

# PARENT CONNECT

## Supporting Newham Families

### 11<sup>th</sup> February 2022 Edition

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Hello everyone, we hope that you have had a good week 😊

If you would like to receive this newsletter direct to your email you can [Sign up for Parent Connect here](#)

We would also love for you to be a part of our Parents as Partners network – find out more on p2!

Parent connect will now be circulated on a **monthly basis**.

Have a wonderful weekend!  
Early Help Partnership

[CAMHS Wellbeing Workshops](#)

[Parents as Partners](#)



DICE Parenting Support Programme!  
[BOOK YOUR PLACE](#)



## Join the Newham Parents as Partners Network

Are you a parent living in Newham?

- Interested in becoming a Parent Champion trained by the council to signpost local parents to services?
- Do you want your voice heard and actively take part in working with the Council to improve services?
- Do you want to be kept informed of new developments and services that your family can access?
- Are you interested in joining a Parents as Partners Network?

If you have answered 'yes I am interested' to any of the questions, please click on the link to join the newly devised 'Parents as Partners Network'.

Parents that sign up will be kept abreast of upcoming consultations and engagement events that they can join to get their voices heard as part of developments. You will also be informed of Parent Champion training and volunteering opportunities as well as invitations to the termly Parents as Partners Network meetings.

Your participation is voluntary.

We look forward to hearing from you!

[Sign up here!](#)

## ‘The Journey of a Child’

Our journey from birth to 25 years old provides you with trusted, age-related information.

It will help you navigate your way through the many activities and services available locally to support you and your family in Newham, and to ensure that your child or children are happy, healthy and ready to learn.

<https://www.newham.gov.uk/journeyofachild>


The resource can also be found in Children and Families -

<https://www.newham.gov.uk/children-families>

The news article is also live and can be viewed here –

<https://www.newham.gov.uk/news/article/778/newham-council-launches-interactive-web-resource-for-young-people-children-and-their-families>

### Journey of a Child



Our journey from birth to 25 years old provides you with trusted, age-related information.

It will help you navigate your way through the many activities and services available locally to support you and your family in Newham, and to ensure that your child or children are happy, healthy and ready to learn.

**Click through to your child's age on the icons below to view some of the local services and support available.**

<b>PREGNANCY &amp; BIRTH</b>	<b>1 YEARS OLD</b>	<b>2 YEARS OLD</b>	<b>3 YEARS OLD</b>
<b>4 YEARS OLD</b>	<b>5 YEARS OLD</b>	<b>6 YEARS OLD</b>	<b>7 YEARS OLD</b>
<b>8 YEARS OLD</b>	<b>9 YEARS OLD</b>	<b>10 YEARS OLD</b>	<b>11 YEARS OLD</b>
<b>12 YEARS OLD</b>	<b>13 YEARS OLD</b>	<b>14 YEARS OLD</b>	<b>15 YEARS OLD</b>

