

SOUTHWARK



PARENTING TEAM



Community Family Help and Support Service

Our service ensures there are effective and welcoming evidence based parenting programmes across the borough.

Parenting programmes provide opportunities for parents to learn new strategies, meet new people and improve relationships within homes and families.

We offer programmes face to face and online and have a wide range of programmes to meet different ages, stages and needs.

We also have some one-off sessions if a longer course is not something you can commit to at this time.

Our service is supported by our peer-parent facilitators; these are parents who have completed the course and now run them for other parents....meaning they know how you might be feeling that first week.

In this booklet you will find flyers for all of our courses, plus information on how to being a parent champion and how to refer.





PROGRAMMES WE OFFER

01

EMPOWERING PARENTS
EMPOWERING COMMUNITIES



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STRENGTHENING FAMILIES
STRENGTHENING COMMUNITIES



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FATHERS GROUP



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TAP IN SESSIONS



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REDUCING PARENTAL
CONFLICT



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PARENT CHAMPIONS



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HOW TO REFER





EPEC BABY & US

Baby & Us is a 9 week peer-led group which helps parents gain confidence in parenting and everyday life with a new baby (0-9 months).

This includes supporting parents in understanding baby's cues, coping with challenges around feeding, sleep, and crying, interacting positively with baby and managing parental stress.

JOIN NOW



Contact: Claire Gager or Sunshine Brand

Email: Claire.gager@southwark.gov.uk or Sunshine.Brand@southwark.gov.uk

Call: 07547 659 646 / 07597 506 898

Or scan QR code to complete registration form

WHEN IS IT ON?

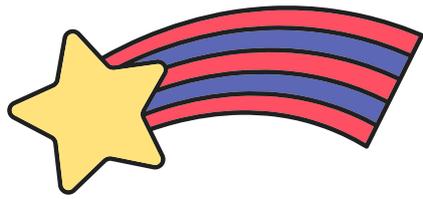
STARTING WEDNESDAY 14TH JANUARY 2026

RYE OAK BEST START FAMILY HUB
WHORLTON RD, LONDON SE15 3PD

What time?

10am - 12pm





EPEC BEING A PARENT 1-3

For parents of children aged 1 – 3 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

JOIN NOW

Contact: Claire Gager

**Email: Claire.gager@southwark.gov.uk
or Sunshine.Brand@southwark.gov.uk**

Call: 07547 659 646 / 07597 506 898

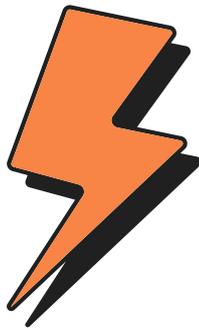


WHEN IS IT ON?

STARTING TUESDAY 13TH JANUARY 2026

1ST PLACE BEST START FAMILY HUB
12 CHUMLEIGH STREET
LONDON
SE5 0RN

What time?
10am-12pm





EPEC BEING A PARENT

For parents of children aged 2 – 11 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

Contact: Claire Gager

JOIN NOW

Email:
Claire.gager@southwark.gov.uk

Call: 07547 659 646



WHEN IS IT ON?

WEDNESDAYS

STARTING 14TH JANUARY
2026

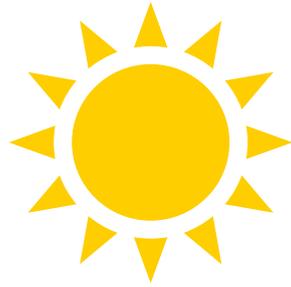
CRAWFORD BEST START
FAMILY HUB
5 CRAWFORD RD,
LONDON SE5 9NF

THURSDAYS

STARTING 15TH JANUARY
2026

COIN STREET
NEIGHBOURHOOD
FAMILY & CHILDREN CENTRE
108 STAMFORD STREET,
LONDON SE1 9NH

What time?
10am-12pm





Southwark Children & Family Hubs

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

For parents of children aged 8 – 18 years

This 12 week course helps parents and carers to

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Understand your child's development
- Recognise and value your family and cultural traditions
- Develop effective communication
- Meet others and share ideas

JOIN NOW



Who to contact: Rebecca Arinze

Email: rebecca.arinze@southwark.gov.uk

Call: 07939635458

WHEN IS IT ON?

