

# CONFIDENT PARENT

HAPPY CHILD!



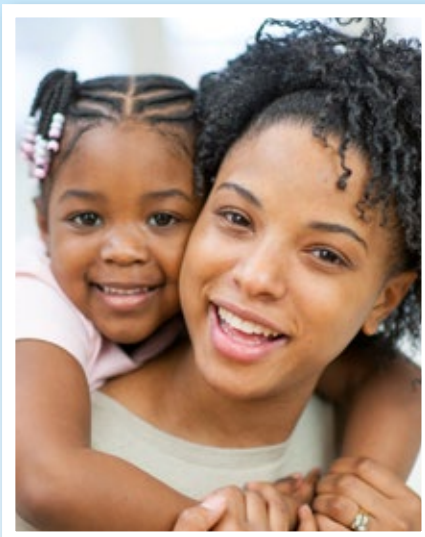
SPRING TERM

JANUARY - APRIL

2022

*Delivering Parenting Programmes in  
Hammersmith and Fulham*

# WELCOME TO OUR 2022 SPRING PROGRAMME



UPG continues to support families, elders, and individuals in the local community, we are committed to making a difference. It has been a difficult year, despite the vaccination programme being well underway the rising number of Covid-19 cases has left many still feeling worried about the future.

As a precaution we have decided to continue to offer a blended spring term programme. Some programmes will take place in person in our Covid-19 secure community settings whilst others will continue to be delivered online in an effort to keep service users, staff, volunteers and their loved ones safe.

## COVID-19 SECURE DELIVERY

At UPG we believe everybody needs to continue to act carefully and remain cautious. This is why we are keeping in place key protections for everyone working on site or visiting our centres.

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 laid 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



## FOOD DISTRIBUTION SERVICE

OVER  
**35,000**  
food parcels distributed



Families living in Hammersmith and Fulham are still able to access our weekly food distribution service at Edward Woods Community Centre and White City Community Centre. Our dedicated team of staff and volunteers continue to work hard to support people experiencing financial hardship both practically with food parcels, and emotionally by providing a supportive, listening ear.

To register or for more details contact your nearest centre  
Edward Woods Community Centre on 020 7603 2324  
White City Community Centre on 020 8743 4545



## WOULD YOU LIKE TO BECOME A VOLUNTEER PARENTING CRAFT FACILITATOR?

Do you want to give something back to your local community?

Do you want to help other local parents?

Are you thinking about getting back into work and/or training?

Are you interested in becoming a trained parenting craft facilitator?

For more information contact  
[marina@upg.org.uk](mailto:marina@upg.org.uk)  
07740 752679





# 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.

## WHAT PARENTS/CARERS SAY ABOUT OUR COURSES

### STEPPING STONES TRIPLE P

“I feel more positive about the future  
as I have better understanding of my  
child needs and how I can help him.”

“I have learned a lot from this  
programme and from other parents.  
Thank you all!”



### INCREDIBLE YEARS

“I was happy to attend this programme  
so that my baby can meet other babies  
and I can share experiences and  
practice, learn new techniques and  
meet other parents with babies.”

“I didn't know any other mums before  
coming to this group and it gave me  
opportunity to meet other local mum's.  
Thank you!!”

## ★ NEW ★ PROGRAMMES STARTING IN 2022



### STOP

For parents of 10 – 16-year-olds who are entering  
(or who are in) those often-difficult teenage years.

STOP is a supportive programme for parents  
of teens and aims to give parents a greater  
understanding of the physical, emotional and brain  
developmental of their teenager, topics include  
Alcohol, Conflict & Aggression, Sex & Relationships,  
Praise & Encouragement, Setting the Limits and  
much more.

### FREEDOM PROGRAMME

The Freedom programme is a domestic violence  
programme and is designed to help individuals to  
acquire the knowledge, which can help them and their  
children to live a safer happier life.

The programme examines the roles played by attitudes  
and beliefs on the actions of the abuser and the  
responses of victims and survivors. The Freedom  
Programme describes how children are affected by  
being exposed to this kind of abuse and very importantly  
how their lives are improved when the abuse is removed.



### MELLOW BUMPS

Mellow Bumps is a six-week programme for  
mums-to-be that is intended to decrease the  
stress levels of soon to be mums and to  
promote relaxation.

Each week there will be an activity for the mum-to-  
be herself and another on a baby topic that will help  
mums-to-be to understand that babies are prepared  
for social interaction from birth and the importance  
of early interaction for brain development.