#### Notice Board / Useful links

Get help if you think your child is experiencing exploitation - 020 3373 4600

Alcohol and drugs support - 0800 652 3879


Domestic abuse and sexual violence support - 0808 196 1482

Mental health support services

Reduce crime and anti-social behaviour in Newham

Newham Social Welfare Alliance

Admission dates for schools



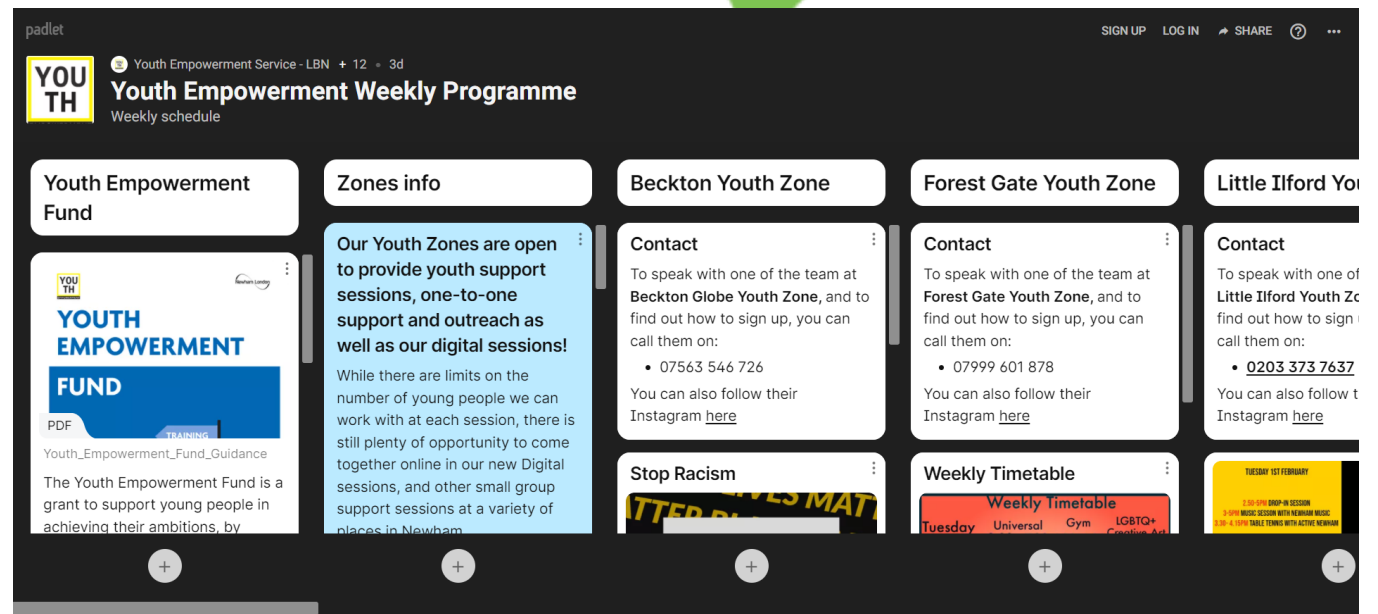
**Support across school ages**

## Half Term Activities

For this half term, The Youth Empowerment Service have added a wealth of activities available in Newham to their Padlet:

<https://padlet.com/YESLBN/YESProgramme>

Please scroll right to view everything on offer.





With the beginning of February we welcome longer days, more light and **BRAND NEW COMMUNITY WORKSHOPS.**

Please see attached our February community workshop and long-term condition workshop information. We will run the usual topics (stress, low mood, anxiety, sleep), alongside a few extra one-off workshops to honour LGBTQ+ history month, eating disorder awareness week & international women's day (posters attached).

All the workshops are remote (MS Teams), one hour, completely confidential and relaxed – there is no expectation to have cameras on or contribute – just sit and learn!

As usual, the process of signing up for these is incredibly straightforward: you, your client, or your colleague need to [fill in this registration form](#) and we will be in touch with the link for the event.

Please disseminate; and do not hesitate to get in touch with any questions.

**Online Community Workshops**

- Managing Stress in the Workplace – Wednesday 2nd February at 12pm
- Managing Low Mood – Thursday 3rd February at 6pm
- Managing Stress – Monday 7th February at 6pm
- CBT Refresher – Tuesday 8th February at 12pm
- Understanding and Improving Sleep – Wednesday 9th February at 12pm
- Women's Health and Wellbeing - Thursday 10th February at 12pm
- Building Confidence – Monday 14th February at 6pm
- Mental Health Awareness – Tuesday 15th February at 12pm
- Introduction to CBT – Thursday 17th February at 4.30pm
- Managing Irritability – Friday 18th February at 12pm
- Managing Worry – Monday 21st February at 6pm
- Understanding Emotional Eating – Tuesday 22nd February at 12pm
- Introduction to Mindfulness – Thursday 24th February at 12pm

All workshops are:

- 1 hour
- Provide an open, friendly yet confidential space
- Easily accessible, we will send you a link via email on the day and you click this to join
- Accessible on your smart phone, tablet, PC or laptop
- Webcams are encouraged but not essential

CALL 020 8536 2161 OR EMAIL [elft.nttworkshops@nhs.net](mailto:elft.nttworkshops@nhs.net)

PROVIDING YOUR CONTACT NUMBER OR SCAN THE QR CODE TO REGISTER 😊

**LGBT+ AND MENTAL HEALTH**

Celebrating LGBT+ History month!

Join us for a free online community workshop to understand mental health difficulties in the LGBT+ community and explore solutions!

**Wednesday 16th February 12pm-1pm**

CLICK [HERE](#) OR EMAIL US AT [ELFT.NTTWORKSHOPS@NHS.NET](mailto:ELFT.NTTWORKSHOPS@NHS.NET) TO REGISTER

**Women's Health & Wellbeing**

Celebrating International Women's Day!



# Services, Groups and Activities

## UPCOMING WORKSHOPS:

- Building Confidence – Monday 14th February at 6pm
- Mental Health Awareness –Tuesday 15th February at 12pm
- Introduction to CBT – Thursday 17th February at 4.30pm
- Managing Irritability – Friday 18th February at 12pm
- Managing Worry – Monday 21st February at 6pm
- Understanding Emotional Eating – Tuesday 22nd February at 12pm
- Introduction to Mindfulness – Thursday 24th February at 12pm

[fill in this registration form](#) and we will be in touch with the link for the event.



