

Revised: 08/12/23

# Annual Parenting Programmes Timetable Academic Year: 2023/24



This timetable lists the parenting programmes and workshops available for mothers, fathers and carers of children and young people living in Haringey or attending an Haringey school. For more information about the content of the programmes see the individual *One Minute Guides* which can be found on the individual programme pages on the Haringey Directory:

[www.haringey.gov.uk/parentingprogrammes](http://www.haringey.gov.uk/parentingprogrammes)

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## Online Parenting Programme Timetable

This document is the online timetable of programmes for Haringey parents and carers. Here you will find information on the different groups that are delivered FREE for parents and carers who live in Haringey or who's children attend Haringey schools.

For more detailed programme information please refer to the *One Minute Guides* which can be downloaded from each individual programme page.

Links are included within this timetable to connect you to these supporting documents.

## Information for Parents / Carers

To discuss a programme in more detail you may contact the programme coordinators. See below:

SFSC	<a href="mailto:chris.birkin@haringey.gov.uk">chris.birkin@haringey.gov.uk</a>
MELLOW	<a href="mailto:latisha.christie@haringey.gov.uk">latisha.christie@haringey.gov.uk</a>
CARING DADS	<a href="mailto:sandra.russell@haringey.gov.uk">sandra.russell@haringey.gov.uk</a>
Triple P	<a href="mailto:nagaat.smith@haringey.gov.uk">nagaat.smith@haringey.gov.uk</a>
Incredible years	<a href="mailto:fariyah.rahman@haringey.gov.uk">fariyah.rahman@haringey.gov.uk</a>
Cygnets	<a href="mailto:vlora.dedaj-fetahu@haringey.gov.uk">vlora.dedaj-fetahu@haringey.gov.uk</a>

Parents can contact the named facilitator, listed in the timetable, and discuss their needs in person / over the phone.

## Information for Professionals

How to refer to Parenting Programmes  
The full list of programmes in the online directory:

- [www.haringey.gov.uk/parentingprogrammes](http://www.haringey.gov.uk/parentingprogrammes)

Alternatively, follow the page links contained within this timetable for access to the individual programme pages.

Professionals Only: If you are unsure which programme is most appropriate, you can speak to the following named people in your service:

Family Support/ TYS	<a href="mailto:marianne.kujanpaa@haringey.gov.uk">marianne.kujanpaa@haringey.gov.uk</a>
Early Years	<a href="mailto:carol.beaumont@haringey.gov.uk">carol.beaumont@haringey.gov.uk</a>
CIN / Children's	<a href="mailto:rita.taylor@haringey.gov.uk">rita.taylor@haringey.gov.uk</a>

## How to refer:

Referral for all programmes (except Caring Dads):

[Parenting Referral Forms.docx](#)

For Caring Dads – a referral form  
[caring dads programme client referral form.docx \(live.com\)](#)

must be downloaded and sent to:  
[parentingprogramme@haringey.gov.uk](mailto:parentingprogramme@haringey.gov.uk)



## Incredible Years - School Age Programme

This course is for parents who want to learn how to get the best behaviour out of their child and strengthen their relationship with their child. Parents and Carers will develop confidence in being a parent and learn parenting strategies to increase their child’s self-esteem and to reduce aggressive behaviour problems. The course teaches how to help children develop appropriate conflict management skills, manage their emotions and strengthen their social skills so that they can achieve academic success and build effective social relationships. Programmes are typically delivered in children’s centres.

**Note:** A pre-group parent assessment will be completed prior to the group with all parents.

**Age Range:** For parents with children aged 6 – 10 years

**Length of Programme:** 12 weeks /2 hrs per week (term-time only)

**Venue:** NRC

**Refreshments provided.**

For more information, see the Incredible Years School Age One Minute Guide, available on the [Incredible Years Programme page](#).

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)
15 <sup>th</sup> Jan – 6 <sup>th</sup> May	10am to 12 Noon	NRC	Concetta Maida Alex Constantinou	<a href="mailto:concetta.maida@haringey.gov.uk">concetta.maida@haringey.gov.uk</a> <a href="mailto:alexandra.constantinou@haringey.gov.uk">alexandra.constantinou@haringey.gov.uk</a>	N



## Incredible Years – Early Years and School Age Webster Stratton Parenting Group

These programmes are 12-14 weekly group sessions which focus on supporting parents/carers to build positive relationships with their children and to develop effective behaviour management strategies. They provide parents/carers with the space to reflect on their parenting approaches by trying out new strategies and sharing their concerns and successes with other parents within a supportive environment. A variety of approaches are used including group discussion, DVD clips and role play.

