

PARENT SUPPORT SERVICES FOR SCHOOLS

*A catalogue of services
that provide support for
parents in Islington*



ISLINGTON

Services that can run workshops within schools

	Service name	Workshop/ programme title (if applicable)	Workshop/ programme description	Target group	Frequency/ duration
Domestic abuse	Home Safe: Domestic Violence Prevention Programme	Keeping families safe	<p>Specialist parent workshops providing parents with information and advice on the following issues:</p> <ul style="list-style-type: none"> • defining domestic violence • defining harmful traditional practices • keeping your child safe • keeping families safe • signposting to specialist services • accessing support and advice in school • embedding safeguarding issues into the curriculum <p>For further information or to book a parent workshop session, please call 020 7527 7793 or email heather.vaccianna@islington.gov.uk</p>	All	Standalone 60 minute workshop
E-safety	Islington Primary ICT team	Parenting in a digital age	<p>This is a practical parent session which looks at:</p> <ul style="list-style-type: none"> • examples of technology to support children's learning used in schools and at home • e-safety and the key issues and day to day concerns in Islington • practical tools and guidance to support parents in keeping their children and family safe online • translating good parenting off-line, on to the online world <p>To book or find out more information, call 020 7527 5784 or email katy.potts@islington.gov.uk</p>	All	Standalone 60 minute workshop

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Finance	Quaker Social Action	Made of Money – parents and carers workshops (formerly Moneytalk Islington)	Financial education workshops for parents, looking at the basics of managing money along with values and attitudes towards money, communication, and teaching their children about money, advertising and branding. More information can be found on the website: www.quakersocialaction.com/madeofmoney tel: 020 8983 5043, email: madeofmoney@qsa.org.uk	Parents who live in Islington who are on a low income Can be targeted specifically for fathers	120 minute sessions, weekly for 6-7 weeks
	Quaker Social Action	Made of Money – dad’s workshops (formerly Moneytalk Islington)	Hands on workshops to get dads and children thinking about money together, using photography as a medium. More information can be found on the website: www.quakersocialaction.com/madeofmoney tel: 020 8983 5043, email: madeofmoney@qsa.org.uk	Low income fathers	Once weekly for 3 weeks
	Quaker Social Action	Made of Money – family learning workshops (formerly Moneytalk Islington)	These workshops bring parents and children together to learn about topics such as needs vs. wants and advertising, through fun, hands on activities. More information can be found on the website: www.quakersocialaction.com/madeofmoney tel: 020 8983 5043, email: madeofmoney@qsa.org.uk	All families Can target workshops for particular groups, such as fathers and children	Once weekly for 3 weeks

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Mental health	Direct Action Project	Happy/ Unhappy? Exploring mental health and wellbeing	<p>Informal and interactive workshop exploring the myths and facts surrounding mental health and how these issues affect us all.</p> <p>Sessions can focus on different mental health related topics and are designed to meet the aims of parents.</p> <p>Creative programmes with parents, exploring mental health through art can also be delivered.</p> <p>To book or find out more information, contact Emma Charlton on 020 7837 6082 or admin@peelinstitute.org.uk</p>	<p>Parents with children aged 0-11</p> <p>(requests from secondary schools to work with parents will still be considered)</p>	<p>Standalone 60 minute workshop</p> <p>(longer sessions are available upon request)</p>
Sex and relationships	Health and Wellbeing Team, School Improvement Service	Talking to your child about boys and girls, growing up and changing	<p>Considers what talking about sex and relationships is all about, what children need to know, how to answer children's questions and how to begin conversations on this topic – it includes looking at different books available.</p> <p>To book or find out more information, call 020 7527 3139 or email hayley.harkins@islington.gov.uk</p>	<p>Parents with children of all ages from 3-11</p>	<p>Standalone 60-90 minute workshop</p>
	Health and Wellbeing Team, School Improvement Service	Talking to your child about growing up, relationships and using social media	<p>Considers what children of this age like and start to do, the importance of continuing to talk to them about 'values', how to begin conversations with children about this and explores issues relating to sex, relationships and social media</p> <p>To book or find out more information, call 020 7527 3139 or email hayley.harkins@islington.gov.uk</p>	<p>Parents with children aged 11-13</p>	<p>Standalone 60-90 minute workshop</p>

