

CONFIDENT PARENT

HAPPY CHILD!



SUMMER TERM

APRIL - JULY

2021

*Delivering Parenting Programmes in
Hammersmith and Fulham*

WELCOME TO OUR SUMMER PROGRAMME 2021!



UPG continues to support families, elders and individuals in the local community, we are committed to making a difference. It has been a difficult start to the year, certainly not the start many of us had hoped for or even expected, but there are reasons to be hopeful. With the vaccination programme well underway, our Covid secure centres reopening on the 12th April and summer fast approaching we are excited to see what the months ahead bring, especially as we start to reinstate face to face services.

COVID-19 SECURE DELIVERY

All visitors to our centres will be asked to do their bit and take personal responsibility to help prevent the spread of Covid-19. Our aim is to keep everyone safe, help us by doing your bit when you visit us:

- Follow the public information campaign – wash your hands, cover your face, make space
- Always wear a mask when onsite unless exempt
- Do not visit our centres or attend services if you display Covid-19 symptoms
- If you develop Covid-19 symptoms please let us know

in exchange we will:

- Ensure our premises are cleaned regularly and thoroughly giving you peace of mind
- Ensure all our rooms are well ventilated and layed out to allow you to socially distance
- Conduct thorough risk assessments and review these regularly
- Let you know if you have come into contact with someone who has tested positive for Covid-19

“Returning to the classes during the Covid pandemic was a big decision for me but I have been so impressed by all the measures they managed to put in place and the speed with which they did it. I felt safe and welcomed.”



FOOD DISTRIBUTION SERVICE

OVER
23,000
food parcels distributed



Since the start of the pandemic UPG has distributed over 23,000 food parcels to families, elders, and individuals in the local community. Our dedicated team of staff and volunteers continue to work hard to support people experiencing financial hardship, both practically and emotionally by providing a supportive, listening ear.

For more information or to find out how to access our food distribution service please call 0207 605 0800



CHILDREN'S CENTRE & FAMILIES



Masbro and Flora Gardens Children's Centre in partnership with the Confident Parent Happy Child project have made over 20,000 connections with families since the start of the pandemic.

Virtual sessions have been a lifeline for many, sessions have helped families to feel connected and part of something bigger through difficult times.



LUNCH & LEARN WORKSHOPS FOR PARENTING FACILITATORS

Our first online Lunch and Learn event for trained parenting craft facilitators took place in February. The perfect opportunity for experienced facilitators to connect, discuss personal and professional development and share resources and ideas.



Our amazing team of facilitators come with a wealth of knowledge, experience, and skills. To top it off many of our programme facilitators are fluent in other community languages and can provide parents accessing programmes with community language support.

If you are trained to deliver parenting programmes and would like more information on our Lunch and Learn events contact Seetal on 07732 681739 or email seetal@upg.org.uk

COURSES DELIVERED THIS YEAR - SO FAR...



ABOUT BOYS

The online 4-week About Boys Course in February provided parents with practical strategies and tools to help them manage the behaviour of their boys and work on motivation. Parents attending the programme said they welcomed the support, it came at the right time when they found themselves having to home-school, juggle roles and responsibilities and stop social contact with friends and family members yet again.

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

We ran our first online 4-week Introduction to Strengthening Families Strengthening Communities parenting programme back in March, the perfect segway for parents wanting to go on and attend the full 13-week programme. Parents said the introductory course gave them an insight into the full programme and got them thinking about more than just managing difficult and challenging behaviour. Most parents who completed the introductory course have gone on to start the full 13-week programme.



TWILIGHT TRIPLE P

Our Twilight Triple P course has made it easier for parents with busy schedules to access group-based parenting support programmes. Running the course virtually has opened the course up to working parents and parents with other personal and family commitments. Parents used the programme to share successes and work on the challenges they were experiencing in a safe and supportive environment.



CONFIDENT PARENT HAPPY CHILD!



CONFIDENT PARENT – HAPPY CHILD
is for parents and carers of children 0-18
years of age living in Hammersmith and Fulham.
The project offers a range of evidence based parenting
programmes, information, advice and support for parents
and carers to build positive parenting skills.

TRIPLE P COURSE

“I found the facilitator
amazing and the course
was very useful. Thank
you for the opportunity,
knowledge and support.”

“I was pleased at how
concise and definitive the
videos were. Some really
good advice! You ran the
session really well too.”