For more information on any of these courses please contact Marina  
email [marina@upg.org.uk](mailto:marina@upg.org.uk) or call 07740 752679

# SPRING TERM 2022



## 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.



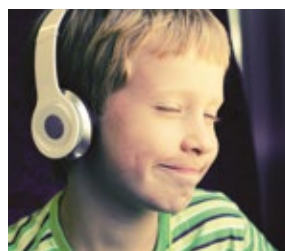
## TRIPLE P

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	<b>Triple P</b> – Limited crèche places available for children under 5 years of age. <b>Booking required.</b>	Every Wednesday starting 19.01.2022 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

## STEPPING STONES TRIPLE P

A 6-9 week programme for parents/carers with a child with additional needs 0-12 years of age. Parents are introduced to positive parenting strategies to help teach children with disabilities new skills, change problem behaviour and promote child's development.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Randolph Beresford Children's Centre, New Zealand Way W12 7DE	<b>Stepping Stones Triple P</b> No crèche facilities available.	Every Wednesday starting 23.02.2022 12.30 – 3.00pm	Marina Kopanja 07740 752679 marina@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	<b>Parent Gym</b> Places must be booked before zoom link can be sent.	TBC	Marina Kopanja 07740 752679 marina@upg.org.uk

# PROGRAMME OF PARENTING COURSES



## STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

**[SFSC]** A 13-week programme for parents/carers who have a child between 3-18 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	<b>SFSC</b> – Limited crèche places available for children under 5 years of age. <b>Booking required.</b>	Every Tuesday starting 22.02.2022 9.30 – 12.30pm	Marina Kopanja 07740 752679 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. The programme offers practical techniques to support with boundaries and discipline.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	<b>ABC</b> – Limited crèche places available for children under 5 years of age. <b>Booking required.</b>	Every Wednesday starting 19.01.2022 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



## INCREDIBLE YEARS

An interactive 8-week group for parents with babies 0-1years of age, the programme supports parents to build strong loving relationships with their babies. Key themes include parents as communicators and babies as intelligent learners, providing physical, tactile & visual stimulation for your baby, learning to read your baby's mind and gaining support for you.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	<b>Incredible Years</b> An interactive session for parent and baby together	Every Monday starting 24.01.2022 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



# SPRING TERM 2022

# PROGRAMME OF PARENTING COURSES

## STOP

Stop programme is an 8-week programme for parents / carers of 10 to 16 years olds who want to understand their child better and find out how teenage brain works. Parents will explore ways to strengthen parent child relationship and learn how to manage conflict and risk-taking behaviour successfully.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	<b>STOP</b> Children over 8 years of age can join Masbro Youth Club	Every Friday starting 04.02.2022 4.00 – 6.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



## MELLOW BUMPS

A 6- week programme for mums-to- be to support their emotional well-being, reduce stress and help them get ready to welcome their new baby. It emphasises the importance of early interaction for brain development and how to help their baby to develop secure attachment.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	Relaxing group for mums-to be	Every Monday starting 21.02.2022 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk



## FREEDOM PROGRAMME

A 12-week programme for women who wants to learn more about domestic abuse, regardless of whether they left or are still in abusive relationship. The programme will examine strategies used by abusive partner and early warning signs. It will also look in details on how it affects children and how their lives are improved when the abuse is removed.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	<b>Freedom</b> Limited crèche places available for children under 5 years of age. Booking required.	Every Wednesday starting 23.02.2022 10.00 – 11.30am	Marina Kopanja 07740 752679 marina@upg.org.uk

## WORKSHOPS

One off specific workshops for parents/carers.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Brook Green Family Centre, 49 Brook Green, W6 7BJ	<b>Potty training</b> No crèche facilities available	01.02.2022 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Brook Green Family Centre, 49 Brook Green, W6 7BJ	<b>Fussy Eaters</b> No crèche facilities available	08.02.2022 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Masbro Centre 87 Masbro Road W14 0LR	<b>Sleep Workshop – No crèche</b> facilities available, babies under 12 months welcome	21.03.2022 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
Online Workshop via Zoom	<b>Sensory eating difficulties –</b> For parents/ carers of children with additional needs	TBC	Marina Kopanja 07740 752679 marina@upg.org.uk

## WORKSHOPS DELIVERED IN PARTNERSHIP WITH PARENTS ACTIVE

For parents/carers of children with additional needs

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Parents Active Workshop via Zoom	<b>Encouraging positive behaviour</b>	25.01.2022 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
TBC	<b>Sensory eating difficulties</b>	15.03.2022 10.00-12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

