:

- webinars
- online courses
- recipes & blogs

SCAN ME



@EarlyStartRNutr



@earlystartnutrition



@earlystartnutrition



@earlystartnutrition



@earlystartnutrition



Visit the Well Newham website and in-person Hubs to find out about support available for your health and wellbeing.

✉ wellnewham@newham.gov.uk
☎ 020 8430 4841
wellnewham.org.uk

Well Newham Supporting you with your health and wellbeing



Well Newham

Supporting you and your family with health and wellbeing



Many of us need a little help to be healthier.

For some of us, it's about doing a bit more exercise or giving up smoking. For others, it's about connecting with our community or getting help with things that can cause stress, like money.

Well Newham is here to help you achieve your goals, in a way that works for you.

If you have a long-term health condition, Well Newham can help you look after it and feel better.

Visit the Well Newham website:

Visit wellnewham.org.uk today to find out more about health and wellbeing and find the support you are looking for.

A lot of the services you'll find on the website are free, and all the information you need including location, opening hours, and who it's for is there too.

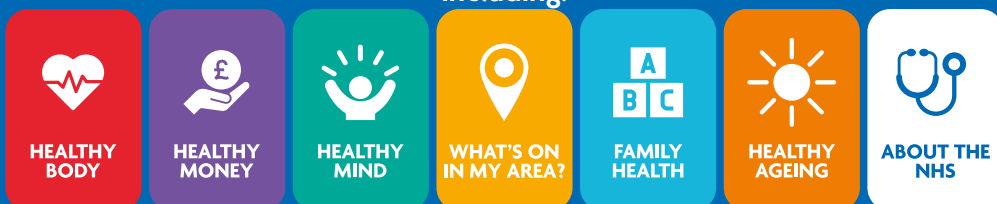
Some of the support available:

- Advice about managing money
- Help and activities for you and your family
- Social events in your area
- Someone to talk to about your mental health
- Learn about eating to prevent diabetes
- Support to stop smoking
- Free cooking classes
- Make friends at a local gardening group
- Help with housing
- Legal advice
- Services for children and young people
- Help to find good work

Visit a Well Newham Hub:

If you'd like to talk to someone face-to-face or get some guidance on how to use the website, you can go to a Well Newham Hub. To find out more, including where and when the Hubs are, visit wellnewham.org.uk or call 020 8430 4841.

Find out more about the support available for your health and wellbeing, including:



wellnewham.org.uk



Free SENDIASS Drop In



Thursday and Friday, 9am-12pm

Family Hub – East Ham Library 328 Barking Road, E6 2RT

A statutory service designed to support parent/carers, children and young people 0-25, with issues relating to their special educational needs and disability (SEND) rights and provision.

20 minute time slot for information, advice and guidance.

- Knowledge, advice and support based on SEND statutory process and duties
- Advice and support around SEN Support and all aspects of the

education, health and care plan (EHCP).

- Exclusions (where the pupil has an SEN).
- SEND Tribunal cases
- Meeting support.

Please note Case Officers cannot look through bundles of paperwork, as time is needed to analyse and prepare responses.

Post-diagnosis parent-led support group



Emotional support for families of children aged 0-12 with a diagnosis of Autism

**Second Wednesday of every month
10am-12noon**

Drop-in for parent caregivers
(no appointment needed)

**Fourth Wednesday of every month
10am-12noon**

Appointments will be booked by SCYPS only

Purpose of the support group:

- Family Connectors will provide emotional support
- Come along to meet other parents with similar experiences
- A great opportunity to make friends and access signposting to local services and support

Contact:

For children aged 0-5: Josephine ☎ 07929 666 071 ✉ josephine.assani@mencap.org.uk
For children aged 6-12: Elkie ☎ 07929 754 148 ✉ elkie.sharp@mencap.org.uk
Ieva ☎ 07814 078 247 ✉ ieva.jupe@mencap.org.uk

Disability Living Allowance (DLA) Online Workshop



Are you a parent of a child between 0-12 years old with additional needs?
Do you need support and advice with the DLA form?
Join our free online DLA workshop

**Second and fourth Monday of each month (excluding bank holidays)
10-11.30am**



Click **here** to join session or scan QR code.

