

CONFIDENT PARENT

Happy Child

AUTUMN TERM

Sept to Dec

2023



Delivering Parenting
Programmes for
all ages in
Hammersmith
and Fulham



CONFIDENT PARENT *Happy Child*

is for parents and carers of children
0-18 years of age living in Hammersmith and Fulham.
The project offers a range of evidence based parenting
programmes, information, advice and support for parents
and carers to build positive parenting skills.

TOP 5 PARENTING TIPS

1

Spend Quality time with your child doing an activity of their choice
(15+ minutes every day with each child separately).

2

Use positive discipline to teach your child and not to punish them
for their mistakes.

3

Be a good role model - your words, actions and reactions can influence
how your child behaves.

4

Praise your child for good behaviour.

5

Be consistent with your discipline.

NEW COURSES STARTING SEPTEMBER 2023

THE MONEY COURSE

The Money Course is a 5-week programme that supports families to better manage their finances and their money day-to-day via the series of interactive sessions which include exercise and discussions and get everyone involved.



The course will:

- explore emotional relationship with money and how to improve financial mental well-being.
- look at how to create budget.
- share tips for controlling spending and getting budgets to balance.
- examine the importance of savings and the benefit of setting savings goals.
- discuss issues of debt and the wise use of credit.

The programme starts on 19 September from 1.00 – 2.30pm
at The Masbro Centre, 87 Masbro Road, W14 0LR
Limited creche places available to children under 5
Contact Marina 07740 752679 marina@upg.org.uk

PARENT LED CHILD ANXIETY GROUP

run by Community – CHAMS practitioner

A six-week programme for parents/carers
of a child/ren between 5 and 11 years old.

The group explores anxiety in children:

- what are the early signs
- practical strategies to support children overcome their anxieties.

Following Cathy Creswell's book: *"Helping your child with Fears and Worries"*.



The programme starts on 30 October at 9.30am
at The Masbro Centre, 87 Masbro Road, W14 0LR
Contact Marina 07740 752679 marina@upg.org.uk

WHAT PARENTS & CARERS SAY ABOUT OUR PARENTING COURSES



ABOUT BOY'S COURSE

- ‘I have a tranquil house. I am shouting less and so is my partner’
- ‘Having a toolkit of things I can do with my son has been very useful’



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

- ‘I have learned to build a stronger relationship with my daughter’
- ‘I have learned to put discipline to my daughter not punishment’



STEPPING STONES TRIPLE P

- ‘Eye opener’
- ‘Game changer!’
- ‘I learned more about using rewards in my parenting.’



TRIPLE P

- ‘I definitely praise my son more now’
- ‘I’ve learned a lot from this group and enjoyed coming’

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TRIPLE P

A 6-week programme for parents/carers who have a child between 0-12 years of age. The programme helps parents raise happy and confident children. Parents are introduced to a range of strategies to enhance parent child relationship, encourage positive behaviour and manage misbehaviour.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	Triple P – Limited crèche places available for children under 5 years of age. Booking required.	Every Wednesday starting 13.09.2023 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

Programme with Arabic support for parents with children 0-12 years old

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Edward Woods Community Centre 60 Norland Rd W11 4TX	Triple P with Arabic Support No crèche facilities available	Every Wednesday starting 1.11.2023 10.00 – 12.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk

ABOUT BOYS COURSE [ABC]

A 4-week group for parents/carers who have boys between 0-5 years of age. The programme supports parents/carers to have a better understanding of boys and their development. The programme offers practical techniques to support with boundaries and discipline.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	ABC – Limited crèche places available for children under 5 years of age. Booking required.	Every Tuesday starting 31.10.2023 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

STEPPING STONES TRIPLE P

A 6-week programme for parents/carers who have a child with additional needs or disability up to 12 years of age. Parents are introduced to a range of strategies to help develop positive parent child relationships, encourage desirable behaviour and manage challenging behaviour. Parents are offered a range of techniques to teach children including communication, problem-solving, self-care, and self-regulation.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
The Stephen Wiltshire Centre Queensmill Rd SW6 6JR	Stepping Stones Triple P No crèche facilities available.	Every Thursday starting 02.11.2023 9.30am – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

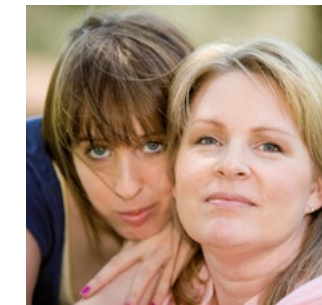
PROGRAMME OF PARENTING COURSES

INCREDIBLE YEARS

An interactive 7-week group for parents with babies 0-1 years of age. The programme supports parents to build strong and loving relationships with their babies. Key themes include parents as communicators and babies as intelligent learners, providing physical, tactile & visual stimulation for your baby, learning to read your baby's mind and gaining support for you.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Flora Gardens Children's Centre Dalling Road W6 0UD	Incredible Years An interactive session for parent and baby together	Every Monday starting 02.10.2023 10.00 – 12.00pm No session during half term	Marina Kopanja 07740 752679 marina@upg.org.uk



STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

[SFSC] A 13-week programme for parents/carers who have a child between 3-18 years of age. Parents are introduced to a range of strategies to develop a close relationship with their child and encourage positive behaviour. The programme explores the impact of family, culture and community influences and explores how to keep children and young people safe.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Brook Green Family Centre 49 Brook Green W6 7BJ	SFSC No crèche facilities available. No session during half term	Every Tuesday starting 19.09.2023 10.00 – 1.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

BRIDGING THE GAP

For parents with children in secondary school in years 7-10. Learn with your child about independence, money, internet/mobile phone safety, emotions and resilience. The group helps to build a firm foundation for future home discussions.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	For parents and children together	Every Wednesday starting 08.11.2023 5.45 – 8.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

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BLOSSOMING BUMPS

A 6-week programme for mums-to-be to support their emotional well-being, reduce stress and help them get ready to welcome their new baby. It emphasises the importance of early interaction for brain development and how to help their baby to develop secure attachment.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Blossoming Bumps Relaxing group for mums-to be	Every Tuesday starting 31.10.2023 10.00 – 12.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

PARENT GYM

A 6-week programme for parents/carers who have a child 2-11 years of age. The programme helps parents increase parents' skills and confidence to help improve the behaviour and wellbeing of their child. Topics include communication, balancing warmth and discipline, setting boundaries and encouraging learning.



CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Parent Gym No crèche facilities available	Every Tuesday starting 31.10.2023 10.00 – 12.00pm TASTER 31 Oct • CHAT 7 Nov LOVE 14 Nov • BEHAVE 21 Nov CARE 28 Nov • DISCOVER 5 Dec TOGETHER 12 Dec	Marina Kopanja 07740 752679 marina@upg.org.uk



FREEDOM PROGRAMME

A 10-week programme for women who have or are affected by domestic abuse. The programme examines strategies used by abusive partner and early warning signs. It will also look in details on how it affects children and how their lives are improved when the abuse is removed

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Freedom – Limited crèche places available for children under 5 years of age. Booking required.	Every Monday starting 25.09.2023 1.00 – 3.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk

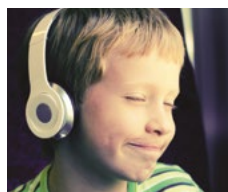
PROGRAMME OF PARENTING COURSES

WORKSHOPS

One off topic specific workshops for parents/carers.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Old Oak Community & Children's Centre 76 Braybrook St W12 0AP Open creche available for children under 5	Potty Training	Thursday 07.09.2023 11.45am – 1.00pm	Marina Kopanja 07740 752679 marina@upg.org.uk
	Positive Boundaries	Thursday 21.09.2023 11.45am – 1.00pm	
	Child Resilience	Thursday 28.09.2023 11.45am – 1.00pm	
	How to manage Children's Tantrums	Thursday 05.10.2023 11.45am – 1.00pm	
Fulham Central Children's Centre Shottendane Rd SW6 5PG Open creche available for children under 5	Sleep Workshop For parents with babies	Friday 29.09.2023 9.30 – 11.00am	Marina Kopanja 07740 752679 marina@upg.org.uk
	Positive Boundaries	Tuesday 03.10.2023 11.45am – 1.00pm	
	Relationship Building	Tuesday 17.10.2023 11.45am – 1.00pm	
	Child Resilience	Tuesday 07.11.2023 11.45am – 1.00pm	
	Fussy Eaters	Tuesday 21.11.2023 11.45am – 1.00pm	
Flora Gardens Children's Centre Dalling Road W6 0UD	Sleep Workshop For parents with babies Babies under 12 months welcome	Monday 27.11.2023 10.00 – 12.00am	Marina Kopanja 07740 752679 marina@upg.org.uk
Online Workshops via Zoom	How to get Children to Cooperate	Thursday 14.09.23 6.00 – 7.30pm	Marina Kopanja 07740 752679 marina@upg.org.uk
	Teaching Children Self Control	Thursday 19.10.23 6.00 – 7.30pm	
	Managing Fighting and Aggression in Teens	Thursday 14.12.23 6.00 – 7.30pm	

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PARENTS ACTIVE

Specialist parenting workshops for parents/carers who have a child with special needs

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Parents Active Session for parents who have a child with special needs. Booking required.	Tuesdays 10.00 – 12.00pm 2 & 26 Sept • 10 Oct 7 & 21 Nov • 5 & 19 Dec	Nandini Ganesh 020 8748 5168 nandini.ganesh@hfmencap.org

WEST LONDON ACTION FOR CHILDREN: PARENTING GROUPS

West London Action for Children offers a range of counselling and therapy services for families in Hammersmith and Fulham. Please call to discuss your needs or for more information.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
West London Action for Children 15 Gertrude Street SW10 0JN	Breathing Space – A mindfulness based stress reduction group supporting parents to experience more choice when responding to situations.	Call centre for dates	0207 352 1155 team@wlac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	ParentTalk – A forward looking, solution focused group for parents & carers of children up to 12 years of age.	Call centre for dates	0207 352 1155 team@wlac.org.uk
West London Action for Children 15 Gertrude Street SW10 0JN	Dads Matter – A forward looking solution focused group for dads, step dads and male carers of children 12 years and younger.	Call centre for dates	0207 352 1155 team@wlac.org.uk



BUTTERFLY PROJECT

A community based women's group run by survivors for survivors. It provides support for women who have experienced or are currently experiencing domestic abuse. Activities include meditation, relaxation, confidence building and art therapy.

