

Parent/Carer Support Programmes

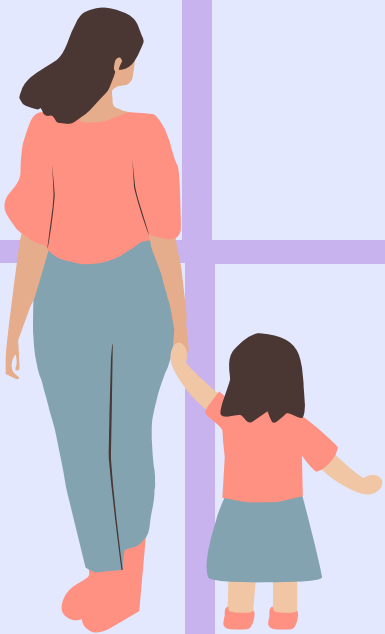
April - July 2025

A full guide to the programmes available from pregnancy to adulthood in Waltham Forest



**Best Start
in Life**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beezee Adults Age 18+ 21 April - 7 July 10am - 12pm The Paradox Centre E4 8YD	Beezee Families Age 5-15 21 April- 14 July 5.30pm - 7.30pm Leyton Sports Ground E17 3PW	Triple P Age 0-12 7 May - 2 July 9.30am-11.30am South Grove Primary School E17 8PW	Calm Parents Calm Children Age 4-11 24 April - 22 May 7.30pm - 9.30pm Online	Strengthening Families Strengthening Communities Age 0-18 25 April - 25 July 9.30am-12.30pm Queens Road Family Hub E17 8PJ	Connective Parenting Sessions Age 0-25 3 May - 10 May 9.30am-11.30am Online
Cygnets Teens Age 12 - 18 28 April - 12 June 5pm - 7.30pm Queens Road Family Hub E17 8PJ	Triple P Stepping Stones Age 0-12 10 Jan - 14 March 12.30pm-2.30pm Leytonstone Library E11 1HG	HENRY Preparation for parenthood 20 weeks - Birth 16 June - 21 July 7.30am - 9pm Online	Beezee Families Age 5-15 21 April- 14 July 5.30pm - 7.30pm Walthamstow School for Girls E17 9RZ	Parent support programmes are a chance to: • Increase knowledge and understanding of children's development and needs • Build positive relationships • Share ideas and concerns about being a parent • Improve behaviour and communication • Meet other parents • Reduce parenting stress	
Connective Parenting Sessions Age 0-25 9 June - 16 June 9.30am-11.30am Online	HENRY Healthy Families Programme Age 0-5 13 May - 8 July 1pm - 3pm Queens Road Family Hub E17 8PJ	Beezee Families Age 5-15 21 April - 14 July 5pm - 7pm Chingford C of E Junior School E4 7BP	Beezee Adults Age 18+ 21 April- 7 July 5.30pm - 7.30pm Leyton Sports Ground E17 3PW		
Beezee Adults Age 18+ 21 April - 7 July 1pm - 3pm Walthamstow Family Hub E17 7JN	Triple P Babies Age 0 - 9 months 29 April - 24 June 10am - 12pm Queens Road Family Hub E17 8PJ	Raising Resilient and Confident Children Age 4-11 30 April - 14 May 10am - 12pm The Junction E11 4LF	Cygnets Primary Age 5-11 1 May - 12 June 9.30am - 12pm Queens Road Family Hub E17 8PJ		
EarlyBird Age 0 - 5 12 May - 14 July 9.30am - 12pm Queens Road Family Hub E17 8PJ	EarlyBird Age 0 - 5 29 April - 15 July 9.30am - 12pm Queens Road Family Hub E17 8PJ	Mellow Bumps 20 weeks - Birth 1 May - 25 June 1pm - 3pm Queens Road Family Hub E17 8PJ			
• Descriptions of all courses can be found on the following pages • All sessions are weekly unless otherwise stated • All programmes are fully funded by the London Borough of Waltham Forest		HENRY Healthy Families Right From The Start Age 0-5 7 May - 2 July 10am - 12pm Leytonstone Library E11 1HG			

Universal Programmes

Triple P Babies

For parents of babies up to 1 year old

Learn how to promote your baby's development better, build a stronger bond and support their emotional and physical health.

Book via: lloydparkcc.eventbrite.com

Calm Parents Calm Children

For parents of children aged 4 to 11

Increase knowledge and skills in parenting in a positive and confident manner. Reflect on parenting strengths and learn strategies to manage behaviour and stay calm in challenging family situations.

Web: bit.ly/CalmParents

Triple P 0-12

For parents of children aged up to 12

Promote your child's development and help prevent challenging behaviour.

Web: bit.ly/wftriplep **Phone:** 07586713368

Raising Resilient and Confident Children

For parents of children aged 5 to 11

Learn how to effectively support your child's mental health and wellbeing.

Web: bit.ly/CalmParents

Strengthening Families, Strengthening Communities

For parents of children aged 2 to 18

This course helps you make positive changes at home by building your child's social skills and self-control. You'll also learn useful ways to handle challenges and grow your confidence as a parent.