You can join sessions more than once if you wish

- You will be able to meet other parents who also have difficulties completing the DLA form
- Sessions are run by Mencap Family Connectors

Contact:

For children aged 0-5: Josephine ☎ 07929 666 071 ✉ josephine.assani@mencap.org.uk
For children aged 6-12: Elkie ☎ 07929 754 148 ✉ elkie.sharp@mencap.org.uk
Ieva ☎ 07814 078 247 ✉ ieva.jupe@mencap.org.uk

Mencap's Family Engagement Team



For families of children aged 6-12 with a diagnosis of Autism

Family Connectors use their lived experience to reach out to families, connecting them with peer support in the following ways:

- Facilitating peer support groups and developing parent/caregiver networks
- Supporting families after diagnosis to reduce feelings of stigma and isolation
- Working with services and the community to co-facilitate inclusive opportunities for families like co-production
- Empowering families to apply for Disability Living Allowance (DLA) and access workshops and opportunities to help them better support their child
- Co-facilitating or co-delivering support sessions with other service providers

If you would like to join our WhatsApp Parent-led Support Group, please contact our Family Connectors below.

Family Connectors:

Fatima Uddin

☎ 07890 033 653

✉ fatima.uddin@mencap.org.uk

Nazia Ahmad

☎ 07506 549 601

✉ nazia.ahmad@mencap.org.uk

Family Engagement Worker:

Ieva Jupe

☎ 07814 078 247

✉ ieva.jupe@mencap.org.uk

Parent-led Support Group



Are you a parent caregiver of a child aged 6-12 who has a diagnosis of Autism?
Do you want to get to know other parents to share and learn with each other?

Every Tuesday, 9.30-11am

- The group is run by our Family Connectors
- They have experience of caring for children with Autism
- Groups take place online or face-to-face
- All conversations during the sessions are confidential

If you would like to join our WhatsApp Parent-led Support Group, please contact our Family Connectors below.



Click [here](#) to join the meeting or scan the QR code.

Family Connectors:

Fatima Uddin ☎ 07890 033 653 ✉ fatima.uddin@mencap.org.uk

Nazia Ahmad ☎ 07506 549 601 ✉ nazia.ahmad@mencap.org.uk

Family Engagement Worker:

Ieva Jupe ☎ 07814 078 247 ✉ ieva.jupe@mencap.org.uk

SEND Facebook group to connect families



Do you have a child with Special Educational Needs and Disabilities (SEND) and live in Newham?

- Mencap's closed Facebook group is a virtual support network for families who have children with additional needs in Newham
- Connect with other families
- Share tips, ideas and support
- Find out more about what's on offer for families in Newham.

To join, search 'Supporting Each Other - Newham' on Facebook.

For more information or if you need any help,
email newhamfs@mencap.org.uk

Parent-led Support Group



**Are you a parent caregiver of a child aged 0-7 with additional needs and live in Newham?
Do you want to meet other parents?**

Every Tuesday, 9.30-11am

- The group is run by our Family Connectors
- They have experience of caring for children with additional needs
- Groups take place online or face-to-face
- All conversations during the sessions are confidential



Click here to join the meeting
or scan the QR code.

Contact:

Josephine ☎ 07929 666 071
✉ josephine.assani@mencap.org.uk
Ieva ☎ 07814 078 247
✉ ieva.jupe@mencap.org.uk



Mencap's Family Connectors

Meet Mencap's Family Connectors



What is the role of a Family Connector?