CENTRE	COURSE DETAILS	DATES / TIMES	CONTACT
Masbro Centre 87 Masbro Road W14 0LR	Butterfly Project Booking required.	Tuesdays 10.00 – 12.00pm 5 & 19 Sept • 3, 17 & 31 Oct • 14 & 28 Nov • 12 Dec	Monika Suzlak 0207 605 0800 monika@upg.org.uk

PARENTS @ MASBRO COFFEE MORNINGS



Come and find out what parenting support is available to Hammersmith & Fulham parents or carers, meet other parents, share your parenting experiences and much more...

If you are interested, contact Marina:
marina@upg.org.uk 07740 752679

OR you can simply drop in at:

10.00 – 11.30am Friday 6 October
The Masbro Centre, 87 Masbro Rd
W14 0LR

VOLUNTEERING AT UPG

Are you looking to give something back to your local community?



UPG provides volunteers with opportunities to develop skills, knowledge, and experience.

Volunteers receive ongoing support and training to help them in their own personal and professional development. Our wide range of volunteering opportunities ensures there is something for everyone.

For more information contact
info@upg.org.uk or 0207 605 0800

WOULD YOU LIKE TO BECOME A VOLUNTEER PARENTING CRAFT FACILITATOR?

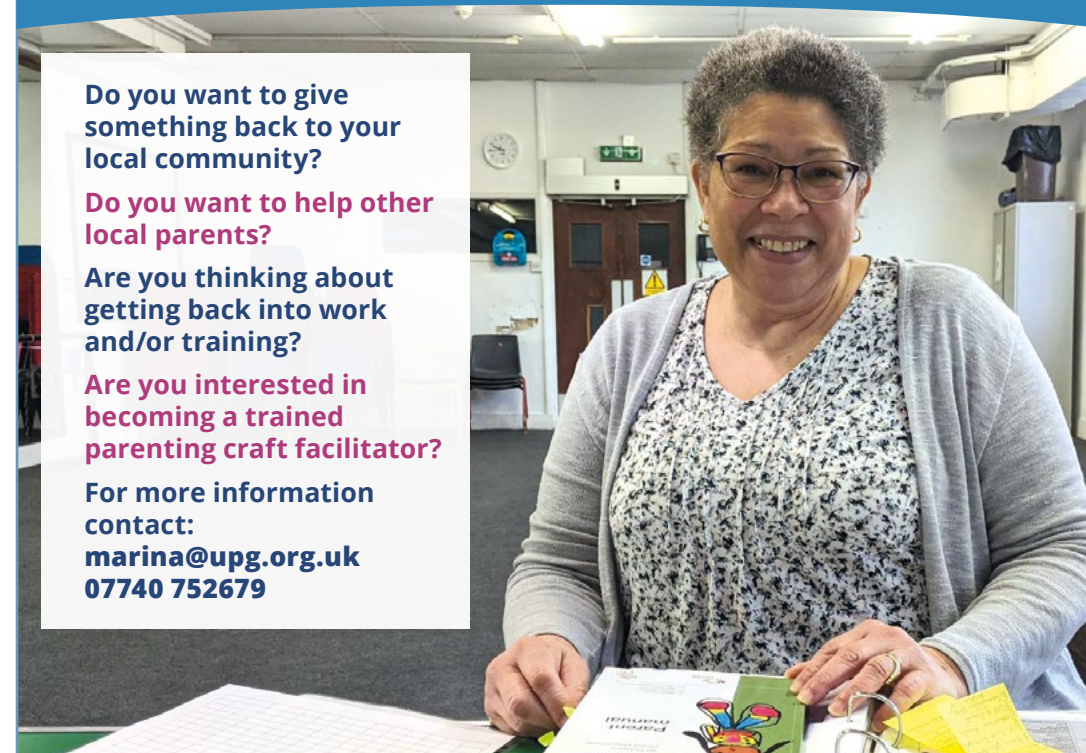
Do you want to give something back to your local community?

Do you want to help other local parents?

Are you thinking about getting back into work and/or training?

Are you interested in becoming a trained parenting craft facilitator?

For more information contact:
marina@upg.org.uk
07740 752679





Masbro Centre
87 Masbro Rd | W14 0LR



Edward Woods Community Centre
60-70 Norland | London W11 4TX



Flora Gardens Children's Centre
Dalling Road | London W6 0UD



Brook Green Family Centre
49 Brook Green | London W6 7BJ

----- Marina Kopanja -----
PARENTING PROJECT MANAGER

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https://www.instagram.com/confident_parent_happy_child/

Visit our website at www.upg.org.uk