Web: bit.ly/SFSCRefer **Phone:** 07586713368



BeeZee Families

For 5 to 15 years old and their families

Fun-filled, family-focused sessions with exciting activities and practical healthy eating advice to help you feel great and live your best life.

Web: beezeebodies.com/programs/beezee-families

Parent/carers check-in sessions

For parents/carers of children aged 0 to 18

A chance to meet other parents and carers, share experiences, and learn practical ways to strengthen your bond with your child and manage their behaviour.

Sessions are online, Mondays at 6pm

Email: gemma.akinade@walthamforest.gov.uk **Phone:** 07586713368



Mellow Bumps

An antenatal programme for expectant parents

Feel more relaxed during pregnancy, improve your wellbeing and build a stronger relationship with your baby. Starting at 20-30 weeks gestation.

Email: familysupport@tlpcc.org.uk

HENRY Healthy Families Group Programme

For families with children under 5

Supporting parenting confidence, wellbeing, eating well as a family, physical activity for your little ones and family lifestyle habits. Online sessions available.

Free creche provided.

Web: bit.ly/wfhenry **Phone:** 02084965223

Email: wfsupport@henry.org.uk

HENRY Wellbeing Buddies Support

For expectant or new parents/carers, with a child up to the age of 2

When you are finding family life tough, a HENRY buddy can provide a listening ear.

Regular 1-1 phone or video support, lasting 6 weeks. Buddies will listen and provide you with the support offering practical ideas and signposting.

Web: links.henry.org.uk/registrationwellbeingprogramme **Phone:** 0208 496 5223

Email: wfsupport@henry.org.uk

Programmes for families with children with special educational needs and disabilities (SEND)

Connective Parenting sessions

For parents/carers of children and young people aged 0 to 25 with SEND

Helping you create a calmer family home with practical tips on bonding with your child, managing meltdowns and supporting your well-being.

Web: bit.ly/WFPBS **Email:** earlyhelpparenting@walthamforest.gov.uk **Phone:** 07586713368

Cygnets and EarlyBird

For parents/carers of children with an autistic spectrum condition

EarlyBird is for parents/carers of children aged 0 - 5

Cygnets is for parents/carers of children aged 5 - 18

Increase your understanding of autism, help you learn how your child experiences the world, and explore what drives their behaviour. You'll receive ASC resources and have the chance to connect with other parents and carers who share similar experiences.

Web: bit.ly/cygnetscourse **Phone:** 07586713368

Email: earlyhelpparenting@walthamforest.gov.uk



Triple P Stepping Stones

For parents/carers with children with SEND up to 12

Learn what causes challenging behavior, set clear goals, and use practical tools to support your child's development and handle high-risk situations

Web: bit.ly/triplepss **Phone:** 07586713368

Email: earlyhelpparenting@walthamforest.gov.uk

Waltham Forest Parent Forum SEND Family Support Groups

For parents and carers of children aged 0 to 25 with SEND in Waltham Forest.

Come along to share experiences, explore helpful resources, and build a support network. The session includes a training segment, followed by time to connect with other parents and carers. All sessions are led by specialist Advisory Teachers from Flourish Specialist Education Services.

No need to book

Gill house, 99 Leyton Green Road, E10 6DB

11am - 1pm - Autism: Friday 2 May and 4 July, **ADHD:** Friday 4 April and 6 June

William Morris Gallery Lloyd Park, Forest Rd, E17 4PP

11am - 1pm - Autism: Monday 9 June

Online: 7pm-8.30pm - **Autism:** Tuesday 17 June



Online Programmes and workshops

Triple P Online

Choose between three selfled online programmes

Triple P Fearless:

For parents/carers of children aged 2 to 18: help your child/teenager manage fear and anxiety.

Web: bit.ly/3PFearLess

Triple P 0-12

For parents/carers of children aged 0 to 12: helping you to encourage good behaviour, prevent tantrums and strengthen your family connections.

Web: bit.ly/TripleP-12

Triple P Teens:

For parents/carers with children aged 12 to 18

Helping you to build stronger family connections and equip your teen to handle life's challenges.

Web: bit.ly/3PTeens

Preparation for Parenthood

Practical and evidence-based information to support you in pregnancy and to help give your baby a healthy start in life.

The programme explores several topics over 6 sessions including:

- Wellbeing during pregnancy
- Planning for birth and afterwards
- Meeting your baby's needs
- Life as a new or growing family.

For families pregnant for more than 20 weeks at the start of the programme. To book your place:

Email: wfsupport@henry.org.uk

Mellow Courses

For parents/carers of children aged 1 to 3

This attachment and relationship based programme will give you tools and practical techniques to help with any challenging family situations. Separate groups for mothers and fathers.

