

Annual Parenting Programmes Timetable Academic Year: 2022/2023



Parenting programmes and workshops for mothers, fathers and carers of children and young people living in Haringey or attending a Haringey school.

[See the Parenting Programme pages on the Haringey Council website](#) for more information about each program.

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Online Parenting Programme Timetable

This document lists the 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	Megan.highcock@haringey.gov.uk lya.martin@haringey.gov.uk
MELLOW	Nazneen.hakim@haringey.gov.uk Alexandra.Constantinou@haringey.gov.uk
CARING DADS	Parentingprogramme@Haringey.gov.uk

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

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

PLEASE NOTE:

For Caring Dads – a referral form must be downloaded and sent to:

parentingprogramme@haringey.gov.uk

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

Family Support	marianne.kujanpaa@haringey.gov.uk
Early Years	Carol.Beaumont@haringey.gov.uk
TYS	Samantha.Ramsay@haringey.gov.uk
CIN / Children's Services	Rita.Taylor@haringey.gov.uk

Information for Facilitators

All programme facilitators should discuss their programme with Catherine Dockrell. The programme details will then be entered into this online parenting programme timetable.

Please contact:

Catherine.dockrell@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

Venue: TBC

Length of Programme: 12 weeks /2 hrs per week (term-time only)
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)
19 September 2022	10am to 12 noon	TBC	Julie Zinzan Adebella Grace	jzinzan@woodlandspark-nur.haringey.sch.uk Adebella.grace@haringey.gov.uk	N
14 September 2022	10am to 12 noon	Haringey's Children's Centres	CAMHS and Educational Psychologists	educationalpsychology@haringey.gov.uk beh-tr.camhsreferral@nhs.net	Y



Incredible Years – Early Childhood Programme

The Incredible Years programme supports parents to effectively manage their child’s behaviour as they grow and develop (and enter primary school). The group provides the opportunity to meet other parents whilst learning how to manage misbehaviour using age-appropriate positive parenting strategies. The programme will also help parents to strengthen their relationship with their child.

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

Parents can speak to their school SENCo or linked Health professional to make a referral for them - [Webster-Stratton Referral Form \(Word, 31KB\)](#).

Age Range: For parents with children aged 2 – 6 years

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

Venue: TBC

Refreshments and Crèche 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)
14 September 2022	10am to 12 noon	Haringey’s Children’s Centres	CAMHS and Educational Psychologists	educationalpsychology@haringey.gov.uk beh-tr.camhsreferral@nhs.net	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)
26 September 2022	10am to 1pm	Bruce Grove Youth Space	Megan Highcock Iya Martin	megan.highcock@haringey.gov.uk iya.martin@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: 17 weeks. Each session is 5 hours (9am-1.30pm)

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)
13 October 2022	9am to 1.30pm	The Triange Children's Centre	Nazneen Hakim Alex Constantinou	nazneen.hakim@haringey.gov.uk alexandra.constantinou@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)
TBC	TBC	TBC	Sarah Lewis	sarah.lewis@haringey.gov.uk	TBC



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.

Referrals from social workers and professionals only

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)
10 November 2022	6pm to 8pm	Cypriot Centre	Nevresa Rosic Adrian Gilbert	parentingprogramme@haringey.gov.uk	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 10-16 years.

Length of Programme: 8 weeks. Each session is 2 hours

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)
14 October 2022	2pm to 4pm	Rising Green	Sophie Eardley Layla Benellal	sophie.eardley@haringey.gov.uk layla.benellal@haringey.gov.uk	N



Triple P Programme: Orthodox Jewish

Orthodox Jewish families from the borough of Haringey are welcome. Those with particular concerns surrounding the topics below are encouraged to join. Priority will be given to those families that have come via referral.

Triple P helps you:

- Managing and fighting aggression
- Dealing with Disobedience
- Developing good bedtime routines
- Hassle-free shopping and trips

Length of Programme: 4 weeks. Each session is 2 hours
refreshments are provided.

For more information, see the Orthodox Jewish 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)
2 November 2022	8.15pm -10.15pm	Triangle Children’s Centre	Rikki Roitenbarg	Rikki Roitenbarg 07816 119 383	N

