

# Early Help – Parenting Support Programme's Offer For January to April 2024

Early Help have the following parenting programmes available to families who are being supported by Children Services (Level 3 and Level 4) open to Early Help Lead Professionals, including Partnership Lead Professionals in Schools, Health, or Social Work Lead professionals.

## Virtual:

- Support your Children's Emotional Well-being and develop Routines, Boundaries and Safety within the family
- Grandparents' Workshop
- Reducing Parental Conflict the Connecting Families
- Parenting a Teenager
- Parenting My Way - Virtual abridged Mellow Parenting
- Parenting Plus - Parenting When Separated
- Barnardos Cygnet Programme – Parents of children with ASD aged 5 to 18years
- Dads Session
- Emotion Regulation, Anxiety & SEND Session

## Face to face:

- Mellow Mums Parenting Programme
- DADS Programme
- Barnardos Cygnet Programme - parents of children with ASD
- Emotions, Regulation, Anxiety & SEND
- Bespoke one to one packages of support in the home are also available to parents with additional support needs – please note you must contact the team before requesting 121/ bespoke or Mellow.

All parents receive 'Welcome and introduction contacts' & 'After care contacts', and virtual programmes are available daytime, evening and weekends.

More information on Programmes- you can also find more information here:

[Parenting Support \(walsall.gov.uk\)](https://walsall.gov.uk)

See the pages below for more information on each programme and how to refer.



**Walsall Council**



## DADS Programme

Dads is a face-to-face 8-week group programme designed to build and strengthen the relationship between fathers and their children under 5 years old. Children attend the programme with their Dad, and spend time in a children's group whilst their Dad is in session, lunch times are spent together completing activities that promote attachment. The programme encourages Dads to reflect on their journey into becoming a Dad, their parenting experience and the importance of Dads in children's lives. It also looks at Adverse Childhood Experiences, the importance of supporting children's emotional wellbeing and meeting both the child and Dads needs. It offers Dads the opportunity to share their life stories, develop support networks and improve their parenting skills.

**Any request for DADS programme needs to be discussed with the team first. Please note that children 0-5years are also part of the Dads programme and attend family sessions and or lunch time sessions with their Dad.**

## DADS Session

This online interactive session will cover the importance of Dads in children's lives, routines, boundaries, behaviour and support the wellbeing of children and their Dads.

**This is a 2 hour workshop**

## Parenting My Way (shortened Mellow-Parenting group)

This online interactive workshops will look at parents' experiences, Adverse Childhood Experiences and how these affect parenting styles. The workshops will include discussions around keeping your child safe, looking after yourself, pregnancy and birth, being a parent and how you were parented. The workshops is similar to 'Mellow', using a reflective and trauma informed approach to discuss links between parents own experiences in childhood and their current parenting experiences now. The workshops also focus on relationships and attachments.

**This is a 2 hour workshop with x2 sessions**

## Cygnnet Programme

Cygnnet is a 7 week programme designed for parents and carers of children and young people 5 years and over with a diagnosis of Autistic Spectrum Disorder (ASD). The programme is either accessed as a face to face group or virtually via links sent out to parents every week. The virtual programme also includes a weekly question and answer session with the SEN Parenting Officer. The sessions include information on ASD and the diagnosis, communication, sensory issues and understanding and managing behaviour.

## Grandparent's Workshop

The workshop is particularly suitable for grandparents who have full-time care of their grandchildren. It gives an opportunity to look at how parenting has changed, parenting styles, routines and boundaries, consistency, taking care of yourself as a carer, current teenager issues and how grandparents and parents can co-work together.

**This is a 2 hour workshop - delivered on a needs basis**

## Mellow Mums Parenting Programme

Mellow Mums is a 14 week full day specialist parenting programme that is designed for parents who have experienced trauma and attachment difficulties. The programme aims to strengthen the relationship between parent and child, address parental mental health and improve parent-child attachment.

The programme combines reflective and practical techniques that enables parents to address their personal challenges and the challenges they face with their children.

