

# Parenting resources in Croydon

A guide for parents and carers in Croydon

Parenting and Relationship  
Hub Croydon - June 2017



Delivering for Croydon

**CROYDON**  
[www.croydon.gov.uk](http://www.croydon.gov.uk)

# PARENTING RESOURCES IN CROYDON

*Tired of tantrums? Struggling with bedtime routines? Concerned about your teenager?*

Being a parent can be a struggle. That's why at times, parents need a little extra help with managing family life and the challenges of parenthood.

This booklet gives you an overview of the parenting resources available to parents and carers in Croydon, including online material, free helplines and group parenting programmes.

No two families are the same, which is why we aim to offer a wide range of resources to parents.

The resources and services you can access will depend on the age of your child, your family's needs and ultimately, your own preferences.

## WHAT ARE PARENTING PROGRAMMES?

Parenting programmes can help you gain new skills to manage challenging behaviour, resolve family conflict, improve communication and reduce stress in the family home.

They also give you an opportunity to share your experiences with other parents, build your own support networks and simply take some time out to look after yourself.



## DO I NEED TO PAY?

Parenting programmes are free to attend for all Croydon parents and carers. Many programmes also offer free crèche spaces for children under 5.

## ANY MORE QUESTIONS?

To find out more about Croydon's parenting offer, contact the Parenting and Relationship Hub at: [PRH@croydon.gov.uk](mailto:PRH@croydon.gov.uk) or phone **020 8726 6000** Extension 62062.

## WHAT IS THE PARENTING AND RELATIONSHIP HUB?

The Parenting and Relationship Hub coordinates and delivers a number of different parenting programmes in Croydon.

You can find a more detailed description of the parenting programmes available in Croydon on the next few pages of this booklet.

The hub is also the single point of contact for parents, carers and professionals working with families who want to access parenting support or need some advice and guidance around local parenting services.

To attend a parenting programme that is delivered through the Parenting and Relationship Hub, please complete the form included at the end of this booklet. Practitioners will need to complete the same form if they wish to refer a family.

Please scan the form and email it to: [childreferrals@croydon.gov.uk](mailto:childreferrals@croydon.gov.uk)

You can also post the form to:

**The Single Point of Contact, Early help and Children's Social Care, People Department,  
Floor 4 Zone D,  
Bernard Weatherill House,  
8 Mint Walk, Croydon CR0 1EA**

### WHAT PARENTS SAY:

*"Being in the group helps because you know other parents are going through the same things. It's good to talk."*



# MELLOW BUMPS

DURATION: 2 HOURS (6 SESSIONS)

## WHO IS IT FOR?

- Mellow Bumps is a group intervention for mothers-to-be, who might be feeling anxious about the birth of their child.
- Mothers-to-be can access the programme from 20 to 30 weeks gestation.
- There is an optional joint session where fathers-to-be will be invited to the group at the end of the course.

## MELLOW BUMPS SUPPORTS YOU TO:

- learn about the development stages and help you bond with your baby.
- find ways to relax and look after yourself to reduce stress and anxieties around the birth.
- build your own support networks and find out about local services and free activities.

## WHAT PARENTS SAY:

*"I felt really anxious about giving birth. Using the relaxation exercises we learned at Mellow Bumps has made a big difference. I now feel a lot calmer about the birth."*



# MELLOW PARENTS

DURATION: 5 HOURS (14 SESSIONS)

## WHO IS IT FOR?

- Mellow Parents uses a mixture of reflective and practical techniques to allow you to address your personal challenges and challenges with your children.
- Mellow Parents is open to parents of children aged 0-3. Children attend the Mellow Parents session alongside their parents.
- Each Mellow Parents session consist of three activities: a personal group, a shared lunchtime activity for parents and children together, and a parents' workshop.

## MELLOW PARENTS AIMS TO:

- help you gain firm but fair parenting skills whilst creating a safe and nurturing environment for your child,
- get you to reflect on your own experience of being parented and how this might affect your parenting style,
- strengthen your relationship and bond with your child through joint activities.



In addition to the group programme, Mellow group workers will meet with you one to one before the start of the course. This is to give you an opportunity to get to know your Mellow facilitators, ask any questions and discuss any personal goals you want to achieve.

