

Early Help – Parenting Support Programme's Offer For May to July 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.



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)

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

May 2024

May 2024					
		Wednesday 1 st	Thursday 2 nd	Friday 3 rd	Saturday 4 th
		Dads – Virtual 10am – 12pm	Parenting My Way 7pm – 9pm	Mellow Mums Week 4	
Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th	Saturday 11 th
	RPC Workshop 7pm – 8pm			Mellow Mums Week 5	Dads Universal 10am – 1pm
Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th	Saturday 18 th
SEND Workshop The Mosque South and Central 10am – 12pm	R and B workshop 12pm – 2pm	Parenting a Teenager 7pm-9pm		Mellow Mums Week 6	
Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th	Saturday 25 th
				Mellow Mums Week 7	
Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st	

June 2024

					Saturday 1 st
Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th	Saturday 8 th
RPC Workshop 10am – 12pm	Dads 10.30am – 2.30pm Darlaston Week 1	PWS PM Dads Virtual 12pm – 2pm	Cygnets F2F East Beacon room week 1 10.30am – 1.30pm	Mellow Mums Week 8	
Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th	Saturday 15 th
	R and B workshop 10am – 12pm SEND Workshop The Mosque South and Central 10am – 2pm Dads 10.30am – 2.30pm Darlaston Week 2	PWS PM	Cygnets F2F East Beacon room week 9.30pm-1.30pm	Mellow Mums Week 9	
Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st	Saturday 22 nd
Parenting a Teenager 12pm – 2pm	Dads 10.30am – 2.30pm Darlaston Week 3	PWS PM	Cygnets F2F East Beacon room week 3 10.30am-1.30pm	Mellow Mums Week 10	
Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Saturday 29 th
	Dads 10.30am – 2.30pm Darlaston Week 4	PWS PM	Cygnets F2F East Beacon room week 4 10.30am – 1.30pm	Mellow Mums Week 11	

July 2024

Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th	Saturday 6 th
	Dads 10.30am – 2.30pm Darlaston Week 5	PWS PM Dads Virtual 7pm-9pm	Cygnets F2F East Beacon room week 5 10.30am – 1.30pm	Mellow Mums Week 12	Parenting My Way 10am – 1pm
Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th	Saturday 13 th
	Dads 10.30am – 2.30pm Darlaston Week 6	PWS PM	Cygnets F2F East Beacon room week 6 10.30am – 1.30pm		
Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th	Saturday 20 th
	R and B workshop 10am – 12pm SEND Workshop The Mosque South and Central 10am – 2pm Dads 10.30am-2.30pm Darlaston Week 7	Parenting a Teenager 10am – 12pm			
Monday 22 nd	Tuesday 23 rd	Wednesday 24 th	Thursday 25 th	Friday 26 th	Saturday 27 th
	Dads 10.30am – 2.30pm Darlaston Week 8				
Monday 29 th	Tuesday 30 th	Wednesday 31 st			

Parenting Team:

Team email:
EarlyHelpParentingTeam
@walsall.gov.uk

Parenting Officers:

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07920 332 355

Joanne.Wainwright@walsall.gov.uk
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Joanne.Coates@walsall.gov.uk
07538 389 529

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SEN parenting officer: **07776162466**

Edward.Barnett@walsall.gov.uk
Fathers parenting officer: **07584521955**

Parenting Lead:

Georgina.Atkins@walsall.gov.uk
07908 242 162

Alternatively, reach us
through Teams



Walsall Council