Newham Talking Therapies  
Community Psychological Services & Employment Support

Twitter: @NewhamAPT Instagram: @NewhamTT

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PROVIDING YOUR CONTACT  
NUMBER OR SCAN THE QR CODE  
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# Services, Groups and Activities

## HEALTH AND WELLBEING:

- Irritable Bowel Syndrome (IBS)–Tuesday 15<sup>th</sup> February at 11am
- Chronic Fatigue – Tuesday 15<sup>th</sup> February at 3pm
- Diabetes – Wednesday 16<sup>th</sup> February at 12pm
- Medically Unexplained Symptoms (MUS) – Friday 18<sup>th</sup> February at 2pm
- COPD and Respiratory – Tuesday 22<sup>nd</sup> February at 12pm
- Long Covid – Wednesday 23<sup>rd</sup> February at 11.15am
- Chronic Pain – Thursday 24<sup>th</sup> February at 12pm

CALL 020 8536 2161 OR EMAIL [elft.nttworkshops@nhs.net](mailto:elft.nttworkshops@nhs.net)

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NUMBER OR SCAN THE QR CODE

TO REGISTER





## WOMEN'S HEALTH AND WELLBEING:

Tuesday 8th March 12pm-1pm

### Join us for a free, online, community workshop providing:

A space to think and focus as women on health & wellbeing

An understand the menstrual cycle and menopause

Techniques to manage emotional wellbeing

Click [here](#) OR email us at [elft.nttworkshops@nhs.net](mailto:elft.nttworkshops@nhs.net) to register

# Women's Health & Wellbeing

Celebrating International Women's Day!

Join us for a free, online, community workshop providing:

- A space to think and focus as women on health & wellbeing
- An understand the menstrual cycle and menopause
- Techniques to manage emotional wellbeing

**Tuesday  
8th March  
12pm-1pm**

Click [here](#) OR email us at [elft.nttworkshops@nhs.net](mailto:elft.nttworkshops@nhs.net) to register



## LGBT+ AND MENTAL HEALTH

**Celebrating LGBT+ History month!**

Join us for a free online community workshop to understand mental health difficulties in the LGBT+ community and explore solutions!

**Wednesday  
16th  
February  
12pm-1pm**

CLICK [HERE](#) OR EMAIL US AT  
ELFT.NTTWORKSHOPS@NHS.NET TO REGISTER

### LGBT+ AND MENTAL HEALTH

Wednesday 16th February 12pm-1pm

Join us for a free online community workshop to understand mental health difficulties in the LGBT+ community and explore solutions!

Click [here](#) OR email us at [elft.nttworkshops@nhs.net](mailto:elft.nttworkshops@nhs.net) to register

**Being a Parent ASD Course** take place Tuesday mornings at St Mark's Community centre. These sessions are led by parents for parents and designed to support parents with **learning more about how:**

- Autism can affect your child and how you and your family are impacted
- Everyday strategies and routines can influence development and manage effects of Autism on children
- Ways to support behaviour, meeting children's needs and reducing meltdowns

Find out [more and sign up here!](#)

<https://www.headstartnewham.co.uk/wp-content/uploads/2017/10/Being-a-Parent-Courses-Empowering-Parents-Empowering-Communities-EPEC.pdf>

**Being a Parent Group** is a weekly space for parents with children aged 9-16 to come together sharing experiences and learning tried and tested approaches that can help us navigate this difficult time. Many parents have already benefited from this course, and we want to reach as many parents (and grandparents, aunts, uncles, carers too) as possible.

All parents will need to **register for a place** as the group has limited capacity. Parents can sign up via the link on the flyer or <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

We have a short video about our groups which can be viewed here <https://www.youtube.com/watch?v=eAV-db8TJVA&feature=youtu.be>



EMPOWERING PARENTS  
EMPOWERING COMMUNITIES



EMPOWERING PARENTS  
EMPOWERING COMMUNITIES



## Being a Parent ASD Course

Empowering Parents, Empowering Communities (EPEC)

For parents of children aged 5 and over with an Autism Diagnosis or awaiting one

Delivered for Parents by Parents:

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

### Spring Course Details:

Tuesdays at St Mark's Community Centre: 218 Tollgate Road, E6 5YA  
11th January to 22nd March 2022 @ 10:00am to 12:30pm

These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

You will learn more about how:

- Autism can affect your child and how you and your family are impacted
- Everyday strategies and routines can influence development and manage effects of Autism in children
- Ways to support behaviour, meeting children's needs and reducing meltdowns

For more information and to sign up contact:

E: [Headstart.ProgrammeTeam@newham.gov.uk](mailto:Headstart.ProgrammeTeam@newham.gov.uk)

W: [www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/](https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/)



10 sessions  
The more sessions you attend the more you will gain!