**For more information, please visit the link: Families supported by children's services ([walsall.gov.uk](https://www.walsall.gov.uk))**

**Any request for Mellow parenting needs to be discussed with the team first. Please note that children (up to 10 years old) are also part of the Mellow parenting programme and attend family sessions and or lunch time sessions with their Mum.**

## Parenting a Teenager

This online interactive workshop will give parents the opportunity to explore their own experiences and journey through the life of a teenager. During the workshop, parents will be encouraged to participate in issue-based discussions about their teenager. The aim of the workshop will be for parents to create a tool kit of skills and knowledge to best support their teenager through their adolescent years. The workshop also include a Parent Against Child Sexual Abuse session.

**This is a 2 hour workshop**

## Parenting Plus - Parenting When Separated Programme

Parenting When Separated is a six-session programme that is delivered weekly to small groups of parents who are preparing for, going through or have gone through a separation or divorce. The programme is for parents of older and younger children, for residential, non-residential, and co-residential parents. It is also for parents who are recently separated or who have separated for some time or who have never been in a relationship with the child's other parent.

The programme focuses on solving co-parenting problems in a positive way, it looks at the needs of children and provides practical skills and ideas to improve positive communication. This 6-week programme aims to provide parents with strategies to help them cope and reflect on the emotional impact of separation on both the parent and their children. The course enables parents to develop a healthy and respectful working relationship with practical care and contact arrangements for children that minimise stress and conflict.

## Reducing Parental Conflict, the Connecting Families Programme (RPC)

This online interactive workshop will give parents the opportunity to look at their relationship as a couple, it also covers how conflict in adult relationships affects children. The workshop will help parents that are in destructive parental conflict where their arguments are frequent, intense and poorly resolved.

**This is a 2 hour workshop**

## Support your Children's Emotional Well-being and develop Routines, Boundaries and Safety within the family

This online interactive workshops will support parents to identify and manage feelings in both themselves and their children. The workshops will also explore ways of engaging and interacting with children to identify any emotional triggers through play. It will also support parents to develop the skills to implement routines and boundaries within the home. The workshops will allow parents to share strategies they have utilised before; what has worked and what has not worked, identify, and set goals for change and look at aspects of safety, including keeping children safe. The workshops look at the challenges faced by parents at times of stress and extra pressures and how they can influence changes in the relationship with their children.

**This is a 2 to 3 hour workshop**

## Emotion Regulation, Anxiety and SEND

This programme runs as either face to face or online as an interactive session for parents who cannot attend face to face. The session is for parents of children with support needs around emotional regulation and SEND specific needs. The session looks at understanding dysregulated behaviours and how to support children managing with dysregulation behaviours, the session also looks at specific needs around undiagnosed or diagnosed Special Education Needs or Disability.

**This is a 4 hour workshop**

## 121 Support/Bespoke support

121 bespoke support is available for parents who cannot attend virtual groups or group setting due to learning needs, mental health needs or internet connectivity issues. The bespoke packages can contain key parts of each of our parenting programmes/workshops and can be tailored to fit the individual parent's needs.

**The sessions are delivered in the home for up to 6 weeks of support, any requests for 121/bespoke support are first to be discussed with a member of the parenting team – see the teams contact details below.**

## Universal Offers Family Hub

- Fathers Group – for Fathers of children 0-5yrs
- Fathers Play and Stay Saturday sessions.
- Empowering Parents Empowering Communities (EPEC) - Peer led 8-week 2 hour face to face group programme
- Empowering Parents Empowering Communities (EPEC) Fathers -Peer led 8-week 2 hour face to face group programme

For Universal offers including Saturday sessions please email **EarlyHelpParentingTeam@walsall.gov.uk** to book places.

