

**Headteacher: Ms Shelagh O'Shea**

[**head@belvue.ealing.sch.uk**](mailto:head@belvue.ealing.sch.uk)

**Ms Sarah Grimstone**

**Family School Partnership Lead**

**sarahg@belvue.ealing.sch.uk­­­**

**Free Parenting Programmes  
 in Hindi/Urdu/Punjabi Language**

**ParentingU** is a specialist parenting company, its objective is to aware members of all communities particularly, Muslim, South Asian and BME communities, and those who are affiliated with the customs and religious background of these communities, awareness of child protection legislation and laws, positive parenting practices and effects of domestic violence on children in the UK. All staff hold a current DBS, and safeguarding certificate: the team consists of qualified and trained parent practitioners, teachers, counsellors, family workers, domestic violence advocates, social workers and consultants in early years.

We work in partnership with SAFE Ealing Parenting Service (EPS) and our programmes educate and empower parents to recognise the difference between cultural practices, beliefs, and values in disciplining children in the UK. In addition, build effective communication, understand development milestones, use an empathetic approach, manage behaviour using positive discipline methods and tools. Please scroll below to see details or visit our [website](https://parentingu.co.uk/). If you would like to make a referral, please complete the form [here](https://forms.gle/AgFvqCsha5LZmrPX9) or contact us.

**Family Links with Additional Needs Workshops:** The shortest version is a 7-week course for parents of children with additional needs such as ADHD, ASD, and other learning and physical difficulties. The course helps parents understand children’s feelings which are behind their behaviour and how to use different approaches to discipline and getting children’s co-operation.

·  Funded by PU

·  Language: Hindi/Urdu/Punjabi

·  When: Every Wednesday for 7-weeks from 10 am to 12 pm

·  Start date: January 18, 2023

·  Where: Online via Zoom

**Talking Teens:** This course is for parents/ carers of teenagers, which helps them to understand teenage behaviour and development. Recent research in brain development helps parents to understand the challenges they face and develop a positive parenting attitude and style. Parents and carers will be supported to improve communications, handle difficult issues, put rules and boundaries in place, respond positively, resolve conflicts and problems.

·  Funded by EPS

·  Language: Hindi/Urdu/Punjabi

·  When: Every Tuesday for 7-weeks from 1 pm to 3 pm

·  Session 1: January 17, 2023

·  Where: Villiers High School (Address: Boyd Avenue, Southall, Middlesex, UB1 3BT)

**Parenting Puzzle Workshops:** Raising children can be puzzling at times, but puzzles have solutions—and the Parenting Puzzle provides them. This course encourages parents/ carers of children under 5 years old to enjoy bringing up children and get the best out of family life. It offers positive, practical ways of guiding children, so they learn to handle both their feelings and their behaviour. The course is informal, fun and a great confidence booster.

·  Funded by EPS

·  Language: English, Hindi/Urdu/Punjabi

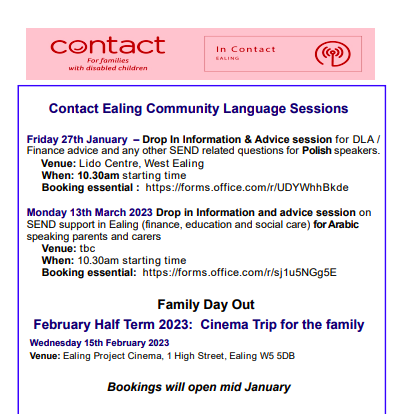
·  When: Every Wednesday for 5-weeks from 9:30 am to 11:30 am

·  Start date: January 25, 2023

·  Where: Grove House Nursery School and Children's Centre (Address: 77A North Rd., Southall UB1 2JL, United Kingdom)

|  |
| --- |
| from **The ParentingU Team**  **Contact – Ealing branch** |

****

****

**London Autism Group’s new café**

****

****