Family Connectors use their lived experience to reach out to families, connecting them with peer support in the following ways:

- Facilitating peer support groups and developing parent/caregiver networks
- Supporting families after diagnosis to reduce feelings of stigma and isolation
- Working with services and the community to co-facilitate inclusive opportunities for families like co-production
- Empowering families to apply for Disability Living Allowance (DLA) and access workshops and opportunities to help them better support their child
- Co-facilitating or co-delivering support sessions with other service providers

Contact:

Josephine

☎ 07929 666 071

✉ josephine.assani@mencap.org.uk

Elkie

☎ 07929 754 148

✉ elkie.sharp@mencap.org.uk

Ieva

☎ 07814 078 247

✉ ieva.jupe@mencap.org.uk

Join our Parent and Caregiver Panel!



Are you a Newham parent, caregiver, or carer?

You can be part of shaping services for Newham families and have a direct line to local decision-making.

Purpose of the Parent and Caregiver Panel:

- Empower local parents and caregivers in designing and improving family services.
- Give voice to all Newham families especially fathers, grandparents and seldom heard groups.
- Create opportunities for parents to influence decision-making communities.



For more information, email:
EastHamFamilyHub@newham.gov.uk
Find out more **here** or by scanning the QR code.

Online courses for parents, parents-to-be, relations & foster carers



The courses, worth over £100,
have been prepaid for
ALL Newham
families!

From bump to 19 years
Lifetime access



Go to:
www.inourplace.co.uk
and enter the 'Access Code':
NEWFAM

To return to the course(s), go to
www.inourplace.co.uk and sign in!



 [SolihullApproach](https://www.facebook.com/SolihullApproach)
www.inourplace.co.uk

 [@SolihullApproach](https://twitter.com/SolihullApproach) (NB: 1 'p')
www.solihullapproachparenting.com

For technical support, contact:
solihull.approach@uhb.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

Newham Drug and Alcohol Support

Have you heard about our Drug & Alcohol Support
Available for Children, Young People, Families &
Adults?



Young Persons Resilience Workers:

*We support Young People that are using substances—providing information on the substance/s they are using, highlighting the risks and explaining Harm Reduction Information.

*One to one, group and workshops available.

Family & Carers Support:

*One to One support and Support Groups available for those supporting loved ones using substances.

We will provide you with information, advice and support.

We host a family and carers' group every week on Fridays at 12:30pm in our Canning Town hub (3 Beckton Road, E16 4DE).

Email: FamilyCarer.newham@cgl.org.uk

Children & Family Workers:

*We support children and young people up to the age of 18 that are impacted by parental drug or alcohol use.

*This is called hidden harm and within our role, we provide a safe space for them to explore their feelings, to feel heard and seen during what may be a confusing, unpredictable and challenging time for them.

Adult Key Workers:

*We are a group-based service offering a range of options including workshops and one-to-one key working sessions. The support we give can be done on the phone or on a video call, or we can arrange to see you face-to-face.

*We also have needle exchange where you can get harm reduction advice, blood-borne virus testing (including HIV and Hepatitis C), naloxone training and access to other services.

Other ways to Contact Us:

Call: 0800 652 3879

Email: NewhamYP@cgl.org.uk/

Newham.referrals@cgl.org.uk

Website: www.changegrowlive.org/rise-newham/referrals

Come to meet us in Person for more information:

Location: East Ham Library

Time: Thursdays 1-4pm

BDCA Cheeky Chimps

Mondays

Weekly during term time

09:30 - 11:30am

Offering a range of play for all children including equipment and activities for those children with SEND (Special Educational Needs and Disabilities)

Come and borrow a free, topic focused, Play Bag from our toy library

The Well Community Centre,
49 Vicarage Lane,
East Ham
E6 6DQ



If you are experiencing domestic abuse you are not alone

Domestic abuse is taken very seriously in Newham. Hestia provides emotional and practical support to those experiencing domestic abuse in Newham and wider communities.

Nobody should live their life in fear of physical, financial, sexual or emotional abuse

If you are you a Newham resident or working in Newham and require advice, a professional support worker can be contacted by email or phone:



0808 196 1482



InfoNewham.DSV@hestia.org



In the event of any emergency please dial 999



From November 2023, we are piloting a more integrated 'front door' for children, young people and families in East Ham.