Delivered for Parents by Parents:

The course helps parents learn practical communication skills for everyday life & bring up confident, happy and co-operative children.

You will leave this course feeling better able to:

- Help others by sharing your experience as a parent
- Support your children as they move from primary to secondary school
- Create a calm and peaceful family life

The more sessions you attend the more you will gain!

### Spring Course Details:

ASD Course  
Tuesdays  
(St Marks Community Centre, E6 5YA)  
Start: 11th Jan 2022  
End: 22nd March 2022  
Time: 10am-12:30pm

Wednesdays  
(Virtual - Zoom)  
Start: 26th Jan 2022  
End: 30th March 2022  
Time: 12pm - 2pm

Thursdays  
(Virtual - Zoom)  
Start: 20th Jan 2022  
End: 24th March 2022  
Time: 6pm - 8pm

Fridays  
(Southern Road Primary School)  
Start: 14th Jan 2022  
End: 18th March 2022  
Time: 10am - 12pm

These groups are all facilitated by experienced parents who work with you to share your experiences and strategies with others along with evidence based tools that will help you and your family.

For more information and to sign up contact:

E: [Headstart.ProgrammeTeam@newham.gov.uk](mailto:Headstart.ProgrammeTeam@newham.gov.uk)

W: [www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/](https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/)



If a young person/adult wants to get involved with any of the above they can email [youth@elop.org](mailto:youth@elop.org) or call 07908 553744. They can self-refer or you can refer on their behalf. If you want to follow us on Social Media and share any posts that may be useful for your young people that would be much appreciated.

Our twitter handle is:

[https://twitter.com/ELOP\\_LGBT](https://twitter.com/ELOP_LGBT) and Facebook:

<https://www.facebook.com/elop.LGBT>

Info and sign up by emailing: [youth@elop.org](mailto:youth@elop.org)



**LGBTQ+**  
**18-25s**  
**meet up group**

**online meet-up ~ twice a month**  
**every 2nd & 4th Monday**

**7-8:30pm**

A welcoming, relaxed & inclusive space to meet with others, enjoy activities & talk all things LGBTQ+



**elop**  
LGBT mental health and wellbeing  
ELOP is a Registered Charity 1067474

**INFO & SIGN UP**  
**EMAIL**  
[youth@elop.org](mailto:youth@elop.org)



*An online LGBTQ+ safe and inclusive space to be you*

**YOUTH OUT EAST**

**Meet-up online, make friends, enjoy activities and share experiences with other LGBTQ+ young people**

**TUESDAYS ONLINE**

**5-6.30pm for 12-15s**    **7-8.30pm for 15-18s**

**CONTACT** → [YOUTH@ELOP.ORG](mailto:youth@elop.org)



**elop**  
LGBT mental health and wellbeing

ELOP is a Registered Charity 1067474 & Company Limited by Guarantee 3355423



Booking is essential for this offer

For more information or to book a place please contact Leo Featherman on 07904882104 or [leo@theaaazone.com](mailto:leo@theaaazone.com)

[What's On - Welcome to Ambition Aspire Achieve \(theaaazone.com\)](http://theaaazone.com)

We have lots going on at our weekly SEND Youth Club! Check out where we are each day and come along and join in the fun! Contact Leo for more details and to book your place [leo@theaaazone.com](mailto:leo@theaaazone.com)

[What's On - Welcome to Ambition Aspire Achieve \(theaaazone.com\)](http://theaaazone.com)

Ambition Aspire Achieve  
**Positive Transitions**



**FREE LIFE SKILLS** support for young people aged between **16-24** with additional needs

**Sessions will include:**  
Life skills such as household activities, social interaction, personal development and confidence building.  
Creative sessions including art and photography, gardening and growing, cookery, music as well as taking part in the Arts Award.  
Multi sports and health sessions where young people can try a number of activities and learn about healthy choices.  
We will also be holding day trips and work experience guidance throughout the year.

