

Early Help

Parenting Support Universal Offer

The Early Help Parenting Team provides a variety of parenting programmes suitable for families in Walsall. Our **Universal Offer** is open to all families and includes both face-to-face and virtual sessions. They will be held at the Family Hubs or Spokes to ensure that all areas of Walsall are covered and will be accessible to the majority of parents.

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

Universal Offers

- Dad's Stay and Play
- Dad's Peer Support Group
- Let's Talk Relationships (various topics on an informal basis around Reducing Parental Conflict)
- PEEP (0 – 5 years)
- HENRY (0-5 years)
- Let's Tune In and Work Together (5 – 11 years) (Routines and Boundaries)
- Don't Slam That Door!! (Parenting a Teenager)
- Parenting My Way
- SEND - How to Support Your Child's Emotions
- Empowering Parents Empowering Communities (EPEC)
- There is a new 'bespoke' offer for primary and secondary education establishments in Walsall. Schools can make a request for workshops to take place in their settings for more information please contact the parenting team on the email above.

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



Universal Offers -

Workshops will take place at your local family hubs and community buildings.

Parenting My Way

These interactive workshops will look at parents childhood experiences and how these affect parenting styles.

- The workshops will include discussions around pregnancy and birth, being a parent and how you were parented.
- The workshop is similar to “Mellow” programme as it uses a reflective and trauma informed approach to discuss links between parents own experiences in childhood and their current parenting experiences now.
- These workshops are over two short sessions.

Don't Slam That Door! (Parenting a Teenager)

- The workshops will be short sessions and will be tailored to reflect parent's current concerns and issues.
- There will be an opportunity to talk about the challenges teenagers face in today's society. The workshop will support parents to develop their understanding of their teenagers emotions, the concept of emotional avoidance, and also the importance of understanding how the teenage brain influences emotions and behaviour.

Let's Tune In and Work Together (Routines and Boundaries)

This workshop will support parents to identify and manage feelings for both themselves and their children.

- The workshop will explore ways of engaging and interacting with children to identify any emotional triggers through play.
- It will also support parents to develop the skills, confidence and knowledge to implement routines and boundaries within the home. Topics will cover keeping children safe, understanding behaviour and to support parents to set goals for the family.
- The course also provides parents and carers with the opportunity to share experiences, support each other and receive practical advice.

This group might not be suitable for parents with children who have additional needs.

SEND - How To Support Your Child's Emotions

This workshop is for parent and carers of children who may have underlying support needs based on their emotional regulation 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.

Let's Talk Relationships (Reducing Parental Conflict)

- A workshop for parents and carers who find themselves arguing intensely and regularly.
- We will encourage parents and carers to reflect on their communication styles and share tools that will enable them to resolve the communication issues they are experiencing.
- Parent and carers will also understand the impact of arguments around their children.

HENRY

Henry supports families by promoting a healthy lifestyle. Areas looked at include:

- Develop motivation and support behavioural change
- Highlighting strengths within the family
- Giving families the ability to be resilient and able to deal with problems themselves
- The course will give families the skills, knowledge and confidence to firstly raise sensitive issues within the family and then look at how to make positive changes
- After completing this course families will be able to make lasting lifestyle changes which will be of great benefit to all.
- The course will encourage families to work with practitioners in a practical and trusting way. Letting them feel in control of their own situation.

Henry training will be in two areas:

HENRY for parents (0 - 5 years)

This is a popular 9-week fun programme designed to give babies and young children a good start and to help the whole family to adopt a healthier lifestyle. It helps families change old habits and to achieve their healthy lifestyle goals.

The programme covers 5 themes across 9 weeks and provides everything families need to help to get their little ones off to a great start.

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits and
- Enjoying life as a family

PEEP

An exciting programme focusing on supporting parents and carers with their children's learning and development. The programme invites parents and the child to attend in a stay and play type setting.

The programme includes talk time for parents relating to one of seventy five topic areas. All of which focus on the development of their child's;

- Personal, social and emotional development
- Communication and language
- Early literacy
- Early Maths
- Health and physical development
- Talk time, to discuss key ideas with parents and carers relating to the topic focus
- It will include learning through songs and rhymes
- Books and stories
- Ways to put ORIM into action (Opportunities, Recognition, Interaction, Modelling)
- Play activities (during the session and/or ideas to try at home).

