

Early Help

Parenting Support Core Programme Offer

The Early Help Parenting Team provides a variety of parenting programmes suitable for families in Walsall. Our **Core Programmes** are designed for families who are already engaged with a professional through an early help or social care plan. Workshops will either be held in our Family Hubs, or our community spoke buildings. Early help lead professionals, partnership leads, and social workers can request for families to join both the universal and core parenting programmes.

Please see a list below of courses, workshops and support available

Core Programmes

- Mellow Mums Parenting Programme
- DADS Parenting programme
- Cygnet – parents or carers of children with Autism diagnosis
- Let's Talk Teenagers
- Let's Talk Relationships (Reducing Parental Conflict programme)
- SEND - How To Support Your Child's Emotions

For further information on each course please read the following pages.



Core Programmes

All programmes below are available for families supported by a professional on a support plan

Mellow Mums Parenting Programme

Mellow Mums is an attachment based ten-week parenting programme for mums, female carers and their children up to 10 years old. The course is suitable for individuals who have experienced trauma or are care leavers.

- This is a 10 week face to face programme which is designed to strengthen the relationship between Mum's and their children aged 0 - 10 years.
- Children who are 0 - 5 years old will attend the programme with their mum. During the sessions the child will spend time in the creche with experienced workers.
- Lunchtimes are spent together completing positive activities that promote attachment. Children aged between 5 - 10 years old will be collected from school via a taxi and a chaperone to attend the lunchtime session. They will return once the session has concluded.
- The programme encourages mums to reflect on their parenting journey. They are encouraged to talk about their experiences so far including what they are enjoying the most and what aspects of parenting they are finding challenging.
- The programme supports mums to be more intune with their child's emotions and knowing the benefits of how this can also best support them.
- It offers mums the opportunity to share their life stories, develop support networks and improve their parenting abilities
- During the sessions the children will get the opportunity to interact and play with others to enable social and personal development.
- This course is only available in a face to face environment.

If you are working with a mum that may benefit from accessing this programme please contact the parenting team to discuss further

To participate in this programme the parent must have a child between the ages of 0 - 10 years old.

It is not suitable for parents whose children are in care.

DADS Parenting Programme

- This is a 8 week face to face programme which is designed to strengthen the relationship between dad's and their children age 0 - 10 years.
- Children who are 0 - 5 years old will attend the programme with their dad. During the sessions the child will spend time in the creche with experienced workers.
- Lunchtimes are spent together completing positive activities that promote attachment. Children aged between 5 - 10 years old will be collected from school via a taxi and a chaperone to attend the lunchtime session. They will return once the lunchtime session is concluded.
- The programme encourages dads to reflect on their parenting journey. They are encouraged to talk about their experiences so far including what they are enjoying the most and what aspects they are finding challenging. They will all learn how important it is for the child to have a consistent father figure in their lives.
- The programme supports dad's to be more intune with their child's emotions and knowing the benefits of how this can also best support them.
- It offers dad's the opportunity to share their life stories, develop support networks and improve their parenting abilities.
- During the sessions children will get the opportunity to interact and play with others to enable social opportunities and personal development.
- This course is only available in a face to face environment.

If you are working with a Dad that may benefit from this programme please contact the parenting team to discuss further

To participate in this programme the parent must have a child between the ages of 0 - 10 years old. It is not suitable for parents whose children are in care.

Cygnnet Programme (5 years and over)

Barnados Cygnnet is a specialist seven-week programme designed for parents and carers of children and young people with a diagnosis of autistic spectrum disorder (ASD). The programme can be helpful for any parent and carer with a child with autism.

- The sessions include; autism and diagnosis, communication, sensory issues and understanding and managing behaviour.
- The programme will include weekly question and answer sessions with an SEN parenting officer.

This course is not suitable for children without a medical diagnosis of ASD

Let's Talk Teenagers Programme

- This workshop will give parents of teenagers the opportunity to reflect on their experiences and parenting journey through the lives of a teenager.
- During the workshop parents will be encouraged to share the positive's of their journey aswell as the challenges they experience.
- The aim of the workshop will be for parents to create a toolkit of skills and knowledge to best support their teenager through their adolescent years.
- The workshop will also include a Parent against Child Sexual Abuse session.

This course will be over two sessions which will last 90 minutes each

Let's Talk Relationships (Reducing Parental Conflict) Programme

When parents are arguing frequently, intensely and are not able to resolve the issue with their spouse, partner or ex-partner it can lead to poor outcomes for children.

- Let's Talk Relationships (RPC) is for parents who would like to know more about how parental conflict can affect children's outcomes.
- Parents will explore their communication styles, their argument triggers and the impact of these arguments on their children. The programme will also explore how children can be typified into roles such as mediators, spies, confidants or messengers when parents are in destructive conflict situations.
- Parents will be shown tools they can use to work together to resolve issues allowing time for reflection.
They will have the opportunity to practice different communication styles and review their successes. If parents feel they need further support this is also available. .
- The course can be delievered seperately.