Introducing the new Integrated Front Door for East Ham

Providing swift access to Multi Agency support for children and young people with emerging emotional well-being and mental health needs.



Integrated Front Door - for Schools, GPs and voluntary sector organisations in East Ham.

The new integrated front door team will enable schools, GPs and voluntary sector agencies to access a multi-agency assessment of children who have emerging emotional well-being and mental health needs within 3-4 days.

This will include children/young people who are experiencing:

- High levels of anxiety
- Emotionally based school anxiety and avoidance
- Self-harming behaviours
- Problems with low mood/depression
- Problems with troubling/repetitive thoughts
- Problems with low self-esteem
- Problems with hyperactivity/inattention
- Children who may be experiencing difficulties at home that is resulting in the child/young person struggling with their own emotional well-being/mental health

The team, is made up of:

- a social worker,
- an early help practitioner,
- a CAMHS clinician, and
- a mental health in schools teams practitioner (WINS practitioner).

This is a pilot programme. Our aim is to develop a fully integrated front door across Newham over time. Whilst this is in development, it is our expectation that:

- Where referring agencies (schools, GPs) are concerned that there may be safeguarding issues, **they must continue to refer to the MASH**
- Where schools are concerned that the child/young person may be experiencing a mental health crisis, **they must continue to refer to the CAMHS crisis team**

If you are interested in making a request for support to the Integrated Front Door team, please find a link to the request for support form

[Integrated front door-Request for support form](#)

How will the Integrated Front Door work?

Where schools/GPs/voluntary agencies make a request for support to the Integrated Front Door in East Ham, the core multi-agency team will:

- carry out an initial review of the information provided and request further information where required;
- have a conversation with the child, young person or family to understand their needs and aspirations;
- meet on a twice weekly basis (Tuesdays and Thursdays) to carry out a multi-agency triage of those children, young people and families referred into the team;
- work together to develop a clear plan for the child.



The aim for the team is to move beyond individual service silos for children and families, and to develop more creative community based approaches to addressing children and young people's needs.

If you would like further information about the Integrated Front Door or would like to have a conversation with a member of the team before making a referral, please contact us at IFD.team@newham.gov.uk



Baby & Us

Empowering Parents, Empowering Communities

Peer Led Group:
Delivered for
Parents by Parents

Bring baby
to the
sessions!



The Baby & Us Group is a weekly space for parents & caregivers with babies under 1 years old, that supports families build positive relationships with their baby, with a focus on communication. It provides strategies on how to deal with the challenges of parenting a young baby.

Every Thursday,
2 May – 11 July, 10am-12pm
Altmore Children Centre,
Altmore Avenue E6 2BX

This course will help you
feel better able to:

- Process the impact of the birth experience
- Understand your baby's crying/sleeping/feeding cues
- Feel more confident managing the practicalities of your baby's routine
- Communicate with your baby
- Develop friendships with other parents which are mutually supportive

For any questions, email
Fasreen.Ramzeen@newham.gov.uk

Light refreshments provided



For peer parenting queries, please visit
newham.gov.uk/ParentingSupport

Coffee 'n' Chat

Newham Family Hub Network



Parenting does not come with a manual but we are here to help
Come and find out about the Parenting offer in Newham
Come along to our sessions & meet other parents

Friday 22nd March
Friday 19th April
10:00am - 12:00pm
East Ham Library
328 Barking Road E6 2RT



Thursday 25th April
12:30pm - 2.30pm
Shipman Youth Zone,
340 Prince Regent Lane E16 3JH



A warm, safe and confidential
space for parents/caregivers to
connect and learn together

- Open and honest conversations
- Sharing lived experiences
- Tools, tips and advice



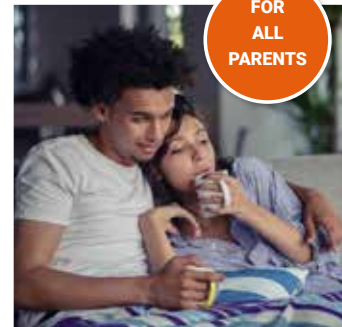
Light
refreshments
provided

For Parenting queries please visit
Parenting Programmes | Newham Families Advice and Support

Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at **OnePlusOne**. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR
ALL
PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR
NEW
PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR
SEPARATING
PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all **FREE** to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents





Family Hub Network Outreach Volunteer Programme!