# SPRING TERM 2022

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

## PARENTS ACTIVE

A specialist support network for parents who have a child with a disability or special educational need. Coffee and chat mornings are a space to access training, find out more about education, health, social care, benefits and your rights as a parent or carer.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	<b>Fortnightly session.</b> Limited crèche places available for children under 5 years of age. <b>Booking required.</b>	Every other Tuesday starting 11.01.2022 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	<b>Fortnightly sessions.</b> Limited crèche places available for children under 5 years of age. <b>Booking required.</b>	Every other Tuesday starting 18.01.2022 10.00 – 12.00pm	Monika Suzlak 0207 605 0800 monika@upg.org.uk

## PROGRAMME OF PARENTING COURSES

### OTHER THINGS ON OFFER TO FAMILIES



#### CHILDREN'S CENTRES

A wide range of activities and services for children under 5 years of age and their family

Email [monika@upg.org.uk](mailto:monika@upg.org.uk)  
call 0207 605 0800



#### MASBRO BROOK GREEN NURSERY

24 childcare places for children who are 2 years of age and meet the criteria for 15 hours free early education

Email [kayleigh@upg.org.uk](mailto:kayleigh@upg.org.uk)  
or call 07702 335 120



#### CONFIDENT PARENT – HAPPY CHILD

A wide range of evidence-based parenting programmes across the borough

Email [marina@upg.org.uk](mailto:marina@upg.org.uk)  
or call 07740 752 679



#### MASBRO YOUTH CLUB

Wide range of activities and services for young people between 8-19 years of age during term time and holiday's

Email [hollie@upg.org.uk](mailto:hollie@upg.org.uk)  
call 075525 815 251



#### COMMUNITY & MATERNITY CHAMPIONS

A wide range of activities aimed at promoting health and well-being

Addison CMC 07921 404 873  
Edward Woods CMC 07936 531 234  
Parkview CMC 07593 582 886



#### ADULT LEARNING

A variety of courses in English, Maths and IT from beginners to Level 2 Functional skills

Email [rosemarie@upg.org.uk](mailto:rosemarie@upg.org.uk)  
call 020 7605 0800



#### EMPLOYMENT SUPPORT

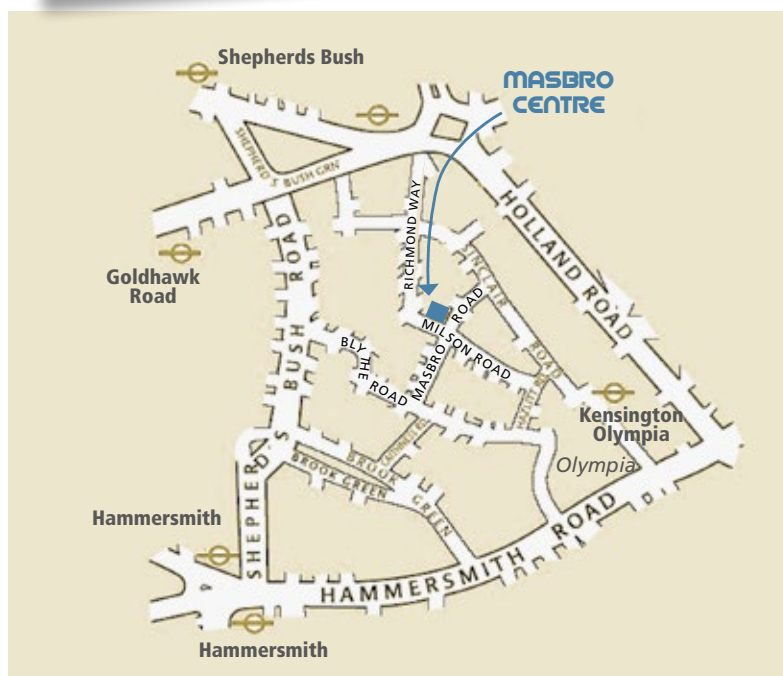
Help with CV writing, job searches, applications, preparing for interviews, training and work experience

Email [nina@upg.org.uk](mailto:nina@upg.org.uk)  
call 07712 527 359



# CONFIDENT PARENT

## HAPPY CHILD!



— Marina Kopanja —

PARENTING PROJECT MANAGER

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London W14 0LR

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Visit our website at [www.upg.org.uk](http://www.upg.org.uk)