“Thank you so much for the session
today. I found it really useful and look
forward to the next one.”

“It’s such a great programme,
made me think about more
than just my sons behaviour.”

“It was nice sharing experiences
with other parents, when I signed
up to attend the course I didn’t
think I’d be so open in the group.
They were really supportive, helped
me see what a good job I am doing,
I tend to focus on the negatives and
there’s lots I do well.”



“I’ve realised I expect a lot of
myself and my kids, sometimes my
expectations are too high, unrealistic.”



ABOUT BOYS COURSE

“Once again I want to thank you for the
amazing Triple P course and Raising Boys,
really has made a difference!!
Many thanks!”

FAMILY BOX

“Thanks for the box my daughter enjoys
drawing, it came the right time when we
were celebrating Eid she hasn’t finished it
yet and I’ll send all the pictures that she
had made thank you so much.”



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PLEASE NOTE

We may have to move a select few face-to-face programmes online should government advice change. We will make every effort to accommodate all our service users wishes but understand this may not always be possible.



TRIPLE P

A 6-8 week programme for parents/carers who have a child between 0-12 years of age. Parents are introduced to a range of strategies to enhance parent child relationships and manage challenging behaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	Triple P Limited crèche places available for children under 5 years of age. Booking required.	Introductory session 28.04.2021 thereafter every Wednesday 12.00 – 2.00pm	Seetal Tank 07732 681739 seetal@upg.org.uk
Virtual programme delivered via Zoom	Twilight Triple P Places must be booked before zoom link can be sent.	Introductory session 10.06.2021 thereafter every Thursday 6.00 to 7.00pm	Seetal Tank 07732 681739 seetal@upg.org.uk

STEPPING STONES TRIPLE P

A 6-8 week programme for parents/carers who have a child with disabilities between the age of 0-12 years. Parents are introduced to a range of strategies to enhance parent child relationships and manage challenging behaviour.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Stepping Stones Triple P No crèche facilities available.	Every Thursday starting 27.05.2021 10.00– 12.00pm	Seetal Tank 07732 681739 seetal@upg.org.uk



PROGRAMME OF PARENTING COURSES

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES [SFSC]

A 13-week programme for parents/carers who have a child between 0-18 years of age. Parents are introduced to a range of strategies to enhance children's behaviour and build positive parent child relationships. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	SFSC – Limited crèche places available for children under 5 years of age. Booking required.	Every Wednesday starting 21.04.2021 10.00 – 1.00pm	Seetal Tank 07732 681739 seetal@upg.org.uk
Virtual programme delivered via Zoom	4-week Introduction to SFSC	Every Thursday starting 29.07.2021 10.00 – 12.00pm	Seetal Tank 07732 681739 seetal@upg.org.uk



INCREDIBLE YEARS [BABY PROGRAMME]

A 6-week programme for parents/carers who have a child 2-11 years of age. The programme helps parents increase parents' skills and confidence to help improve the behaviour and wellbeing of their child. Topics include communication, balancing warmth and discipline, setting boundaries and encouraging learning.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Edward Woods Community Centre, 60-70 Norland Road W11 4TX	Incredible Years An interactive session for parent and baby	Every Monday starting 10.05.2021 10.00 – 12.00pm	Marina Kopanja 020 7605 0800 marina@upg.org.uk

ABOUT BOYS COURSE [ABC] 0-5 YEARS

A 4-week group for parents/carers who have boys between 0-5 years of age. The programme supports parents/carers to have a better understanding of boys and their development and offers practical techniques to support with boundaries and discipline.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	ABC – Limited crèche places available for children under 5 years of age. Booking required.	Every Tuesday starting 08.06.2021 10.00 – 12.00pm	Seetal Tank 07732 681739 seetal@upg.org.uk

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SPEAKEASY

A 6-8 week programme that supports parents/carers who have a child up to 18 years of age to gain the knowledge, understanding and confidence they need to talk with their child/ren about puberty, relationships, sex and growing up in a safe and age-appropriate way.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
To be confirmed	Speakeasy No crèche facilities available	Every Monday starting 14.06.2021 10.00 – 12.00pm	Seetal Tank 07732 681739 seetal@upg.org.uk