Weekly sessions helping to build confidence and develop new skills for young people with additional needs that are transitioning into adulthood

**Monday 2-4pm**  
Life skills

**Tuesday 1.30pm – 3.30pm**  
Multi sports and exercise

**Thursday 2-4pm**  
Creative sessions and workshops

**At the Terence Brown Arc in the Park, Bethell Road E16 4JT**

Booking is essential  
For more information or to book a place please contact Leo Featherman  
07904882104 [leo@theaaazone.com](mailto:leo@theaaazone.com)

[theaaazone.com](http://theaaazone.com) [@theaaazone](https://twitter.com/theaaazone) [AmbitionAchieveAspire/](https://www.facebook.com/AmbitionAchieveAspire/)

Ambition Aspire Achieve  
**SEND YOUTH CLUBS**

**FREE** for 9 to 25 years olds  
Staff ratio - 1 staff member to 3 young people -  
Offering A Safe, Fun, Social, Interactive Environment

**Weekly Timetable:**  
(term time and school holidays)

**Mondays 4:30pm to 7:30pm:**

**Terence Brown Arc, Hermit Road Park, Bethell Ave E16 4JT**

**Mondays 4pm to 6pm:**

**Glyn Hopkin Abbey Hub, 6 Gay Road, Stratford E15 2RN**

**Wednesdays 4:30pm to 6:30pm:**

**St Luke's Community Centre, 85 Tarling Road, Canning Town E16 1HN**

**Thursdays 4:30pm to 7:30pm:**

**Terence Brown Arc, Hermit Road Park, Bethell Avenue E16 4JT**

**Activities Include: A Variety Of Sports, Arts And Crafts, Movies, Music, Keep Fit Sessions, Table Tennis, Games And MUCH MUCH MORE!**



Supported By London Borough of Newham

Booking Is Essential, Contact:  
Leo on 07904 882 104 / [leo@theaaazone.com](mailto:leo@theaaazone.com)  
Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: [@theaaazone](https://twitter.com/theaaazone) | Facebook @  
AmbitionAspireAchieve/



**New Dates Available**

DICE is a **4 week Parenting Support Programme**

## Exploitation and Youth Safety

It provides families with **information, advice** and **support** that can help them to provide a safe and protective environment for their child or young person

Each session will be **relaxed** and **informal**, with a **variety of activities, discussions** and **videos**. There will be a maximum of **12 parents/carers**, providing an ideal opportunity to meet others in similar situations and to share experiences. The programme will take place **virtually** until further notice.



## Sign up to DICE!

**May:** Wednesday Mornings

Dates: 4th 11th 18th 25th

Times: 9:30am-12:00pm

**June** Thursday Evenings

Dates: 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>

Times: 6pm-8.30pm

**Session 01-Introductions and thinking about the life of a teenager**

**Session 02-Exploitation and the grooming process**

**Session 03-Digital Dangers**

**Session 04-Parenting top tips & support networks**

Exploitation & The Grooming process

Digital Dangers

Parenting Top Tips & Support Networks

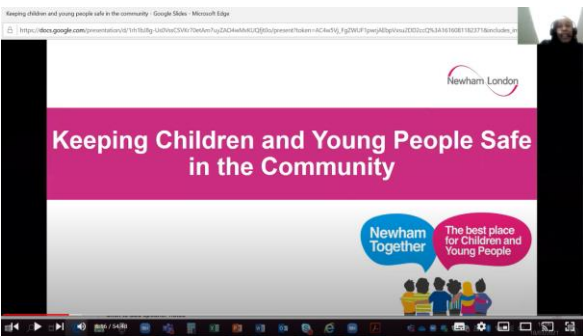
The Teenage Brain

## Full Playlist:

[https://youtube.com/playlist?list=PLfBuvuA\\_uMZXIS5U9HlxG0QpjwEJ98zQ](https://youtube.com/playlist?list=PLfBuvuA_uMZXIS5U9HlxG0QpjwEJ98zQ)



[Taking Care of Yourself During the Pandemic](#)



[Keeping Children and Young People Safe in the Community](#)



Romanian	BSL	Punjabi
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<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Supporting Parents</u></a>	<a href="#"><u>Keeping Safe Online</u></a>
<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Supporting Children</u></a>	<a href="#"><u>Immigration Support</u></a>
<a href="#"><u>Supporting Teenagers</u></a>	<a href="#"><u>Supporting Teenagers</u></a>	<a href="#"><u>Keeping Safe in the Community</u></a>
<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>	<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>	<a href="#"><u>Supporting Children and YP with Additional Needs</u></a>
<a href="#"><u>Taking Care of Yourself</u></a>	<a href="#"><u>Taking Care of Yourself</u></a>	
<a href="#"><u>Immigration Support</u></a>	<a href="#"><u>Immigration Support</u></a>	
<a href="#"><u>Keeping Safe in the Community</u></a>	<a href="#"><u>Keeping Safe in the Community</u></a>	
<a href="#"><u>Keeping Safe Online</u></a>	<a href="#"><u>Keeping Safe Online</u></a>	