# TRIPLE P

**DURATION: 2 HOURS (8 SESSIONS)**

## WHO IS IT FOR?

- The Triple P – Positive Parenting Programme is a parenting and family support system designed to prevent, as well as treat, behavioural and emotional problems in children.
- The Croydon Parenting and Relationship Hub is currently offering Triple P to parents of children aged 0-19.

## TRIPLE P HELPS YOU TO:

- learn new skills and strategies to manage challenging behaviour as well as reinforce positive behaviour
- become more confident in your parenting
- encourage you to look after yourself
- gain peer support from other parents and build your own support networks
- learn how to promote your child's development.

## WHAT PARENTS SAY:

*“Being a nan is great. This programme has helped me get my grandchildren in a better place. Having other mums and nans to talk to has helped me all round. Thank you. Anyone who can, should do this course.”*



Group sessions in weeks 1-4 are followed by three one to one phone consultations with your Triple P group facilitators. This allows you to address any individual concerns you might have whilst getting ongoing support to help you implement the Triple P strategies in your home.

# PARENTS AS PARTNERS

DURATION: 2 HOURS (16 SESSIONS)

## WHO IS IT FOR?

- Parents as Partners is designed to improve children's well-being and support their healthy development by addressing conflict between parents and strengthening family relationships.
- Parents as Partners is currently open to parents with at least one child under the age of 11.
- You and your partner will be expected to attend sessions together. However, you do not need to be in a relationship or living together to attend the programme.
- Parents as Partners may not be suitable for you if you are currently involved in court proceedings.

## PARENTS AS PARTNERS LOOKS AT

- improving parent-parent communication and their relationship to promote consistent parenting
- strengthening relationships within the family and reducing (unhealthy) conflict
- reducing stress in the family home

## WHAT PARENTS SAY:

*"Since attending Parents as Partners, we are working much more as a parent team rather than one of us taking the lead."*



To make sure Parents as Partners is the right programme for you, we will ask to meet with you or call you for a brief screening conversation. You will also be invited to meet with the programme's group workers before starting the programme to talk through the programme and help you set any personal goals you might have.

## OTHER RESOURCES

### Best Start Croydon (0 – 5 years)

Croydon Best Start brings together services for mothers, fathers and other carers of babies and children from pregnancy to school, to help ensure families get the help and support they need when they need it. These services include midwifery and health clinics, breastfeeding support, Children's Centres, Best Start Early Help and local community providers. 🌐 <https://www.facebook.com/pg/croydonbeststart>

### Best Start Early Help

The support offered by Best Start Early Help ranges from accessing universal Best Start services to home visiting and bringing together a multi-agency team. This ensures that families are able to access the correct level of support for their family needs. The team work across the borough and can be accessed in Children's Centres as well as via the Early Help referral form.

### Best Start Children Centres

Children Centres offer a range of activities for families with children under the age of 5. To find the Children Centre closest to you and find out about the activities they offer, please visit: 🌐 <https://www.croydon.gov.uk/community/childcare/childcentres/best-start-childrens-centres-in-croydon>

### EPEC Being a Parent

EPEC Being a Parent is an 8-week, parent-led group programme to increase your confidence as a parent and reduce child behaviour issues in the home. Please contact the PRH for more information or speak to your local Children's Centre.

🌐 [www.cpcs.org.uk/index.php?page=empowering-parents-empowering-communities](http://www.cpcs.org.uk/index.php?page=empowering-parents-empowering-communities)

### Parent Infant Partnership (PIP)

PIP offer one to one support, including therapeutic interventions, from conception to age 2 to support the relationship between the caregiver and child. Please contact the PRH for more information. 🌐 [www.pipuk.org.uk](http://www.pipuk.org.uk)

### Family Nurse Partnership

The Family Nurse Partnership (FNP) is a voluntary home visiting programme for first time mums aged 19 years or under. A specially trained family nurse will visit you regularly, from the early stages of pregnancy until your child is two. Please contact the FNP team on 020 8274 6303 to make a referral.

🌐 [www.croydonhealthservices.nhs.uk/family-nurse-partnership.htm](http://www.croydonhealthservices.nhs.uk/family-nurse-partnership.htm)

### Family Resilience Service (FRS)

The Family Resilience Service (FRS) provide intensive one to one support, through a keyworker, to Croydon families who are experiencing a range of difficulties. FRS keyworkers will work from a whole family perspective to provide support. Families eligible for FRS keyworker will already have a professional helping them and a request for this service can be made by that professional as part of a wider plan of support.