This course will be over two sessions to give parents time to reflect on the effectiveness of the toolkit. Sessions will last 90 minutes each

This course is not suitable for parents who have experienced domestic abuse within the relationship.

Parenting When Separated Programme

Parenting Plus when separated is 6 week 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, residential, non residential and co-residential parents. It is also for parents who are recently separated or for those seperated for some time or who have never been in a relationship together.
- The programme focuses on solving co-parenting problems in a positive way, providing practical skills and ideas to improve positive communication to meet the needs of the children..
- The programme aims to provide parents with strategies to help them cope and reflect on the emotional impact of separation on both the parents and their children.
- The course enable parents to develop healthy and respectful working relationships, including supporting parents to work out practical care and contact arrangements that minimises stress and conflict.

SEND - How To Support Your Child's Emotions

This workshop is for parent and carers of children who who may have underlying emotional regulation challenges and SEND.

- The workshop gives parents an understanding of what can cause children and young people feel dysregulated. They will learn new tools to enable them to support their child.
- The workshop will cover key areas of needs including communication, sensory, understanding and managing behaviour.

How do professionals make a request for Core programmes for families open to support?

For Lead Professionals and Social workers requesting support from the Early Help Parenting Team through Mosaic.

- Speak to parents or carer and discuss the programmes above to enable them to choose the programme or workshop they think will be most helpful .
- It is helpful to share the times, dates and information about the programme's with the parents or carer
- 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 a parenting programmes or workshops.
- Complete the forms and tick for "parenting" and 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.**
- If you need help use the mosaic guidance notes or contact the mosaic help desk.
- Please ensure you have detailed the name of the programme or workshop required or we may have to reject the Service Request.
- Please ensure you have obtained an e-mail address for parents and contact number to include in the request.
- A member of the Parenting Team will get back to you and will be **in a position** to tell you when the next course is, where and at what time.
- If you are requesting a bespoke package one to one support in the home, Mellow programmes or Parenting When Separated please contact the team 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 parenting officer who can help facilitate the request for you. You can e-mail your Partnership Officer here; **earlyhelpparentingteam@walsall.gov.uk**
- If you are working with a parenting who you feel may benefit from one to one support please make contact with the parenting team before making a request for support.

Core Offer December 2024

Mon 2nd Dec	Tues 3rd Dec	Wed 4th Dec	Thurs 5th Dec	Fri 6th Dec	Sat 7th Dec
Lets Talk Teenagers 1 Virtual 7-9pm		Lets Talk Relationships 1 Virtual 7-9 SEND supporting emotions Chart Community Hub 10-2pm		Mellow Mums North Family Hub 10am -2pm	
Mon 9th Dec	Tues 10th Dec	Wed 11th Dec	Thurs 12th Dec	Fri 13th Dec	Sat 14th Dec
				Mellow Mums North Family Hub 10am -2pm	
Mon 16th Dec	Tues 17th Dec	Wed 18th Dec	Thurs 19th Dec	Fri 20th Dec	Sat 21st Dec
Lets Talk Teenagers 2 Virtual 7pm		Lets Talk Relationships 2 Virtual 7pm		Mellow Mums North Family Hub 10am -2pm	
Mon 23rd Dec	Tues 24th Dec	Wed 25th Dec	Thurs 26th Dec	Fri 27th Dec	Sat 28th Dec
School holiday	School holiday	School holiday	School holiday	School holiday	School holiday
Mon 30th Dec	Tues 31st Dec				
School holiday	School holiday				

Core Offer January 2025

		Wed 1st Jan	Thurs 2nd Jan	Fri 3rd Jan	Sat 4th Jan
Mon 6th Jan	Tues 7th Jan	Wed 8th Jan	Thurs 9th Jan	Fri 10th Jan	Sat 11th Jan
	Dads Program-Mellow 1 West Family Hub 10-2pm	Cygnets 1 North Family Hub 10 – 130pm		Mellow Mums 1 North Family Hub 10-2pm	
Mon 13th Jan	Tues 14th Jan	Wed 15th Jan	Thurs 16th Jan	Fri 17th Jan	Sat 18th Jan
Lets Talk Teenagers 1 Virtual 7-9pm SEND How to support your child with their emotions Wood Bank Primary School, 39 Rough Hay Road, Darlaston, WS10 8NQ 1015-215pm	Dads Program-Mellow 2 West Family Hub 10-2pm	Lets Talk Relationships 1 Virtual 7-9pm Cygnets 2 North Family Hub 10 – 130pm		Mellow Mums 2 North Family Hub 10-2pm	
Mon 20th Jan	Tues 21st Jan	Wed 22nd Jan	Thurs 23rd Jan	Fri 24th Jan	Sat 25th Jan
	Dads Program-Mellow 3 West Family Hub 10-2pm	Cygnets 3 North Family Hub 10 – 130pm		Mellow Mums 3 North Family Hub 10-2pm	
Mon 27th Jan	Tues 28th Jan	Wed 29th Jan	Thurs 30th Jan	Fri 31st Jan	
Lets Talk Teenagers 2 Virtual 7-9pm SEND How to support your child with their emotions Whitehall Infants School, West Bromwich Road, Walsall, WS1 3HS 1015-215pm	Dads Program-Mellow 4 West Family Hub 10-2pm	Lets Talk relationships 2 Virtual 7-9pm Cygnets 4 North Family Hub 10 – 130pm		Mellow Mums 4 North Family Hub 10-2pm	