PARENT GYM

A 6 week programme for parents/carers who have a child 2-11 years of age. The programme helps parents increase parents' skills and confidence to help improve the behaviour and wellbeing of their child. Topics include communication, balancing warmth and discipline, setting boundaries and encouraging learning.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Course delivered virtually via Zoom	Parent Gym Places must be booked before zoom link can be sent.	Thursday starting 27.05.2021 10.30 – 12.30pm	Seetal Tank 07732 681739 seetal@upg.org.uk

WORKSHOPS

One off topic specific workshops for parents/carers.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Edward Woods Community Centre , 60–70 Norland Rd W11 4TX	Sleep Management	05.07.2021 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Workshop delivered virtually via Zoom	Helping Children Manage Anxiety Workshop – places must be booked before zoom link can be sent	Call centre for dates	Seetal Tank 07732 681739 seetal@upg.org.uk

PROGRAMME OF PARENTING COURSES

WEST LONDON ACTION FOR CHILDREN: PARENTING GROUPS

West London Action for Children offers a range of counselling and therapy services for families in Hammersmith and Fulham. Please call to discuss your needs or for more information.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
West London Action for Children 15 Gertrude Street SW10 0JN	Breathing Space – A mindfulness based stress reduction group supporting parents to experience more choice when responding to situations.	Groups will be delivered virtually. Call centre for dates	0207 352 1155 team@wlaac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	ParentTalk – A forward looking, solution focused group for parents & carers of children up to 12 years of age.	Groups will be delivered virtually. Call centre for dates	0207 352 1155 team@wlaac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	Dads Matter – A forward looking solution focused group for dads, step dads and male carers of children 12 years and younger.	Groups will be delivered virtually. Call centre for dates	0207 352 1155 team@wlaac.org.uk

SPECIALIST PARENTING SUPPORT

Specialist parenting workshops for parents/carers who have a child with special needs.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Parents Active – Fortnightly session for parents who have a child with special needs. Limited crèche places available for children under 5 years of age. Booking required.	Fortnightly starting on 20.04.2021 10.00 – 12.00pm	Nandini Ganesh 020 8748 5168 nandini.ganesh@hfmencap.org

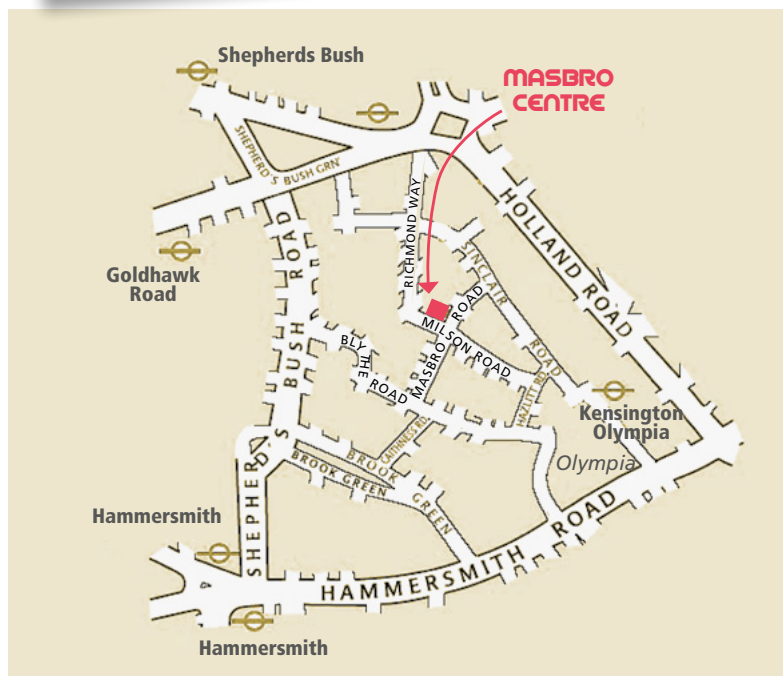
BUTTERFLY PROJECT

A community based women's group run by survivors for survivors. It provides support for women who have experienced or are currently experiencing domestic abuse. Activities include meditation, relaxation, confidence building and art therapy.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Fortnightly sessions. Limited crèche places available for children under 5 years of age. Booking required.	Call centre for dates	Monika Szulak 020 7605 0800 monika@upg.org.uk

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— Seetal Tank —

DEPUTY PARENTING PROJECT MANAGER

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https://www.instagram.com/confident_parent_happy_child/

Visit our website at www.upg.org.uk