### Functional Family Therapy (FFT)

The Functional Family Therapy (FFT) team work with young people aged 11 to 17 years and their parents/carers in their home. By focusing on their strengths and supporting young people and their families to learn new and helpful ways to understand each other, FFT can help improve family relations as well as help young people in other areas of their lives including education. Families eligible for FFT will already have a professional helping them and a request for this service can be made by that professional as part of a wider plan of support.

### FOR PARENTS OF CHILDREN WITH ADDITIONAL NEEDS:

#### National Autistic Society (NAS)

The National Autistic Society provides advice and guidance as well as a number of support services for autistic people, including parents of children with autism. 🌐 [www.autism.org.uk](http://www.autism.org.uk)

#### NAS helpline - 0808 800 4104

NAS offers a free and confidential helpline.

You can also access a range of specialist phone services including welfare and education rights, transition from school to adulthood and peer to peer support services.

#### Croydon Carers' information centre

Providing advice, information and support groups for carers in Croydon, including SEN drop-in sessions and parenting groups. 🌐 [www.carersinfo.org.uk](http://www.carersinfo.org.uk)

#### Contact a family

Contact a family is a national charity supporting families with disabled children through online resources, peer to peer support and parent workshops. They also operate a free helpline. 🌐 [www.cafamily.org.uk](http://www.cafamily.org.uk)

#### Contact a family helpline - 0808 808 3555

#### St Michael's Associates—NEMFLA

Meeting the Needs of Ethnic Minority Families living with Autism (NEMFLA) is a project that provides free advice and support to Black and Ethnic Minority families living with Autism Spectrum Disorder (ASD).

🌐 [www.stmichaelsassociates.org.uk/services/index.html#nemfla](http://www.stmichaelsassociates.org.uk/services/index.html#nemfla)

#### Croydon's Local SEND Offer

Croydon Council's Local Offer provides information on services for children and young people with special needs and their families. The information covers early years up to age 25 and includes education, health and social care as well as travel, leisure, preparing for adulthood and independent living.

🌐 <https://www.croydon.gov.uk/education/special-educational-needs>



# ONLINE RESOURCES

## BIRTH AND PREGNANCY:

### NHS Start4Life

Help and advice for parents during pregnancy, birth and parenthood. [🌐 www.nhs.uk/start4life](https://www.nhs.uk/start4life)

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## PARENTING:

### Family Lives

Registered charity that supports families with the challenges of parenting and family life through expert advice. [🌐 www.familylives.org.uk](https://www.familylives.org.uk)

### Family Lives helpline - 0808 800 2222

A free and confidential helpline to provide advice and guidance on all aspects of parenting and family life.

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### Parentchannel.tv

Access to a range of parenting tips on Family Lives' YouTube channel. Topics are broken down by age and divided into three categories: learning, well-being and behaviour.

[🌐 www.youtube.com/channel/UCpGvO-Wj0EcEZpM5luobs1g](https://www.youtube.com/channel/UCpGvO-Wj0EcEZpM5luobs1g)

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### NSPCC

NSPCC is the national charity for the protection of children. [🌐 www.nspcc.org.uk](https://www.nspcc.org.uk)

### NSPCC helpline - 0808 800 5000

NSPCC operate a free and anonymous helpline for adults who are concerned about the well-being of a child.

You can also contact the helpline via email at [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

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### Got a teenager

Practical advice and information to support you through the challenges of raising teenagers.

[🌐 www.familylives.org.uk/advice/teenagers/](https://www.familylives.org.uk/advice/teenagers/)

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### Gingerbread

Providing advice and practical support for single parents. [🌐 gingerbread.org.uk](https://www.gingerbread.org.uk)

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### ThinkUKnow

Advice on how to keep your children safe online, including online multimedia resources on grooming, unhealthy relationships and online pornography. ThinkUknow also allows you to report any concerns directly to the CEOP Safety Centre. [🌐 www.thinkuknow.co.uk/parents](https://www.thinkuknow.co.uk/parents)