The sessions are facilitated by professionals from the Educational Psychology Service (EPS) and from Child and Adolescent Mental Health Service (CAMHS). Webster-Stratton Parenting Groups are a discrete intervention, not a parenting assessment.

These groups are aimed at parents/carers of children aged 3-11 who are experiencing significant levels of challenging behaviour from their children. Referrals can be made by school SENCos, children’s centre managers, CAMHS practitioners, educational psychologists, GPs and social care professionals. Referrals to these programmes are sent to CAMHS as part of the ADHD pathway.

Schools, CAMHS and other professionals can refer parents to the programme following a conversation with the parents ([see the Educational Psychology Service page](#)).

Referrals are accepted from schools, CAMHS and other professionals using the [Webster-Stratton Referral Form \(Word, 31KB\)](#). All referrals need to be discussed and agreed with parents/carers to ensure commitment to the 14-week programme.

Please send to: [beh-tr.camhsreferral@nhs.net](mailto:beh-tr.camhsreferral@nhs.net)

**Age Range:** For parents with children aged 3 – 11 years

**Length of Programme:** 12 - 14 weeks

**Venue:** Haringey Children’s Centres

**Refreshments and Creche provided.**

For more information, see the Incredible Years Early Childhood One Minute Guide, available on the [Incredible Years Programme page](#).

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)
TBC	TBC	TBC	CAMHS and Educational Psychologists	TBC	Y



## Strengthening Families, Strengthening Communities (SFSC)

A culturally sensitive programme that supports parents to strengthen their parenting skills and enhance relationships with their children. The programme considers ways to build stronger community connections and promote children’s safety and wellbeing. It addresses issues relating to community violence (including drugs, guns, and knife crime). Parents also learn techniques to teach key rites of passage that can be adapted according to children’s developmental stages. The course includes how to handle stress and manage anger as well as learning how to build positive family relationships and how to value family and cultural traditions within their home.

**Age Range:** For parents/carers with children aged 3 - 18 years

**Length of Programme:** 13 weeks / 3 hours per week (term-time only)

**Venue:** Bruce Grove Youth Space

For more information, see the Strengthening Families One Minute Guide, available on the [Strengthening Families page](#).

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)
08 <sup>th</sup> Jan – 22 <sup>nd</sup> April	10am to 1 PM	Triangle Children’s Centre	Iya Martin Kemi Omisore	iya.martin@haringey.gov.uk kemi.omisore@haringey.gov.uk	N



## Specialist Programme: Mellow Parenting - Growing Together

This group is for mothers who experience low mood or anxiety and is designed for parents who would like support with the emotional challenges of parenting. The group supports mothers to feel less isolated through the sharing of ideas and experiences with other mothers. Children will be supported to develop good routines, manage their emotions and build positive relationships. Delivery includes group discussion, use of video and 'have a go' tasks to try out at home. Sessions include a morning and afternoon session (during which, children are in a crèche). Children re-join parents at the lunch break when they share a lunch together and play fun activities and sing songs.

**Age Range:** For parents/carers with children aged 1 – 5 years.

**Length of programme:** 14 weeks. Each session is 5 hours (9am-3pm)

**Venue:** Programmes are delivered in the children's centre.

**Lunch and Crèche are provided.**

For more information, see the Mellow Parenting One Minute Guide, available on the [Specialist Programme page](#).

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)
16 <sup>th</sup> April – 23 <sup>rd</sup> July	9am to 3pm	Triangle Children's Centre	Nevresa Rosic Meliza Sukhdeo	nevresa.rosic@haringey.gov.uk meliza.sukhdeo@haringey.gov.uk	Y



## Specialist Programme: Cygnet Parenting

The Cygnet programme is for parents of children with a diagnosis of autism. This programme provides parents with support, information and extra strategies when responding to the needs of children with autism. The content covers the following:

- Autism and diagnosis
- Communication
- Sensory issues
- Understanding behaviour
- Managing behaviour
- Choice of topic decided by parents/carers in the group

Parents attend in groups of between 6-12 people.

**Age Range:** For parents/carers with children aged between 6-18 years old (there must be a diagnosis of autism).

**Length of Programme:** 6 weeks. Each session is 3 hours.

**Please Note: A referral form must be completed to enrol on this programme, through the special schools in Haringey.**

For more information, see the Cygnet Parenting One Minute Guide, available on the [Specialist Programme page](#).