## The Upskill Project – The West Ham United Foundation

### Applications are still open!

#### THE UPSKILL PROJECT

The programme is limited to **20** participants. Every participant will receive travel support and food will be provided at each session. To secure your place complete the registration form and send to our Education Manager, Temisan Williams [temisanwilliams@westhamunited.co.uk](mailto:temisanwilliams@westhamunited.co.uk)



# THE UPSKILL PROJECT

**January 2022 - April 2022**

**Are you a young man between 18-25 years?**

**Do you live in the borough of Newham?**

**Have you been not in education, employment or training for six months or more?**

**The Upskill Project** is a Mentoring Programme over 12-week period, with sessions taking place once a week of 2 hours.

The session focus on personal development to enhance access to employment, whilst benefiting from unique guest speakers who talk about their experiences of overcoming challenges (such as being a gang member, extremism and drug and alcohol addiction) to succeed.

Participants will also benefit from being supported to access additional educational and employability opportunities via WHUF, including:

- FA Playmakers
- Apprenticeships
- Volunteering
- Sporting Degree Programmes
- Moving On Up Newham

**Upon completing the 12-week programme participants will be invited to a programme graduation event.**

The programme is limited to **20** participants. Every participant will receive travel support and food will be provided at each session. To secure your place complete the registration form and send to our Education Manager, Temisan Williams [temisanwilliams@westhamunited.co.uk](mailto:temisanwilliams@westhamunited.co.uk)

# Future Pathways Programme – The West Ham Foundation

Contact:

[JFoyle@westhamunited.co.uk](mailto:JFoyle@westhamunited.co.uk)

[AOmideyi@westhamunited.co.uk](mailto:AOmideyi@westhamunited.co.uk)



FOUNDATION



North East London  
Health & Care  
Partnership

**Are you care experienced and live in the London area?**

**Aged 16-30 and interested in a career in health and social care?**

**We can provide career coaching, an action plan and mentoring support to help you into exciting career opportunities.**

**A range of job roles at different levels.**

**Introduction sessions available now. Please contact:**

Jesse Foyle – [JFoyle@westhamunited.co.uk](mailto:JFoyle@westhamunited.co.uk)

Ade Omideyi – [AOmideyi@westhamunited.co.uk](mailto:AOmideyi@westhamunited.co.uk)



Prince's Trust

**IN PARTNERSHIP WITH  
THE PRINCE'S TRUST**



# Young Minds Parent Support

<https://www.youngminds.org.uk/parent/>

## How we can help

We know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone.

We have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better.

We also have our Parents Helpline who can provide advice and support if you're worried about a child or young person.



<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

# AAA Zone Food Bank Appeal

The demand and need for our Food Bank is continuing to increase! We currently support over 90 individuals each week with this number continuing to rise. We would greatly welcome donations big or small of non-perishable foods/household goods. Any help would be greatly appreciated!

Email: [Paula@theaaazone.com](mailto:Paula@theaaazone.com)

Ambition Aspire Achieve

## AMBITION ASPIRE ACHIEVE

### FOOD BANK APPEAL

The demands on our food banks have been continually increasing over the past year and our food banks at both our Arc (Canning Town) and Abbey (stratford) hubs particularly focusing on supporting: Families living in poverty, Young parents, Homeless individuals, young people struggling, those with no recourse to public funds

THE BANK IS OPEN WEEKLY AND IS REGULARLY SUPPORTING OVER 90 INDIVIDUALS EACH WEEK AND WE KNOW THE NEED AND DEMAND IS STILL INCREASING.

WE WOULD WELCOME DONATIONS OF NON-PERISHABLE FOODS AND HOUSEHOLD GOODS - OUR BEST GOODS TO DONATE GUIDE IS ATTACHED.

For more information contact  
Paula - [paula@theaaazone.com](mailto:paula@theaaazone.com)

## BEST FOOD DONATION GUIDE

- PASTA/SPAGHETTI
- RICE
- BAKED BEANS/SPAGHETTI
- PULSES (CHICKPEAS,KIDNEY BEANS ETC.)
- PASTA SAUCES
- COOKING SAUCES (CURRY SAUCES, STIR FRY ETC.)
- TINNED VEGETABLES
- TINNED FRUIT
- TEA BAGS AND COFFEE
- DRY PULSES (LENTILS ETC.)
- JAM, MARMALADE ETC.
- SUGAR
- NOODLES
- TINNED/PACKET MEALS
- PACKET NOODLES,PASTA
- LONG LIFE MILK
- CEREAL
- TINNED TOMATOES
- CLEANING PRODUCTS E.G. WASHING UP LIQUID ETC.
- HYGIENE PRODUCTS (SOAP, SHOWER GEL ETC.)
- NAPPIES AND BABY WIPES
- TOILET/KITCHEN ROLL