Dad's Stay and Play

Fun activities for dad's and their children to participate in to encourage relationship bonding and child's development. These sessions will bring fathers and their children together, helping them to learn how to play with their children and will give them the time to interact with others in an informal setting. Dad's and their children can get to know others, in a fun and safe environment.

Dad's Support Groups

Parenting can sometimes be an overwhelming, challenging, and an intimidating experience. The sessions are designed to provide a relaxed environment where dad's can join and connect with other dads who share similar experiences. These sessions offer opportunities for dads to ask questions about any aspect of parenting and also facilitate the formation of friendships, fostering ongoing community support.

Empowering Parents Empowering Communities (EPEC)

EPEC Being a Parent

The Being a Parent course aims to improve child development and outcomes, parenting, family resilience, and family relationships.

It is run by parents, for parents, in a friendly and supportive way thereby creating a trusting group ethos, where parents are encouraged and supported to explore:

- Positive behaviour management and discipline strategies.
- Managing parent and family stress.
- Understanding and managing children's feelings.
- Parent listening, communication, play, and interaction skills.
- Attachment and parent-child relationships.
- Parenting roles, expectations and culture.

EPEC Baby and Us

This course is run by parents for parents.

Baby and Us covers topics and activities in a fun and friendly way. These include.

- Following your baby's cues
- How to feel more confident in your role as a parent
- Learning to communicate responsibly with your baby
- Building a good attachment between you and your baby
- Games singing physical touch and play to have fun with your baby
- Understanding your baby's temperament
- Thinking about your relationships within the family and how these affect you and your baby
- Support to understand your babies crying sleeping feeding and the practicalities of your baby's routine

How do parents / professionals' book onto universal workshops?

Parents, carers, and professionals are welcome to inquire about our universal parenting courses by emailing the Early Help Parenting Team. Upon expressing interest, they will receive a selection of available courses, along with dates and venues to choose from.

For reservations, please contact the team at earlyhelpparentingteam@walsall.gov.uk

UNIVERSAL OFFER DEC 2024

Mon 2nd Dec	Tues 3rd Dec	Wed 4th Dec	Thurs 5th Dec	Fri 6th Dec	Sat 7th Dec
SEND emotion			Dads Peer Support Group- 12 – 2 pm South and Central Hub		Stay & Play for Dads 0-5, 10-12 pm North Family Hub
Mon 9th Dec	Tues 10th Dec	Wed 11th Dec	Thurs 12th Dec	Fri 13th Dec	Sat 14th Dec
	Don't Slam That Door 10:00 – 11:00 Central & South Family Hub Lets Talk Relationship workshop 12:00 – 13:30 Central & South Family Hub	Stay & Play for Dads- 12 – 1.30 pm South and Central Hub Tune In And Work Together 10:00 11:30 West Family Hub	Dads Peer Support Group- 12 – 2 pm South and Central Hub		
Mon 16th Dec	Tues 17th Dec	Wed 18th Dec	Thurs 19th Dec	Fri 20th Dec	Sat 21st Dec
		Stay & Play for Dads- 12 – 1.30 pm East Family Hub			
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				

UNIVERSAL OFFER JAN 2025

		Wed 1st Jan	Thurs 2nd Jan	Fri 3rd Jan	Sat 4th Jan
					Stay & Play for Dads 0-5, 10-12 pm North Family Hub
Mon 6th Jan	Tues 7th Jan	Wed 8th Jan	Thurs 9th Jan	Fri 10th Jan	Sat 11th Jan
		Tune In And Work Together 10:00 11:30 Virtual			Stay & Play for Dads 0-5, 10-12 pm West Family Hub
Mon 13th Jan	Tues 14th Jan	Wed 15th Jan	Thurs 16th Jan	Fri 17th Jan	Sat 18th Jan
Lets Talk Teenagers 2 10:00 – 11:30 Central & South Family Hub PEEP- 0-5 – 11-12 pm Dads West Family Hub	Lets Talk Relationship workshop 12:00 – 13:30 Virtual	HENRY-0-5 – 10 – 11.30 am Oakwood School Stay & Play for Dads– 12 – 1.30 pm East Family Hub	Dads Peer Support Group- 12 – 2 pm North Family Hub		
Mon 20th Jan	Tues 21st Jan	Wed 22nd Jan	Thurs 23rd Jan	Fri 24th Jan	Sat 25th Jan
PEEP- 0-5 – 11-12 pm Dads West Family Hub	Don't Slam That Door 10:00 – 11:00 Central & South Family Hub	HENRY-0-5 – 10 – 11.30 am (2) Oakwood School Stay & Play for Dads– 12 – 1.30 pm South and Central Family Hub			
Mon 27th Jan	Tues 28th Jan	Wed 29th Jan	Thurs 30th Jan	Fri 31st Jan	
PEEP- 0-5 – 11-12 pm Dads West Family Hub		HENRY-0-5 – 10 – 11.30 am (3) Oakwood School	Dads Peer Support Group- 12 – 2 pm North Family Hub		