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)
12 <sup>th</sup> Jan – 23 <sup>rd</sup> Feb	10am to 1pm	Brooks Children’s Centre – Broadwater Farm	Cherri Fox Barbara Wotanaja	cherri.fox@haringey.gov.uk barbara.wotanaja@haringey.gov.uk	N





## Specialist Programme: Caring Dads

Caring Dads supports fathers to improve their relationships with their children, develop strategies to manage their frustration and find ways to reduce parental conflict. They learn how to become more involved as fathers and be a positive influence to their child...thus improving outcomes and strengthening futures for their children. This programme is for resident and non-resident fathers / male carers including those that need support to stop particular behaviours towards partners and/or children, including: controlling, abusive and neglectful behaviours. The group provides an opportunity for men to connect as fathers and develop their parenting skills through group discussion, exercises and 'give-it-a-go' activities to work on between sessions. *Men must have some regular contact with their child(ren) in order to be accepted onto the programme.*

**Age Range:** For parents/carers with children aged between 0-16 years.

**Length of Programme:** 17 weeks. Each session is 2 hours (typically delivered in the evening).

**Refreshments are provided.**

**Referral Form:** [Caring Dads client referral form \(Word, 133KB\)](#).

For more information, see the Caring Dads One Minute Guide, available on the [Specialist Programme page](#).

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)
23 <sup>rd</sup> Apr – 27 <sup>th</sup> Aug	6pm to 8pm	Cypriot Centre	Corinth Mingo Felicitas Sulubika	<a href="mailto:Corinth.mingo@haringey.gov.uk">Corinth.mingo@haringey.gov.uk</a> <a href="mailto:Felicitas.sulubika@haringey.gov.uk">Felicitas.sulubika@haringey.gov.uk</a> <b>Referrals from social workers and family support workers only.</b>	N



## Triple P Programme – (Teen)

Triple P is a parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. The three Ps in 'Triple P' stand for 'Positive Parenting Program' which means

Triple P helps you:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing your family life is going to be much more enjoyable.

Age Range: For parents/carers with children aged between 11-18 years.

**Length of Programme:** 8 weeks. Please see below for timetable.

**refreshments are provided.**

For more information, see the Teen One Minute Guide, available on the [Triple P Programme page](#).

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)
12 <sup>th</sup> Jan – 19 <sup>th</sup> Apr	10am to 12 noon	TBC	Layla Benellal TBC	<a href="mailto:layla.benellal@haringey.gov.uk">layla.benellal@haringey.gov.uk</a> TBC	N/A



## ABC Parenting Programme

### Achieving a **B**etter **C**ommunity.

The ABC programme targets health and social inequalities by providing hands-on health education to a targeted cohort of parents from deprived communities. The programme is for parents in Enfield and Haringey, with babies 0-6 months old and with little or no knowledge/confidence around child health, common illnesses and lifesaving skills.

This education is delivered alongside ongoing peer support using an asset-based community model, facilitated by child health champions. Staff will invite families with children under 6 months, limited social support, partial understanding of healthcare systems, and ED re-attenders to discuss their health-seeking behaviours and experiences.

They can then attend free training workshops on:

- basic life support (BLS)
- illness recognition
- choking, allergy, and injury first aid
- vaccination education and preventive work

This will have an impact on healthcare utilisation and also longer-term health outcomes.

Parents have a choice of bringing their baby with them, however, we will require as much notice as possible for the crèche to ensure childminders are available. Breastfeeding environment.

See the ABC Parents page on the North Middlesex University Hospital website for more information and to book.

<https://www.northmid.nhs.uk/abcparents/>

<https://outlook.office365.com/owa/calendar/northmidABCParentsClinic1@nhs.onmicrosoft.com/bookings/>

Start and end day/date	Time of Sessions	Programme Venue	Name of organisation/s delivering the programme	Name and contact details of facilitators	Crèche Availability (Y/N)

<p>Weekday Courses</p>	<p>9:30am – 2:30pm</p>	<p>Enfield address: Community House 311 Fore Street, Edmonton, N9 0PZ</p> <p>Haringey address: Northumberland Neighbourhood Resource Centre, 177 Park Lane, N17 0HJ</p>	<p>Paediatric Community Outreach - ABC Parents</p>	<p>northmid.abcparents@nhs.net</p> <p>Dr Akudo Okereafor - Programme and Clinical Lead, Paeds A&amp;E Doctor at North Middlesex University Hospital. Co-founder of ABC Parents</p> <p>Belinda Okyere -Critical Care Nurse, Resuscitation Pratitioner, Chief Nurse Fellow, and Clinical Lead Specialist at the North Middlesex University Hospital. Also Co-founder of ABC Parents.</p>	<p>Available upon request</p>
<p>Saturday Courses</p>	<p>9:30am – 3pm</p>	<p>Saturday Address: Broadwater Children's Centre and Willow School, Adams Road, London N17 6HE</p>		<p>Raquel McIntosh - Outreach and Engagement Officer, Bridge Renewal Trust</p> <p>Keziah Lawson - Outreach and Engagement Officer, Bridge Renewal Trust</p>	