Core Offer Feb 2025

					Sat 1st Feb
					SEND How to support your child with their emotions North Family Hub 10-2pm
Mon 3rd Feb	Tues 4th Feb	Wed 5th Feb	Thurs 6th Feb	Fri 7th Feb	Sat 8th Feb
	Dads Program-Mellow 5 West Family Hub 10-2pm	Cygnets 5 North Family Hub 10 – 130pm		Mellow Mums 5 North Family Hub 10-2pm	
Mon 10th Feb	Tues 11th Feb	Wed 12th Feb	Thurs 13th Feb	Fri 14th Feb	Sat 15th Feb
Lets Talk Teenagers 1 Virtual 3-5pm SEND How to support your child with their emotions Brownhills West Community Centre, 42 Shannon Drive, Brownhills, WS8 7LA 1015 – 215pm	Dads Program-Mellow 6 West Family Hub 10-2pm	Cygnets 6 North Family Hub 10 – 130pm Lets Talk Relationships 1 Virtual 7-9pm		Mellow Mums 6 North Family Hub 10-2pm	
Mon 17th Feb	Tues 18th Feb	Wed 19th Feb	Thurs 20th Feb	Fri 21st Feb	Sat 22nd Feb
Half Term activity	Half Term activity	Half Term activity	Half Term activity	Half Term activity	
Mon 24th Feb	Tues 25th Feb	Wed 26th Feb	Thurs 27th Feb	Fri 28th Feb	
Lets Talk Teenagers 2 Virtual 7-9pm	Dads Program-Mellow 7 West Family Hub 10-2pm	Cygnets 7 North Family Hub 10 – 130pm Lets Talk Relationships 2 Virtual 7-9pm	Cygnets 1 Virtual evening 6-8pm	Mellow Mums 7 North Family Hub 10-2pm	

CORE OFFER MARCH 2025

					Sat 1st March
Mon 3rd March	Tue 4th March	Wed 5th March	Thurs 6th March	Fri 7th March	Sat 6th March
SEND How to support your child with their emotions Birchills Primary School, Farringdon Street, Walsall, WS2 8NF 1015-215pm	Dads Program-Mellow 8 West Family Hub 10-2pm		Cygnets 2 Virtual evening 6-8pm	Mellow Mums 8 North Family Hub 10-2pm	
Mon 10th March	Tue 11th March	Wed 12th March	Thurs 13th March	Fri 14th March	Sat 15th March
Lets Talk Teenagers 1 Virtual 7-9pm		Lets Talk Relationships 1 Virtual 7-9pm	Cygnets 3 Virtual evening 6-8pm	Mellow Mums 9 North Family Hub 10-2pm	
Mon 17th March	Tues 18th March	Wed 19th March	Thurs 20th March	Fri 21st March	Sat 22nd March
SEND How to support your child with their emotions Rushall Primary School, Pelsall Lane, Rushall, WS4 1NG 1015 – 215pm			Cygnets 4 Virtual evening 6-8pm	Mellow Mums 10 North Family Hub 10-2pm	
Mon 24th March	Tues 25th March	Wed 26th March	Thurs 27th March	Fri 28th March	Sat 29th March
Lets Talk Teenagers 2 Virtual 7-9pm		Lets Talk Relationships 2 Virtual 7-9pm	Cygnets 5 Virtual evening 6-8pm		

Contacts

Parenting Team:

Team email: EarlyHelpParentingTeam@walsall.gov.uk

Parenting Team Senior:

Alan.Savill

Email: Alan.Savill@walsall.gov.uk

Tel: 07732 826 103

Addresses

West Family Hub

Ilmington House
Crescent Road
WS10 8AE

Central and South Family Hub

Birchills Street
Walsall
WS2 8NF

North Family Hub

275 Blakenall Lane
Walsall
WS3 IHJ

East Family Hub

Silvercourt
Brownhills
WS8 6HA

Pelsall Community and Arts Centre

Station Road
Pelsall
WS3 4BQ

Moxley People's Centre

3, Queen Street
Moxley
WS10 8TA

Walsall Jamia Masjid Ghausia

Birchills Street
Walsall
WS2 8NF

Willenhall Chart Centre

19, Gomer Street
Willenhall
WV13 2NS

Ryecroft Community Hub

28, New Forest Road
Walsall
WS3 1TR

MyPlace

60, Walstead Road,
West Walsall
WS5 4PE

