

# 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

- Grandparents Workshop
- 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)
- HENRY Preparing for Parenthood (0 – 2 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)
- One to One support for parents with specific additional needs – before requesting any one-to-one support please make contact via the email inbox [earlyhelpparentingteam@walsall.gov.uk](mailto:earlyhelpparentingteam@walsall.gov.uk)
- 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.

## Grandparent's Workshop

Workshops will take place across all the family hubs across Walsall in a in a 'coffee and chat' style setting.

- The workshop is suitable for grandparents who have full time care of their grandchildren.
- It will give an opportunity to look at how parenting has changed over the years, 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.

## 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

### HENRY Preparing for Parenthood

The preparation for parenthood programme is a six-week antenatal programme helping parents and carers to prepare for the arrival of their baby. Partners friends or family are encouraged to attend alongside expectant mothers. The programme begins with two sessions of two hours each between 20 to 26 weeks gestation and four sessions later on in your pregnancy.

- Week 1 - Becoming a parent Looking after ourselves, the growth and development of the baby in the womb.
- Week 2 - A healthy pregnancy Creating a healthy womb environment for the baby - discussing smoking, stress, drugs, alcohol, weight gain, being active and eating well.
- Week 3 - Bonding Responding to your baby's emotional and social needs. Creating a healthy home environment and family lifestyle.
- Week 4 - Caring for a newborn and keeping your baby safe. You will also learn about the role of partners, family and friends in caring for the baby and supporting you.
- Week 5 - Giving birth, birth expectations, experience, coping strategies and tools. The importance of skin-to-skin contact. Preparing you and your birthing partner for a positive birth experience.
- Week 6 - Life after birth Life with a new baby. Local support and services for you, your baby and family. Responsive infant feeding - practical help for your infant feeding needs.

## PEEP

A 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](mailto:earlyhelpparentingteam@walsall.gov.uk)**

# October 2024

	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th
	<p><b>Grandparents Coffee and Chat</b> 11:00am - 12:00pm Moxley People's Centre</p>				<p><b>Dad's Stay and Play</b> 10:00am - 12:00pm North Family Hub</p>
Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th
<p><b>PEEP</b> (age 0-5) 11:00am - 12:00pm North Family Hub</p> <p><b>Parenting my way</b> (Session 2) 1:00pm - 2:30pm Central and South Family Hub</p>		<p><b>HENRY</b> (session 1) (age 0-5) 9.30am - 11:00am. Willenhall Chart Centre</p> <p><b>Lets Tune In and Work Together ?</b> (age 5-11) 1:30am - 3:00pm Willenhall Chart Centre</p>			<p><b>Dad's Stay and Play</b> 10:00am - 2:00pm West Family Hub</p>
Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th
<p><b>PEEP</b> (age 0-5) 11:00am - 12:00pm North Family Hub</p>		<p><b>HENRY</b> (session 2) (age 0-5) 9.30am - 11:00am. Willenhall Chart Centre</p> <p><b>Dad's Stay and play</b> 12.00pm - 1.30pm East Family Hub</p>	<p><b>'Let's Talk Relationships'</b> (RPC) 9:30am - 11:30am Central and South Family Hub</p> <p><b>Dad's Peer support group</b> 12:00pm - 2:00pm West Family Hub</p>		
Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th	Saturday 26th
<p><b>PEEP</b> (age 0-5) 11:00am - 12:00pm North Family Hub</p>	<p><b>Don't Slam That Door</b> 1:00pm - 2:30pm Ryecroft Community Hub</p>	<p><b>HENRY</b> (session 3) (age 0-5) 9.30am - 11:00am. Willenhall Chart Centre</p> <p><b>Dad's Stay and play</b> 12.00pm - 1.30pm Central and South Family Hub</p>			
Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 31st		
		<b>Half term activities</b>			
			<p><b>Dad's Peer support group</b> 12:00pm - 2:00pm West Family Hub</p>		

# November 2024

Friday Nov 1st	Saturday Nov 2nd
Half term activities	Dad's Stay and Play 10:00am - 12:00pm North Family Hub

Monday 4th Nov	Tuesday 5th Nov	Wednesday 6th Nov	Thursday 7th Nov	Friday 8th Nov	Saturday 9th Nov
<p><b>SEND - How To Support Your Child's Emotions</b> 10:00am - 2:00pm East Family Hub</p> <p><b>PEEP</b> (age 0-5) 11:00am - 12:00pm North Family Hub</p>		<p><b>HENRY</b> (session 4) (age 0-5) 9.30am - 11:00am Willenhall Chart Centre</p> <p><b>Lets Tune In and Work Together</b> (age 5-11) 1:30am - 3:00pm Willenhall Chart Centre</p>	<p><b>Parenting my way</b> (Session 1) 12:30pm - 2:00pm Central and South Family Hub</p>		<p><b>Dad's Stay and Play</b> 10:00am - 12:00pm West Family Hub</p>
Monday 11th Nov	Tuesday 12th Nov	Wednesday 13th Nov	Thursday 14th Nov	Friday 15th Nov	Saturday 16th Nov
<p><b>PEEP</b> (age 0-5) 11:00am - 12:00pm North Family Hub</p>	<p><b>Don't Slam That Door! My Place</b> 1:00pm - 2:30pm</p>	<p><b>HENRY</b> (session 5) (age 0-5) 9.30am - 11:00am. Willenhall Chart Centre</p> <p><b>Dad's Stay and Play</b> 12.00pm - 1.30pm Central and South Family Hub</p>	<p><b>Dad's Peer support group</b> 12:00pm - 2:00pm East Family Hub</p>		
Monday 18th Nov	Tuesday 19th Nov	Wednesday 20th Nov	Thursday 21st Nov	Friday 22nd Nov	Saturday 23rd Nov
<p><b>PEEP</b> (age 0-5) 11:00am - 12:00pm North Family Hub</p> <p><b>Grandparents Coffee and Chat</b> 2:30pm - 3:30pm Central and South Family Hub</p>	<p><b>Lets Tune In and Work Together</b> (age 5-11) 9:30am - 11:30am West Family Hub</p>	<p><b>HENRY</b> (session 6) (age 0-5) 9.30am - 11:00am. Willenhall Chart Centre</p> <p><b>Dad's Stay and Play</b> 12.00pm - 1.30pm Central and South Family Hub</p>	<p><b>Parenting My Way</b> (Session 2) 12:30pm - 2:00pm Central and South Family Hub</p>		
Monday 25th Nov	Tuesday 26th Nov	Wednesday 27th Nov	Thursday 28th Nov	Friday 29th Nov	Saturday 30th Nov
<p><b>PEEP</b> (age 0-5) 11:00am - 12:00pm North Family Hub</p>		<p><b>Parenting my way</b> (Session 1) 10:00am - 2:00pm Virtual</p> <p><b>HENRY</b> (session 7) (age 0-5) 9.30am - 11:00am. Willenhall Chart Centre</p>	<p><b>'Let's talk relationships'</b> (RPC) Virtual</p> <p><b>Dad's Peer support group</b> 12:00pm - 2:00pm East Family Hub</p>		

# Contacts

## Parenting Team:

Team email: [EarlyHelpParentingTeam@walsall.gov.uk](mailto:EarlyHelpParentingTeam@walsall.gov.uk)

## Parenting Team Senior:

Alan.Savill

Email: [Alan.Savill@walsall.gov.uk](mailto: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 1HJ

## 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