Join our Family-Focused Outreach Volunteer Programme - supporting Parents, Nurturing Families & Building Community Assets! Together, we can create a community where every family thrives and flourishes!

Are you are ready or know anyone to take the step to help families, help themselves? Join our outreach volunteer programme today and be a part of our mission to nurture strong, resilient families in our community!

Why Volunteer with Us?

We can support you to build confidence, knowledge and skills through training and development.

Outreach Volunteer Opportunities on offer:



Digital Offer - connect with families and support them to build confidence in accessing FREE online parenting courses & digital resources



Emotional Wellbeing - support families through pregnancy and the early parent infant relationship through well-being resources



Meet and Greet - welcome families across the Family Hub Network and offer guidance on how to access resources and support



Parenting Support - become accredited and co-facilitate the Empowering Parents and Empowering Communities parenting programme and join a community of peer parent facilitators

Recognition & Reward: We believe volunteers should be appropriately recognised and rewarded for their time, skill and expertise whilst donating/giving up their time to benefit Newham and its Community.

List of recognition/rewards we offer and for further information please email us on: familyhubvolunteer@newham.gov.uk or visit newham.gov.uk/familyhubvolunteers

SCAN ME



Time

for young people

The
Children's
Society



It's Time for young people

Aged 10 to 25 and living or studying in Newham? Whatever challenges you're facing, we can help you get the right support. We're here, whenever you're ready to talk.

timeforyoungpeople.org.uk

Are you a Carer and live in Newham?



We can offer you:

- Help with your Carer rights & getting your entitlements
- **Support to access Carer specific group sessions and activities**
- Tailored support on an individual basis in locations across the borough
- **Support with obtaining a statutory Carers Assessment**

For more info, please call us on:
020 3954 3143 or email us on:
info@newhamcarerscommunity.org.uk

Our hours of service are:
Monday to Friday 9am–5pm
655 Barking Road, Newham, E13 9EX



FREE CARERS AND ADVOCACY WORKSHOP

LIGHT
REFRESHMENTS
PROVIDED

655 BARKING ROAD, E13 9EX
(AGE UK EAST LONDON OFFICES)
11:00 AM - 12:30 PM

This workshop is an introduction to advocacy for carers. From a carers' perspective this workshop will include:

- Purpose of advocacy
- Different advocacy areas
- The difference between statutory advocacy (IMCA's and IMHA's) and Carers' advocacy
 - The role of the advocate
 - Steps to successful advocacy
- Potential barrier's carers face when advocating
 - Managing conflict of interest

JOIN ZOOM MEETING
[HTTPS://US06WEB.ZOOM.US/J/86004636761](https://us06web.zoom.us/j/86004636761)

MEETING ID: 860 0463 6761

For more information, please contact

Newham Carers Community on:

Email: info@newhamcarerscommunity.org.uk

Telephone: 0203 9543 143



Support in Newham

Newham Baby Feeding Helpline 07534 249 611

Put the number in your phone for help with all baby feeding
- breast, bottle, mixed, starting solids - 7 days a week.



Getting Ready to Feed your baby

– Book your antenatal workshop from 34 weeks.
Top tips to get off to a good start with feeding your baby.
Visit
NewhamBabyFeedingAntenatal.eventbrite.co.uk
or scan the QR code



Breastfeeding provides perfect nutrition and immune support, it's great for baby's and mum's health, and saves money.

Visit newham.gov.uk/babyfeeding or scan the QR code



Milk, nothing else for the first six months

– Book your Starting Solids Workshop to learn why weaning matters - what, when, how?

A fun session with other parents.
Book when baby is around 5 months.