## How to Request:

### For Lead Professionals & Social Workers referring to Early Help Parenting Team through Mosaic:

1. Speak to parent/carer and discuss the programmes above with the parent/carers so they can choose the programme/workshop they think will most help them, and agree for parenting support. It is helpful to share the times, dates and information about the programme with the parents/carer if it is included in table below.
2. If you are a Social Worker stepping down please make your request via the Mosaic Step Down Form, if you are continuing to work with the family as a Social Worker or Locality Family Support lead professional, please access the **Mosaic Early Help Service Request** form from the **START** menu on person summary to request parenting programmes/workshops.
3. Complete the forms and tick for 'parenting', follow the instruction on the form completing Section 1 to Section 4 of the Service Request form, then please clipboard your request to the **Early Help Parenting Team**.
4. If you need help use the Mosaic Guidance notes or contact the Mosaic Helpdesk.
5. Please ensure you have detailed the name of the programme/workshop required or we may have to reject the Service Request.
6. Please ensure that you have obtained an **e-mail address for parents and that this is on your request, please make sure telephone numbers are also up to date on Mosaic.**
7. If you are requesting a 'bespoke' package, 121 support in the home, Mellow or Parenting When Separated please contact us before making your request by emailing **EarlyHelpParentingTeam@walsall.gov.uk**

For Lead Professionals with no access to Mosaic such as those working in Schools, Health or other services please speak to parents in the first instance then to your Early Help Partnership Officer who can facilitate the request for you. You can email your Partnership Officer here: **EarlyHelpPartnership@walsall.gov.uk**

## January 2024

Monday 1 <sup>st</sup>	Tuesday 2 <sup>nd</sup>	Wednesday 3 <sup>rd</sup>	Thursday 4 <sup>th</sup>	Friday 5 <sup>th</sup>	Saturday 6 <sup>th</sup>
					Dads Stay and Play – Universal North Family Hub 11pm – 1pm
Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>	Saturday 13 <sup>th</sup>
	Mellow Mums and children North Family Hub 9.30am – 2.30pm (Session 1)	Reducing parental conflict workshop 7 - 9pm			Dads Stay and Play – Universal West Family Hub 11pm – 1pm
Monday 15 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Thursday 18 <sup>th</sup>	Friday 19 <sup>th</sup>	Saturday 20 <sup>th</sup>
	Mellow Mums and children North Family Hub 9.30am – 2.30pm (Session 2) EPEC Central and South 9.15-11.15 universal starts Fullbrook Nursery	Parenting My Way 10am – 12noon (Session 1 of 2) Emotions/ Anxiety/ SEND 10-12 noon West Family Hub	Routines / Boundaries Emotional Wellbeing and Safety 12 – 2pm		
Monday 22 <sup>nd</sup>	Tuesday 23 <sup>th</sup>	Wednesday 24 <sup>th</sup>	Thursday 25 <sup>th</sup>	Friday 26 <sup>th</sup>	Saturday 27 <sup>th</sup>
Cygnet 11am-1pm (Session 1)	Mellow Mums and children North Family Hub 9.30am – 2.30pm (Session 3- any new admissions closes)	Parenting My Way 10am – 12noon (Session 2 of 2)	Parenting a teenager 12 – 2pm		Dads Stay and Play – Universal Central and South Family Hub 11pm – 1pm
Monday 29 <sup>th</sup>	Tuesday 30 <sup>th</sup>				
Cygnet 11am-1pm (Session 2)	Mellow Mums and children (Session 4)				

## February 2024

Monday 5 <sup>th</sup>	Tuesday 6 <sup>th</sup>	Wednesday 7 <sup>th</sup>	Thursday 8 <sup>th</sup>	Friday 9 <sup>th</sup>	Saturday 10 <sup>th</sup>
Cygnnet 11am–1pm (Session 3)	Mellow Mums and children (Session 5)	Dads Session 10am-12 noon  Reducing parental conflict workshop 12 – 2pm	Parenting a teenager 7– 9pm		Fathers Universal Group West Family Hub 10am-1pm (with lunch)
Monday 19 <sup>th</sup>	Tuesday 20 <sup>th</sup>	Wednesday 21 <sup>st</sup>	Thursday 22 <sup>nd</sup>	Friday 23 <sup>rd</sup>	Saturday 24 <sup>th</sup>
Cygnnet 11am–1pm (Session 4)	Mellow Mums and children (Session 6)  EPEC Fathers Starts 10-12 Universal Central and South Family Hub  EPEC North universal Starts 9.30-11.30 Bussil Jones Primary			DADS 9.30 – 2.30 West Family Hub (Session 1)	
Monday 26 <sup>th</sup>	Tuesday 27 <sup>th</sup>	Wednesday 28 <sup>th</sup>	Thursday 29 <sup>th</sup>		
Cygnnet 11am–1pm (Session 5)	Mellow Mums and children (Session 7)  Routines / Boundaries Emotional Wellbeing and Safety 10am –12noon		Parenting My Way 12 – 2pm (Session 1 of 2)		