Starting Tuesday 6th Jan 2026

Face to Face English
Online/Face to Face - Spanish

Starting Wed 7th Jan 2026

Face to Face - Arabic

(online groups also available)

What time?

10am-1pm



**strengthening
families
strengthening
communities**



Southwark Children & Family Hubs

**Southwark
Council**





Southwark Children & Family Hubs

تدعيم أسر تدعيم الجالتيات

لآباء الأطفال الذين تتراوح أعمارهم بين 8 و 18 عاما

تساعد هذه الدورة التي تبلغ مدتها 12 أسبوعا الآباء
ومقدمي الرعاية على
بناء علاقات أسرية إيجابية
إدارة الغضب والتوتر
تنفيذ استراتيجيات الانضباط الفعالة
افهم نمو طفلك
اعترف وتقاليديك الثقافية وقدرها
تطوير التواصل الفعال
تعرف على الآخرين وتبادل الأفكار

اشترك الآن

نسيمة بمن تتصل

اتصل
: 07546765224



متى يتم تشغيله؟
الثلاثاء
وجها لوجه الإنجليزية
عبر الإنترنت / وجها لوجه - الإسبانية
الأربعاء وجها لوجه - عربي
(تتوفر أيضا مجموعات مسائية عبر الإنترنت)

اتصل بنا للحصول على تواريخ مستقبلية

strengthening
families
strengthening
communities

Race
Equality
Foundation



Southwark Children & Family Hubs

Southwark
Council



FATHER'S GROUP



Join a 10-week course to
improve your parenting skills.

Whether you are a father, grandfather or stepdad,
receive advice and tips on topics such as positive
parenting, improving relationships and role modelling.

Crèche provided.

When

Friday Morning's at 10.30am - 12.30
Starting 16th January 2026

Where

1st Place Best Start Family Hub
12 Chumleigh Street, Burgess Park, SE5 0RN

BOOK A PLACE

Email: tara.long@southwark.gov.uk or
jamal.jones-Thomas@southwark.gov.uk

Phone: 07513 713 090







TAP – IN SESSIONS

Free and stand alone information sessions for parents and carers on a range of topics.

Join us with Thinking About Parenting and TAP in to.....

New dates to be announced with new topics...

- **Parenting Foundations**

Exploring the importance of communication, boundaries, praise and appropriate discipline for our family life and relationship with our children

- **Bullying Awareness**

What is the impact of bullying on children? Why might children bully? What can we do to support them

- **Emotionally Based School Avoidance**

What it is, why it happens and how to seek help and provide support to our young people

These will be joining our existing topics

- **Digital Safety**
- **Parental Emotional Wellbeing**
- **Ages and Stages**

- **Parenting and Autism**
- **Parenting and ADHD**



All sessions held online - link will be sent out 1-2 days before session via email

FOR MORE INFORMATION OR TO JOIN NOW

Beth Gilbey

07394 865 980

bethany.gilbey@southwark.gov.uk

earlyhelp@southwark.gov.uk





TAP – IN SESSIONS

Free and stand alone information sessions for parents and carers on a range of topics.

Join us with **Thinking About Parenting** and TAP in to.....