UNIVERSAL OFFER FEB 2025

					Sat 1st Feb
Mon 3rd Feb	Tues 4th Feb	Wed 5th Feb	Thurs 6th Feb	Fri 7th Feb	Sat 8th Feb
PEEP- 0-5 – 1 1-12 pm Dads Goldsmith Primary Academy		Tune In And Work Together 12:30 – 14:00 Virtual HENRY-0-5 – 10 – 11.30 am (4) Oakwood School Stay & Play for Dads– 12 – 1.30 pm South and Central Family Hub			Dads Peer Support 10-12pm West Family Hub
Mon 10th Feb	Tues 11th Feb	Wed 12th Feb	Thurs 13th Feb	Fri 14th Feb	Sat 15th Feb
PEEP- 0-5 – 11-12 pm Dads Goldsmith Primary Academy	Lets Talk Relationship workshop 10 – 11:30 Central & South Family Hub	Stay & Play for Dads– 12 – 1.30 pm East Family Hub HENRY-0-5 – 10 – 11.30 am (5)Oakwood School	Dads Peer Support Group- 12 – 2 pm North Family Hub		
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	
PEEP- 0-5 – 11-12 pm Dads Goldsmith Primary Academy	Don't Slam That Door 10:00 – 11:00 Central & South Family Hub	HENRY-0-5 – 10 – 11.30 am (6) Oakwood School	Dads Peer Support Group- 12 – 2 pm North Family Hub		

UNIVERSAL OFFER MARCH 2025

					Sat 1st March
Mon 3rd March	Tue 4th March	Wed 5th March	Thurs 6th March	Fri 7th March	Sat 1st March
<p>PEEP- 0-5 – 11-12 pm Dads Goldsmith Primary Academy</p>		<p>HENRY-0-5 – 10 – 11.30 am (7) Oakwood School</p> <p>Tune In And Work Together 9-10.30am Central & South Family Hub</p> <p>Dads Stay and Play 12.1.30pm East family hub</p>			
Mon 10th March	Tue 11th March	Wed 12th March	Thurs 13th March	Fri 14th March	Sat 15th March
<p>PEEP- 0-5 – 11-12 pm Dads Goldsmith Primary Academy</p>	<p>Lets Talk Relationship workshop 10 – 11:30 Central & South Family Hub</p>	<p>HENRY-0-5 – 10 – 11.30 am (8) Oakwood School</p> <p>Stay & Play for Dads-12 – 1.30 pm East Family Hub</p>	<p>Dads Peer Support Group- 12 – 2 pm West Family Hub</p>		
Mon 17th March	Tues 18th March	Wed 19th March	Thurs 20th March	Fri 21st March	Sat 22nd March
<p>PEEP- 0-5 – 11-12 pm Dads Goldsmith Primary Academy</p>		<p>Dads Stay and Play for Dads 12-130pm South and Central Family Hub</p>			
Mon 24th March	Tues 25th March	Wed 26th March	Thurs 27th March	Fri 28th March	Sat 29th March
<p>PEEP- 0-5 – 11-12 pm Dads Goldsmith Primary Academy</p>	<p>Don't Slam That Door Virtual</p>	<p>Stay & Play for Dads 12 – 1.30 pm</p>	<p>Dads Peer Support Group- 12 – 2 pm West Family Hub</p>		

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



Walsall Council