# AAA Zone Wellbeing Group

To find out more: please contact Paula Blake on 07432 024002 / 0207 5114253 or by email [paula@theaaazone.com](mailto:paula@theaaazone.com)

[What's On - Welcome to Ambition Aspire Achieve \(theaaazone.com\)](http://theaaazone.com)

## Ambition Aspire Achieve Wellbeing Group

At The Terence Brown Arc In the Park Bethell Avenue, London E16 4JT



Feeling alone or anxious? Come and make new friends and have a great time at our weekly wellbeing sessions for young people (ages 8 to 16)

★ Free to attend ★ Safe, supportive and friendly environment

**Activities Include:** Personal Development Workshops, Mindfulness Sessions, Sports and Exercise Sessions, Arts and Crafts, Drama and Music, Growing and Gardening, Volunteering Opportunities, Duke of Edinburgh Awards Scheme, Day Trips and Experiences, **and much much more!**

**Timings (term time):**

**Juniors (ages 8 to 11)** Tuesdays and Fridays 4pm to 6pm, Saturdays 12pm to 2pm

**Seniors (ages 12 to 16)** Tuesday 6pm to 8pm

**Timings (holidays):**

Daily Mon to Fri - **Juniors** (10am to 2pm) **Seniors** (2:30pm to 6:30pm)

To find out more: please contact Paula Blake on 07432 024002 / 0207 5114253 or by email [paula@theaaazone.com](mailto:paula@theaaazone.com)

Delivered by fully trained DBS checked staff.



Web:  
Twitter:  
Facebook:

Ambition Aspire Achieve  
[theaaazone.com](http://theaaazone.com)  
[@theaaazone](https://twitter.com/theaaazone)  
[@AmbitionAspireAchieve/](https://www.facebook.com/AmbitionAspireAchieve/)  
Registered Charity no. 1167816

## Ambition Aspire Achieve Wellbeing Group

The Terence Brown Arc In the Park Bethell Avenue, London E16 4JT

### Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

### Safety measures will include:

Pre-booking introduced for all sessions with places allocated on a first come first served basis

Additional controls in place to access Arc in the Park, including non-invasive temperature checks

Reduced group sizes on site at any one time

Extra hygiene and cleaning measures, before, during and after all sessions

Maintaining social distancing measures

Adapted activities that are fun and engaging

For further details, please feel free to contact Paula - [paula@theaaazone.com](mailto:paula@theaaazone.com) 07432 024002



# AAA Zone Multi Sports Club

For further details contact **Paula**

07432 024002 / 0207 511 4253  
[paula@theaaazone.com](mailto:paula@theaaazone.com)

**PRE-BOOKING ESSENTIAL**

Ambition Aspire Achieve

Charity Registration Number: 1167816

## Multi Sports Club

TERENCE BROWN ARC in the PARK

Hermit Road Park, Bethell Avenue, Canning Town E16 4JT

**EVERY SUNDAY from 12.30pm to 2:30pm**

Opportunities and activities for SEND Young people ages from 5 to 16

★ Activities include: Football • Skateboarding • Cricket •  
Tennis • Rounders • Basketball • Hockey • and much more

★ Staff Ratio 1 Adult to 4 Young People ★

★ Sports will vary each week ★

All activities will be outside



For further details contact Paula  
07432 024002 / 0207 511 4253 paula@theaaazone.com

**PRE-BOOKING ESSENTIAL**

The Terence Brown Arc in the Park is a COVID-19 safe environment



Ambition Aspire Achieve

Charity Registration Number: 1167816

## Multi Sports Club

TERENCE BROWN ARC in the PARK

Hermit Road Park, Bethell Avenue, E16 4JT

### COVID-19 Additional Information

At Ambition Aspire Achieve our main priority is to keep children and staff safe, whilst providing fun and engaging activities. Following guidance surrounding COVID-19, we have introduced a number of measures to ensure our clubs and activities are delivered safely at all times

#### Safety measures will include:

- Limited spaces - places must be pre-booked
- Additional controls in place to access playschemes including non-invasive temperature checks
  - Reduced group sizes at any one time
- Extra hygiene/cleaning measures, before/during/after sessions
  - Maintaining social distancing measures
  - Adapted activities that are fun and engaging

#### Contact us now for further details:

Paula on 0207 511 4253 / 07432 024002 / paula@theaaazone.com  
Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: @theaaazone.com | Facebook: @AmbitionAspireAchieve/



# AAA Zone Clothing Bank – Donations welcome

The #AAA Clothing Bank is in high demand & we would greatly welcome donations of good quality shoes & clothing in all sizes and for all ages. If you would like to make a donation and a real difference for #Newham families please contact Paula [paula@theaaazone.com](mailto:paula@theaaazone.com)

Ambition Aspire Achieve

AMBITION ASPIRE ACHIEVE CLOTHING BANK

## CLOTHING BANK DONATIONS NEEDED

Demand for our clothing bank has increased.