## March 2024

				Friday 1 <sup>st</sup>	Saturday 2 <sup>nd</sup>
				DADS West Family Hub  9.30am-2.30pm (Session 2 any new admissions closes)	Dads Stay and Play – Universal North Family Hub 11pm – 1pm
Monday 4 <sup>th</sup>	Tuesday 5 <sup>th</sup>	Wednesday 6 <sup>th</sup>	Thursday 7 <sup>th</sup>	Friday 8 <sup>th</sup>	Saturday 9 <sup>th</sup>
Cygnnet 11am–1pm (Session 6)	Mellow mums and children (Session 8)	Parenting a teenager 10am – 12 noon  Dads Session 12 – 2pm	Parenting My Way 12-2pm (Session 2 of 2)	DADS 9.30-2.30 West Family Hub (Session 3)	Dads Stay and Play – Universal West Family Hub 11pm – 1pm
Monday 11 <sup>th</sup>	Tuesday 12 <sup>th</sup>	Wednesday 13 <sup>th</sup>	Thursday 14 <sup>th</sup>	Friday 15 <sup>th</sup>	Saturday 16 <sup>th</sup>
Emotions/ Anxiety/ SEND 10-12 noon  Cygnnet 11am–1pm (Session 7)	Mellow mums and children (Session 9)			DADS 9.30am – 2.30pm (Session 4)	Dads Stay and Play – universal East Family Hub 11pm – 1pm
Monday 18 <sup>th</sup>	Tuesday 19 <sup>th</sup>	Wednesday 20 <sup>th</sup>	Thursday 21 <sup>st</sup>	Friday 22 <sup>nd</sup>	Saturday 23 <sup>rd</sup>
	Mellow Mums and children (session 10) – Mellow  EPEC fullbrook ends  Routines / Boundaries Emotional Wellbeing and Safety 10-12noon		Reducing parental conflict workshop 10-12 noon	DADS 9.30am – 2.30pm (Session 5)	Dads Stay and Play – universal Central and South Family Hub 11pm – 1pm

## April 2024

Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>	Saturday 13 <sup>th</sup>
Parenting When separated 7 – 9pm (Session 2)	Mellow Mums and children (Session 11)- Mellow	Dads Session 7 – 9pm		DADS 9.30am – 2.30pm (Session 6)	
Monday 15 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Thursday 18 <sup>th</sup>	Friday 19 <sup>th</sup>	Saturday 20 <sup>th</sup>
Parenting When separated 7 – 9pm (Session 2)	Mellow Mums and children (Session 12)- Mellow			DADS 9.30am – 2.30pm (Session 7)	
Monday 21 <sup>st</sup>	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>	Saturday 26 <sup>th</sup>
Parenting When separated 7 – 9pm (Session 3)				DADS 9.30am – 2.30pm (Session 7)	16 <sup>th</sup>
Monday 29 <sup>th</sup>	Tuesday 30 <sup>th</sup>				
Parenting When separated 7 – 9pm (Session 4) – ends 20 <sup>th</sup> May	EPEC fathers universal - ends EPEC North universal group ends				



**Parenting Team:**

Team email:  
EarlyHelpParentingTeam  
@walsall.gov.uk

**Parenting Officers:**

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Edward.Barnett@walsall.gov.uk  
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**Parenting Lead:**

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**07908 242 162**

Alternatively, reach us  
through Teams



**Walsall Council**