Visit
NewhamBabyFeedingStartingSolids.eventbrite.co.uk or
scan the QR code



If you are experiencing domestic abuse you are not alone

Domestic abuse is taken very seriously in Newham. Hestia provides emotional and practical support to those experiencing domestic abuse in Newham and wider communities.

Nobody should live their life in fear of physical, financial, sexual or emotional abuse

If you are you a Newham resident or working in Newham and require advice, a professional support worker can be contacted by email or phone:



0808 196 1482



InfoNewham.DSV@hestia.org



In the event of any emergency please dial 999

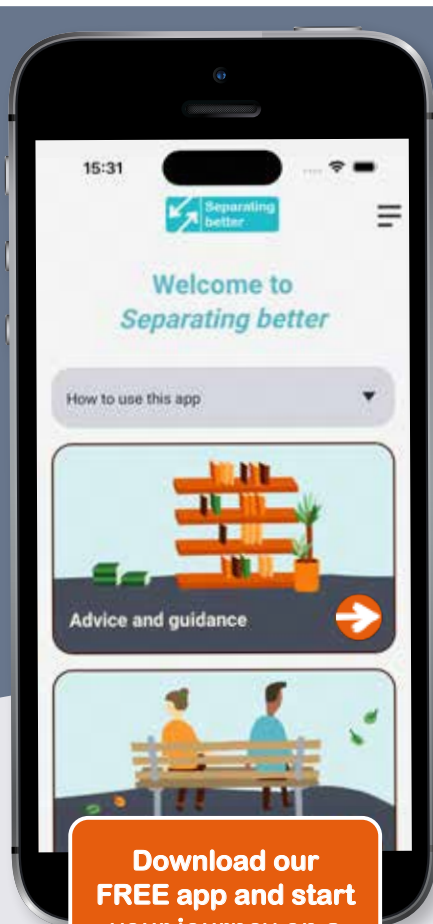


Discover Separating better your co-parenting companion

Are you a parent who is navigating life changes?
Our FREE app is just for you.

What *Separating better* offers:

- **SELF-GUIDED SUPPORT**
expert emotional advice and practical tips such as childcare and financial arrangements
- **PROGRESS TRACKING**
easily monitor your journey and achievements as you navigate separation
- **EMOTIONAL READINESS QUIZ**
get a sense of where you are in your separation journey with our quiz
- **CO-PARENTING TIPS**
stay organised and communicate effectively with your co-parent



Download our
FREE app and start
your journey on a
healthier path

Visit
[oneplusone.org.uk/
separating-better](https://oneplusone.org.uk/separating-better)
or scan the
QR code



Race
Equality
Foundation

strengthening
families
strengthening
communities

Strengthening Families, Strengthening Communities



Discover our new parenting course starting October 2024:

- ✓ **Duration:** 3 hours per week, 13 weeks
- ✓ **Easy Booking:** Use our user-friendly bookings page
- ✓ **Celebrate Success:** Receive a certificate and parent manual at the end



Book your tickets today!



About the Course

This popular parenting course welcomes parents and carers from all backgrounds. It aims to help you recognise and respond to parenting challenges, support your child's success at school, address bullying, avoid online grooming, and build confidence.



Course Benefits

Build Relationships:

- Positive family relationships
- Value family and cultural traditions

Manage Emotions:

- Manage anger and stress
- Implement effective discipline strategies

Gain Skills:

- Confidence and communication
- Understand your child's development

Support and Safety:

- Recognise and respond to challenges
- Support school success
- Address bullying and online safety
- Feel more confident as a parent

Community:

- Meet other parents and share ideas

Includes:

- Light refreshments
- Parent manual

For more information, please go to
newham.gov.uk/network

Very happy to support and to make contributions in order to enable an effective and meaningful access to the service for families in Newham.

I believe we can all make things much better and productive with joint efforts and supporting each other. Passion and enthusiasm play key role to turn any project into a successful one. At Newham, we have lots of potential and interest expressed by people who are keen to support and bring constructive changes with a collaborative approach and I am one of them.