

**PARENTING AND RELATIONSHIP HUB, EARLY HELP**

Referrals: [childreferrals@croymdon.gov.uk](mailto:childreferrals@croymdon.gov.uk)

General enquiries: For general enquiries regarding the parenting offer **only**, please email  
[PRH@croymdon.gov.uk](mailto:PRH@croymdon.gov.uk)

To view our current parenting booklet and/ or download a referral form, please visit  
<http://croymdonlcsb.org.uk/parents-carers/#croymdon-parenting-programmes-and-information>

**September 2018 – December 2018**

## TRIPLE P PARENTING PROGRAMME DELIVERY SCHEDULE

A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their children's behaviour.

Parents are asked to attend a one to one meet and greet session in week 1, for which parents will be allocated a time slot. Triple P sessions are a combination of face to face group support and phone consultations.

### KINGSLEY PRIMARY ACADEMY, WADDON (NO CRECHE AVAILABLE)

**Every Tuesday 9.45am – 11.45am**

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at venue</i>
<b>Week 1: Meet &amp; Greet</b>	18 <sup>th</sup> September	Tuesday	Allocated time slot	Yes
<b>Week 2: F2F Session</b>	25 <sup>th</sup> September	Tuesday	9.45am – 11.45am	Yes
<b>Week 3: F2F Session</b>	2 <sup>nd</sup> October	Tuesday	9.45am – 11.45am	Yes
<b>Week 4: F2F Session</b>	9 <sup>th</sup> October	Tuesday	9.45am – 11.45am	Yes
<b>Week 5: F2F Session</b>	16 <sup>th</sup> October	Tuesday	9.45am – 11.45am	Yes
<b>Week 6: Phone Session</b>	23 <sup>rd</sup> October	Tuesday	N/A	No
<b>Week 7: Phone Session</b>	30 <sup>th</sup> October	Tuesday	N/A	No
<b>Week 8: Phone Session</b>	6 <sup>th</sup> November	Tuesday	N/A	No
<b>Week 9: Last F2F Session</b>	13 <sup>th</sup> November	Tuesday	9.45am – 11.45am	Yes

### WOODLANDS CHILDREN'S CENTRE, HEATHFIELD

**Every Friday 10am – 12 noon**

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at venue</i>
<b>Week 1: Meet &amp; Greet</b>	5 <sup>th</sup> October	Friday	Allocated time slot	Yes
<b>Week 2: F2F Session</b>	12 <sup>th</sup> October	Friday	10am – 12 noon	Yes
<b>Week 3: F2F Session</b>	19 <sup>th</sup> October	Friday	10am – 12 noon	Yes
<b>No session on 26<sup>th</sup> October due to half term</b>				
<b>Week 4: F2F Session</b>	2 <sup>nd</sup> November	Friday	10am – 12 noon	Yes
<b>Week 5: F2F Session</b>	9 <sup>th</sup> November	Friday	10am – 12 noon	Yes
<b>Week 6: Phone Session</b>	16 <sup>th</sup> November	Friday	N/A	No
<b>Week 7: Phone Session</b>	23 <sup>rd</sup> November	Friday	N/A	No
<b>Week 8: Phone Session</b>	30 <sup>th</sup> November	Friday	N/A	No
<b>Week 9: Last F2F Session</b>	7 <sup>th</sup> December	Friday	10am – 12 noon	Yes

### ECCLESBOURNE CHILDREN'S CENTRE, THORNTON HEATH

**Every Tuesday 9.30am – 11.30am**

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at venue</i>
<b>Week 1: Meet &amp; Greet</b>	20 <sup>th</sup> November	Tuesday	Allocated time slot	Yes
<b>Week 2: F2F Session</b>	27 <sup>th</sup> November	Tuesday	9.30am – 11.30am	Yes
<b>Week 3: F2F Session</b>	4 <sup>th</sup> December	Tuesday	9.30am – 11.30am	Yes
<b>Week 4: F2F Session</b>	11 <sup>th</sup> December	Tuesday	9.30am – 11.30am	Yes
<b>Week 5: F2F Session</b>	18 <sup>th</sup> December	Tuesday	9.30am – 11.30am	Yes
<b>No sessions on 25<sup>th</sup> December and 1<sup>st</sup> January</b>				
<b>Week 6: Phone Session</b>	8 <sup>th</sup> January	Tuesday	N/A	No
<b>Week 7: Phone Session</b>	15 <sup>th</sup> January	Tuesday	N/A	No
<b>Week 8: Phone Session</b>	22 <sup>nd</sup> January	Tuesday	N/A	No
<b>Week 9: Last F2F Session</b>	29 <sup>th</sup> January	Tuesday	9.30am – 11.30am	Yes