We are looking for **GOOD QUALITY** clothing and shoes for our clothing bank.

**ALL SIZES OF CLOTHING AND SHOES REQUIRED, ADULT, CHILDREN AND BABY**

If you would like to make a donation to the bank please email Paula - [paula@theaaazone.com](mailto:paula@theaaazone.com)

# AAA Zone Good For Girls Project

Every Wednesday 4.30pm – 6.30pm  
Join AAA's new girls group and enjoy a whole range of activities and experiences. Sessions are structured to enable girls to be self – motivated, empowered and inspirational to others!

For more info please contact  
[Marie@theaaazone.com](mailto:Marie@theaaazone.com)

0207 511 4253 / 07852 350786

**Ambition Aspire Achieve**  
Charity Registered Number: 10386

## Good For Girls Project

@ The Terence Brown Arc in the Park  
Hermit Road Park, Bethell Avenue, Canning Town E16 4JT  
**EVERY WEDNESDAY 4:30pm to 6:30pm**

Join AAA's new girls group and enjoy a whole range of exciting activities and experiences. Sessions are structured to enable girls to be self-motivated, empowered and inspirational to others!

**Includes:** healthy living workshops, personal development sessions, positive mental health and wellbeing support, sports, creative arts, group discussions, the chance to become a 'Good for Girls Ambassador' and MUCH MORE!

- Free for ages 10 to 14 years old
- Young women of colour or from minority groups
- Supported by London Youth

Contact us now for further details and to book a place:  
Marie on 0207 511 4253 / 07852 350786 / [marie@theaaazone.com](mailto:marie@theaaazone.com)  
Web: [www.theaaazone.com](http://www.theaaazone.com) | Twitter: @theaaazone | Facebook: @AmbitionAspireAchieve/

**Ambition Aspire Achieve**  
Charity Registered Number: 10386

## Good for Girls Project

**Terence Brown Arc in the Park**  
Hermit Road Park, Bethell Avenue, Canning Town E16 4JT

### Additional Information

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- Additional controls in place including non-invasive temperature checks
- Reduced group sizes
- Extra hygiene and cleaning measures, before, during and after all sessions
- Maintaining social distancing measures

For further details, please feel free to contact  
**Marie - [marie@theaaazone.com](mailto:marie@theaaazone.com) 07852 350786**

# Headstart Coffee and Chat

## Virtual Coffee and Chat:

It is an opportunity for parents and carers can come to a virtual space to connect and learn. It is an opportunity to discuss the high and lows of being a parent. Monthly on Every 2<sup>nd</sup> Wednesday at 10am and every 3<sup>rd</sup> Wednesday 6pm. Parents can sign up here <https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

## Coffee & Chat



### Hopes & Challenges for 2022



**Come together with other parents within your community to share your hopes and challenges for 2022.**

- Open and honest conversations
- Sharing lived experiences
- Tools & Tips



# Headstart Befriending



## **Parent Befriending (Strengthening Families):**

A bespoke parenting befriending service for parents/carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

To request a service for you or someone you know, please email [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk).

## **Your Time (Befriending for young people)**

Your Time was set up in response to Covid as we were concerned about young people's wellbeing. It is available for children or young people aged 10-18 (up to 25 for SEND and Care Leavers). It is a safe and friendly one-to-one space to chat about the things that matter to them most with a trusted professional. The weekly contact will promote self-care tips and tools as they work together through the 'All About Me' wellbeing journal, which will be sent in a welcome pack.

Please see the link for an online referral form:

[https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)



# West Silvertown Foundation Volunteering Opportunity

VOLUNTEER WITH US! email  
[anna@wsfroyaldocks.org](mailto:anna@wsfroyaldocks.org) for more info



INTERESTED IN SHORT-TERM VOLUNTEERING?  
WANT TO MAKE A DIFFERENCE TO YOUNG PEOPLE IN NEWHAM?  
WANT TO MEET OTHER ADULTS FROM YOUR LOCAL COMMUNITY?

## BECOME A MENTOR

We are looking for volunteer mentors to be positive role models for young people. Just 45 minutes a week for 12 weeks. Full training and resources provided. Please contact [anna@wsfroyaldocks.org](mailto:anna@wsfroyaldocks.org) by 28th January to be considered.