## FATHERS:

### Dad Info

Run by the Family Matters Institute, Dad Info provides an interactive forum for fathers to access peer to peer support, resources and advice. [🌐 dad.info](https://dad.info)

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### Only Dads

Provides expert advice and support for separated fathers. [🌐 www.onlydads.org](https://www.onlydads.org)

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## FAMILY RELATIONSHIPS:

### The Couple Connection

Created by One PlusOne, this website provides a range of articles, self-assessment tools, activities, quizzes and courses to help you strengthen your relationship. [🌐 thecoupleconnection.net](https://thecoupleconnection.net)

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### Sorting out separation

Sorting out separation is part of the government's separated families initiative. The website provides advice on financial and legal issues as well as mediation and conflict resolution.

[🌐 www.sortingoutseparation.org.uk](https://www.sortingoutseparation.org.uk)

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## FOR PRACTITIONERS:

### Practitioner Space

Practitioner Space Croydon provides tools and guidance to help professionals work effectively with families in Croydon. [🌐 www.practitionerspacecroydon.co.uk](https://www.practitionerspacecroydon.co.uk)



## PRH PARENTING PROGRAMME FORM

To refer a parent/ yourself to one of the PRH parenting programmes, please complete the below form, scan it and send it to [childreferrals@croydon.gov.uk](mailto:childreferrals@croydon.gov.uk). If you would like a word version of the form, please email [PRH@croydon.gov.uk](mailto:PRH@croydon.gov.uk)

### PARENT(S) / MAIN CARER(S) DETAILS

Parent/carer 1		Parent/carer 2	
Name			
Address			
Phone			
Email			
Home language			
Ethnicity			
Male/female	Date of birth:	Male/female:	Date of birth:

Please can you tell us about any additional needs you might have, e.g. communication:

### DETAILS OF CHILDREN

	1st child	2nd child	3rd child	4th child
Name				
DOB/due date				
Gender				
Additional needs				
Relationship parent 1				
Relationship parent 2				
Ethnicity				

Please indicate which parenting programme you would like to refer to/ access. Please ensure you/ the parent/ carer meets the eligibility criteria for the programme.

MELLOW BUMPS	MELLOW PARENTS	TRIPLE P	PARENTS AS PARTNERS

We try to ensure parenting programmes are accessible to all parents in Croydon. Please indicate your/ the parent's preferred area for attending the parenting programme.

PLANNING AREA 1	PLANNING AREA 2	PLANNING AREA 3
(Norbury, Upper Norwood, South Norwood, Bensham Manor, West Thornton, Thornton Heath)	(Woodside, Ashburton, Addiscombe, Selhurst, Broad Green, Waddon, Croham, Fairfield, Shirley)	(Heathfield, Fieldway, New Addington, Selsdon and Ballards, Sanderstead, Kenley, Purley, Coulsdon)

Please let us know when you/ the parent would most likely be available to attend the parenting programme.

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:
AM PM	AM PM	AM PM	AM PM	AM PM

Comments:

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## FOR PRACTITIONERS ONLY

PRACTITIONER DETAILS AND CONSENT – this section <b>MUST</b> be completed if it is not a self-referral	
Practitioner name:	Practitioner number:
Practitioner agency and address:	
Practitioner email /fax:	Date:
Please ensure the parent has signed the consent form overleaf: <input type="checkbox"/> Yes <input type="checkbox"/> No	
Please tell us how you are going to support the parent(s)/ carer(s), e.g. around their attendance, additional support needs:	

### Consent statement for information storage and data sharing

The information in this form will be treated as confidential and stored securely / recorded on a secure database.

In order to provide the most appropriate support to you / your family, it may be necessary to share this information with other organisations that may be able to provide the services you need and for quality assurance / inspection purposes. However, only the minimum information that is needed will be shared.

If there are any concerns about the safety and / or wellbeing of a child / young person / family, local safeguarding procedures will be followed.

I understand the information recorded on this form and agree that it is accurate.  Yes  No

I have read and understand the consent statement and agree to the secure storage and sharing of this information.  Yes  No

<b>If required:</b> I do not want information shared with (please say which information you not want to share and which agencies/organisations you do not wish your information to be shared with):
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### Parent / Carer

Name: ..... Signature: ..... Date: .....

### Referrer (if applicable)

Name: ..... Signature: ..... Date: .....