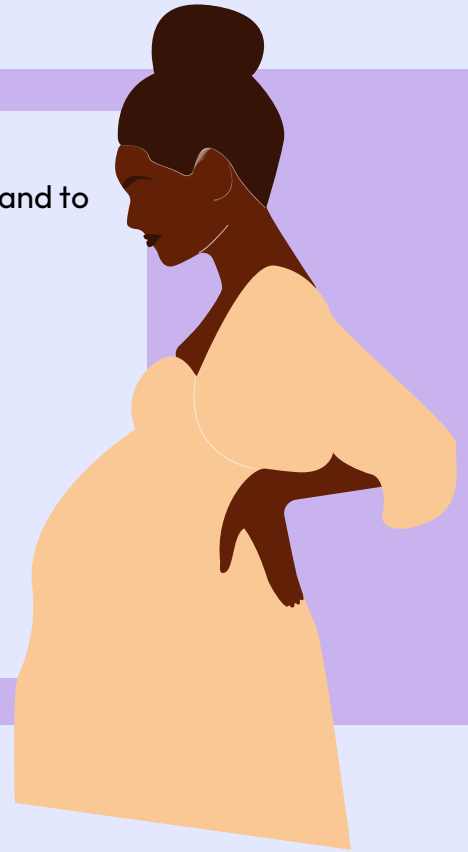
Book: lloydparkcc.eventbrite.com

Stronger Relationships programme

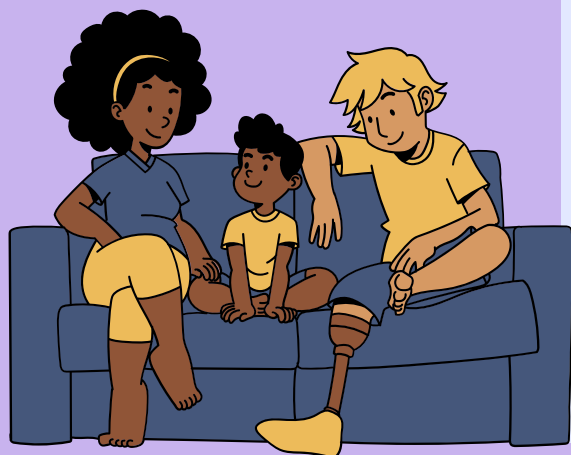
For parents/carers of children aged 0 to 18

Whether you're a couple, co-parent, or caregiver. It will help you communicate positively, recognize harmful parental conflict, and understand its impact on children. A safe space to explore your parenting values and gain insight into your co-parent's perspective.

Sign up: bit.ly/StrongerRe



Other Support for Parents/Carers



Waltham Forest Parent Forum

A friendly voluntary group for parents and carers of children and young people (0-25) with special educational needs and disabilities in Waltham Forest.

Offering a range of training, workshops, and sessions for both parents/carers and children.

Web: walthamforestparentforum.com

Picking Up The Pieces

For mothers and female carers with children affected by domestic abuse

A three-week group program to help you regain confidence and strength after domestic abuse. Build parenting skills, heal in a safe space, and make sense of your experiences.

To book a place **phone:** 0300 330 5479 or **email:** wftherapeuticmarketplace@solacewomensaid.org



Break Tha Cycle's Parent Lounge

For parents/carers of children aged 0 to 18

An advocacy service and so much more!

Supporting you to navigate the school system, fill in forms e.g disability living allowance (DLA), Personal Independence Payment (PIP), blue badge applications and various other application forms.

We provide a safe and secure space for parents to connect, share experiences, and support one another.

Through the Parent Champion volunteer program, you can access training to help support other parents in the community.

Weekly, Tuesdays 1pm - 3pm, term time only, at the Queens Road Family Hub, E17 8PJ.

Appointments by referral. A professional can refer you, or you can complete a self-referral form on the day.

Website: breakthacycle.org **Email:** Admin@breakthacycle.org **Call:** 07535280467

Fathers' Wellbeing Service

For expectant Fathers or Fathers of children aged up to 2

Being a father can be joyful and rewarding but it can also bring you new emotions, and be challenging and stressful. This service provides you with free, flexible 1-to-1 or group therapy.

Contact group coordinator **Lilien Lucic** via:

Phone: 0208 527 1737 or **email:** familysupport@tlpcc.org.uk

Sleep Service and Short Breaks

For families with a child aged 0 to 25 with SEND

Short breaks provide a chance for children with disabilities to spend time away from their carers, try out new things, have fun and make new friends.

Sleep service one-to-one support from specialist sleep practitioners providing practical help to support you and your child with a sleep issue. Can be requested as part of a short break application or on it's own.

For more information or to apply **visit:** bit.ly/shortbreakswf



Which programme is best for me?

Pregnancy	Preparation for Parenthood Mellow Bumps			
Under one	Triple P Baby Online Mellow Babies			
One to three	Healthy Families Right from the Start Triple P 0-12			
Two to twelve	Triple P FearLess Beezee Families	Strengthening Families Strengthening Communities	Calm parents Calm children Triple P 0-12	Healthy Families Right from the Start
Families with children with SEND	Triple P Stepping Stones Age 0 - 12 (No diagnoses required)		Connective Parenting Sessions Age 0-25	Cygnat Age 5 - 15 (ASC Diagnoses required)
Twelve to eighteen	Triple P Teens	Strengthening Families Strengthening Communities	BeeZee Families	Triple P FearLess