Monday 19th January
10am - 12
MS Teams

[Parenting and Autism](#)

Thursday 29th January
10am - 12
MS Teams

[Parenting and ADHD](#)

w/c 9th Feb
10am - 11.30
MS Teams

[Ages and Stages](#)

w/c 23rd Feb
10am - 11.30
MS Teams

[Parenting Foundations](#)

w/c 2nd March
10am - 11.30
MS Teams

[Parental Emotional Wellbeing](#)

w/c 9th March
10am - 11.30
MS Teams

[Bullying Awareness](#)

w/c 16th March
10am - 11.30
MS Teams

[Emotional Based School Avoidance](#)

w/c 23rd March
10am - 11.30
MS Teams

[Digital Safety](#)

Tuesday 24th March
10am
MS Teams

[Parenting and ADHD](#)

Thursday 19th March
10am
MS Teams

[Parenting and Autism](#)

All sessions held online - link will be sent out 1-2 days before session via email



TO REGISTER FOR A PLACE
[CLICK HERE](#) OR CONTACT

Beth Gilbey

07394 865 980

bethany.gilbey@southwark.gov.uk

earlyhelp@southwark.gov.uk





TAP – TOGETHER

FOR THIS TERM WE PROUDLY PRESENT OUR PARENTING SESSIONS AS A FULL GROUP PROGRAMME

All the information from the sessions with the added benefit of a group support dynamic

A great opportunity to learn about specific areas of parenting, with other parents and share experiences TOGETHER!

9 Sessions will be held online in the evenings covering a different topic each sessions

TAP-Together includes

- Ages and Stages
- Parental Emotional Wellbeing
- Digital Safety
- Parenting Foundations
- Bullying Awareness
- Emotionally Based School Avoidance

Plus access to our Reducing Parental Conflict information and support

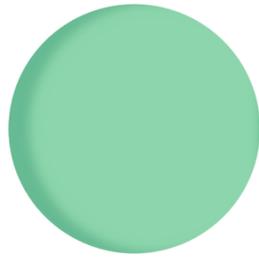


STARTING 21ST JANUARY

**WEDNESDAY EVENINGS
6.30 -8.30 PM
ONLINE**

**Please contact
Tara Long**

**07513 713 090
Tara.Long@southwark.gov.uk
earlyhelp@southwark.gov.uk**



Available for you to work through at your own pace through Southwark One Plus One
 Please contact Rebecca.Arinze@Southwark.gov.uk for more information



Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address www.oneplusone.org.uk/parents or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.




Me, You and Baby Too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

You will learn:

- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

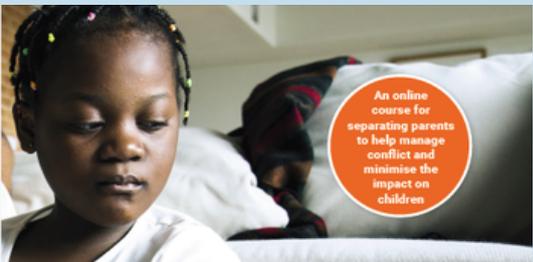
To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address www.oneplusone.org.uk/parents or scan the QR code

- *Me, You and Baby Too* is designed for new and expectant parents.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



REDUCING PARENTAL CONFLICT



Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address www.oneplusone.org.uk/parents or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.




Debt and relationships

Online materials to help you with debt and the impact it has on your relationships

Debt and money troubles are among the biggest causes of relationship stress.

In these short animations, real couples tell their stories of being in debt and the steps they took to get things back on track.

If you're worried about debt, watch these clips to see why it's best to act as soon as possible, and why it's always a good idea to talk to your partner about what's happening.

To access the online material, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.

Register at this address www.oneplusone.org.uk/parents or scan the QR code



Or Join our 10 week programme designed to support you and your co-parent(s) reduce conflict and improve communication through Being A Parent Together





PARENT CHAMPION PROGRAMME

We are looking for people to spread the word about what support is available to families in your area. As a parent we think you are the best person for the job and can include your own positive experiences.

If this is you; interested in becoming a volunteer, enjoy meeting people out and about and can spare a few hours a week, for a minimum of 6 months,

please come along to both our training days.

(You can even take your own children with you when you volunteer!)

Please complete our online application via the QR Code:



JOIN NOW

For further information and to register your interest, please contact; Claire Gager 07547 659 646
claire.gager@southwark.gov.uk



HOW TO **REFER**

You can reach the Parenting Team on
parenting@southwark.gov.uk

Or complete our referral form:

[Click Here](#)