## FAIRCHILDES CHILDREN'S CENTRE, NEW ADDINGTON

### Every Thursday 10am – 12 noon

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at venue</i>
<b>Week 1: Meet &amp; Greet</b>	22 <sup>nd</sup> November	Thursday	Allocated time slot	Yes
<b>Week 2: F2F Session</b>	29 <sup>th</sup> November	Thursday	10am – 12 noon	Yes
<b>Week 3: F2F Session</b>	6 <sup>th</sup> December	Thursday	10am – 12 noon	Yes
<b>Week 4: F2F Session</b>	13 <sup>th</sup> December	Thursday	10am – 12 noon	Yes
<b>Week 5: F2F Session</b>	20 <sup>th</sup> December	Thursday	10am – 12 noon	Yes
<b>Week 6: Phone Session</b>	3 <sup>rd</sup> January	Thursday	N/A	No
<b>Week 7: Phone Session</b>	10 <sup>th</sup> January	Thursday	N/A	No
<b>Week 8: Phone Session</b>	17 <sup>th</sup> January	Thursday	N/A	No
<b>Week 9: Last F2F Session</b>	24 <sup>th</sup> January	Thursday	10am – 12 noon	Yes

## TEEN TRIPLE P PARENTING PROGRAMME DELIVERY SCHEDULE

A strength-based, 8 week parenting programme to provide parents with a number of practical strategies and enhance their confidence in managing their teens' behaviour. Parents are asked to attend a one to one meet and greet session in week 1, for which parents will be allocated a time slot. Triple P sessions are a combination of face to face group support and phone consultations.

### HEATHFIELD TRAINING CENTRE, HEATHFIELD (NO CRECHE)

#### Every Tuesday 10am – 12noon

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at venue</i>
<b>Week 1: Meet &amp; Greet</b>	4 <sup>th</sup> September	Tuesday	Allocated time slot	Yes
<b>Week 2: F2F Session</b>	11 <sup>th</sup> September	Tuesday	10am – 12 noon	Yes
<b>Week 3: F2F Session</b>	18 <sup>th</sup> September	Tuesday	10am – 12 noon	Yes
<b>Week 4: F2F Session</b>	25 <sup>th</sup> September	Tuesday	10am – 12 noon	Yes
<b>Week 5: F2F Session</b>	2 <sup>nd</sup> October	Tuesday	10am – 12 noon	Yes
<b>Week 6: Phone Session</b>	9 <sup>th</sup> October	Tuesday	N/A	No
<b>Week 7: Phone Session</b>	16 <sup>th</sup> October	Tuesday	N/A	No
<b>Week 8: Phone Session</b>	23 <sup>rd</sup> October	Tuesday	N/A	No
<b>Week 9: Last F2F Session</b>	30 <sup>th</sup> October	Tuesday	10am – 12 noon	Yes

### BEST START HUB, BIRDHURST ROAD, SOUTH CROYDON (NO CRECHE)

#### Every Wednesday 5-7pm

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at venue</i>
<b>Week 1: Meet &amp; Greet</b>	10 <sup>th</sup> October	Wednesday	Allocated time slot	Yes
<b>Week 2: F2F Session</b>	17 <sup>th</sup> October	Wednesday	5pm – 7pm	Yes
<b>Week 3: F2F Session</b>	24 <sup>th</sup> October	Wednesday	5pm – 7pm	Yes
<b>Week 4: F2F Session</b>	31 <sup>st</sup> October	Wednesday	5pm – 7pm	Yes
<b>Week 5: F2F Session</b>	7 <sup>th</sup> November	Wednesday	5pm – 7pm	Yes
<b>Week 6: Phone Session</b>	14 <sup>th</sup> November	Wednesday	N/A	No
<b>Week 7: Phone Session</b>	21 <sup>st</sup> November	Wednesday	N/A	No
<b>Week 8: Phone Session</b>	28 <sup>th</sup> November	Wednesday	N/A	No
<b>Week 9: Last F2F Session</b>	5 <sup>th</sup> December	Wednesday	5pm – 7pm	Yes

## MELLOW BUMPS PARENTING PROGRAMME DELIVERY SCHEDULE

A 7 week group intervention for mothers-to-be between 20-30 weeks gestation. Mellow Bumps promotes maternal well-being and early attachment aiding child development and reducing mother's anxieties around the birth.

<b>WOODSIDE CHILDREN'S CENTRE, ADDISCOMBE</b>				
<b>Every Thursday 12.45pm – 2.45pm</b>				
<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Week 1: Meet &amp; Greet</b>	27 <sup>th</sup> September	Thursday	Allocated time slot	Yes
<b>Week 2: F2F Session</b>	4 <sup>th</sup> October	Thursday	12.45pm – 2.45pm	Yes
<b>Week 3: F2F Session</b>	11 <sup>th</sup> October	Thursday	12.45pm – 2.45pm	Yes
<b>Week 4: F2F Session</b>	18 <sup>th</sup> October	Thursday	12.45pm – 2.45pm	Yes
<b>No session on 25<sup>th</sup> October due to half term</b>				
<b>Week 5: F2F Session</b>	1 <sup>st</sup> November	Thursday	12.45pm – 2.45pm	Yes
<b>Week 6: F2F Session</b>	8 <sup>th</sup> November	Thursday	12.45pm – 2.45pm	Yes
<b>Week 7: F2F Session</b>	15 <sup>th</sup> November	Thursday	12.45pm – 2.45pm	Yes

## MELLOW PARENTS PARENTING PROGRAMME DELIVERY SCHEDULE

A 14 week group intervention aimed at strengthening the emotional bond between mother and child (0-3) as well as working towards a healthier mother-child attachment. Mellow Parents also focuses on maternal well-being and allows mothers to explore how their own experience of being parented impacts on their parenting practices.

Children under 3 attend this programme alongside their mothers.

*Group workers also meet with mothers one to one prior to the start of the programme.*

*We therefore ask referrers to submit referrals 3-4 weeks prior to the start date of the programme.*

We will be running Mellow coffee mornings over the summer giving parents an opportunity to drop in and find out more about the programme. To find out more, please email [PRH@croydon.gov.uk](mailto:PRH@croydon.gov.uk)

### ECCLESBOURNE CHILDREN'S CENTRE, THORNTON HEATH

**Every Thursday 9.30am – 2.30pm**

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Week 1: F2F session</b>	6 <sup>th</sup> September	Thursday	9.30am – 2.30pm	Yes
<b>Week 2: F2F session</b>	13 <sup>th</sup> September	Thursday	9.30am – 2.30pm	Yes
<b>Week 3: F2F session</b>	20 <sup>th</sup> September	Thursday	9.30am – 2.30pm	Yes
<b>Week 4: F2F session</b>	27 <sup>th</sup> September	Thursday	9.30am – 2.30pm	Yes
<b>Week 5: F2F session</b>	4 <sup>th</sup> October	Thursday	9.30am – 2.30pm	Yes
<b>Week 6: F2F session</b>	11 <sup>th</sup> October	Thursday	9.30am – 2.30pm	Yes
<b>Week 7: F2F session</b>	18 <sup>th</sup> October	Thursday	9.30am – 2.30pm	Yes
<b>No session on 25<sup>th</sup> October due to half term</b>				
<b>Week 8: F2F session</b>	1 <sup>st</sup> November	Thursday	9.30am – 2.30pm	Yes
<b>Week 9: F2F session</b>	8 <sup>th</sup> November	Thursday	9.30am – 2.30pm	Yes
<b>Week 10: F2F session</b>	15 <sup>th</sup> November	Thursday	9.30am – 2.30pm	Yes
<b>Week 11: F2F session</b>	22 <sup>nd</sup> November	Thursday	9.30am – 2.30pm	Yes
<b>Week 12: F2F session</b>	29 <sup>th</sup> November	Thursday	9.30am – 2.30pm	Yes
<b>Week 13: F2F session</b>	6 <sup>th</sup> December	Thursday	9.30am – 2.30pm	Yes
<b>Week 14: F2F session</b>	13 <sup>th</sup> December	Thursday	9.30am – 2.30pm	Yes

## SELHURST CHILDREN'S CENTRE, SOUTH NORWOOD

**Every Monday 9.30am – 2.30pm**

<i>Week(s)</i>	<i>Date(s)</i>	<i>Day</i>	<i>Time</i>	<i>Attendance at CC</i>
<b>Week 1: F2F session</b>	10 <sup>th</sup> September	Monday	9.30am – 2.30pm	Yes
<b>Week 2: F2F session</b>	17 <sup>th</sup> September	Monday	9.30am – 2.30pm	Yes
<b>Week 3: F2F session</b>	24 <sup>th</sup> September	Monday	9.30am – 2.30pm	Yes
<b>Week 4: F2F session</b>	1 <sup>st</sup> October	Monday	9.30am – 2.30pm	Yes
<b>Week 5: F2F session</b>	8 <sup>th</sup> October	Monday	9.30am – 2.30pm	Yes
<b>Week 6: F2F session</b>	15 <sup>th</sup> October	Monday	9.30am – 2.30pm	Yes
<b>No session on 22<sup>nd</sup> October due to half term</b>				
<b>Week 7: F2F session</b>	29 <sup>th</sup> October	Monday	9.30am – 2.30pm	Yes
<b>Week 8: F2F session</b>	5 <sup>th</sup> November	Monday	9.30am – 2.30pm	Yes
<b>Week 19: F2F session</b>	12 <sup>th</sup> November	Monday	9.30am – 2.30pm	Yes
<b>Week 10: F2F session</b>	19 <sup>th</sup> November	Monday	9.30am – 2.30pm	Yes
<b>Week 11: F2F session</b>	26 <sup>th</sup> November	Monday	9.30am – 2.30pm	Yes
<b>Week 12: F2F session</b>	3 <sup>rd</sup> December	Monday	9.30am – 2.30pm	Yes
<b>Week 13: F2F session</b>	10 <sup>th</sup> December	Monday	9.30am – 2.30pm	Yes
<b>Week 14: F2F session</b>	17 <sup>th</sup> December	Monday	9.30am – 2.30pm	Yes