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Smoking cessation	Health and Wellbeing Team, School Improvement Service	Electronic smoking devices: e-cigarette and e-shisha awareness raising	<p>Raises awareness of what e-cigarettes and e-shisha are, how they work and why they are used by young people and adults. Discusses the concerns over the safety of these products and strategies to talk to children about these products.</p> <p>To book or find out more information, call 020 7527 3139 or email hayley.harkins@islington.gov.uk</p>	All	Standalone 20-60 minute workshop
	Health and Wellbeing Team, School Improvement Service	The benefits of quitting smoking	<p>Enables participants to find out more about the benefits of quitting smoking and to find out about shisha and electronic cigarettes. The workshop also provides information on nicotine replacement therapy and where to access support to quit</p> <p>To book or find out more information, call 020 7527 3139 or email hayley.harkins@islington.gov.uk</p>	All	Standalone 60 minute workshop
	SmokeFree Islington	Smoking awareness raising	<p>SmokeFree Islington can offer workshops and awareness raising stalls for parents and are very flexible in their approach.</p> <p>More information can be found on the website: www.smokefreeislington.nhs.uk tel: 0800 093 9030, email: stop-smoking-islington.whitthealth@nhs.net</p>	All	Standalone 20-60 minute workshop or stalls during school events
Weight management	MoreLife	MoreLife	<p>Health checks, information and advice, promotion and explanation of the MoreLife service, delivery of a health promotion topics such as common myths and misconceptions, BMI explanation, eatwell Plate</p> <p>For more information contact, 0207 832 5831 or email team@morelife.co.uk</p>	All, particularly families where weight is a concern	Standalone 20-60 minute workshop

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Children with disabilities	Centre 404	Parent Carers Information and Support Service	<p>Centre 404 can offer a range of services to assist children and adults with a learning disability and their family carers, these include: direct support, information and workshops, respite, activities, advocacy, help with personal budgets and form filling, and access to social groups and other local networks.</p> <p>For further information call 020 7697 1325 or email family@centre404.org.uk</p>	Parents and carers who care for a child or young person aged 0-18 years with a disability or special educational need and who live in Islington	
	Islington Short Breaks Team	Short Breaks for Disabled Children	<p>Short breaks are a way of giving parents of disabled children a break from their caring responsibilities. Short Breaks also benefit the disabled child or young person, helping them to play with friends, keep fit, improve their communication skills, gain independence or simply have fun through access to play and leisure activities.</p> <p>You can check eligibility via the Short Breaks Team on 020 7527 8611 or email short.breaks@islington.gov.uk</p>	Disabled children with more complex needs	After school, at weekends and during holidays
Domestic abuse	Solace Women's Aid	Women's Resilience Awareness Project (WRAP) - ARISE	<p>ARISE is a six week domestic abuse awareness programme. Each week will involve a 2 hour workshop on the following issues:</p> <ul style="list-style-type: none"> • "Why?" • "Is this abuse?" • "Why is it so hard to leave the relationship?" • "What is love?" • "Where can I get help?" • "How will I ever be free?" <p>If you would like to participate or make a referral, please contact: Anat Toffell on 020 7619 1350 or email a.toffell@solacewomensaid.org</p>	Women who are currently experiencing or who have previously experienced domestic abuse.	120 minute sessions, once a week for 6 weeks

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Domestic abuse	Solace Women's Aid	Women's Resilience Awareness Project (WRAP) - Life Skills: Stress Management Workshop	<p>A workshop discussing stress and how it affects us, and look at coping techniques</p> <p>If you would like to participate or make a referral, please contact: Anat Toffell on 020 7619 1350 or email a.toffell@solacewomensaid.org</p>	Women who have children and live in Islington	Standalone workshop
	Solace Women's Aid	Women's Resilience Awareness Project (WRAP) - Picking up the Pieces After Domestic Abuse	<p>Picking Up The Pieces is a 3 week course which looks at practical ways of supporting parenting skills in the context of domestic abuse</p> <p>If you would like to participate or make a referral, please contact: Anat Toffell on 020 7619 1350 or email a.toffell@solacewomensaid.org</p>	Women who have children and live in Islington	120 minute sessions, once a week for 3 weeks
Drugs and alcohol	CASA Family Service		<p>The CASA Family Service aims to help parents provide a safer and more secure family environment.</p> <p>The service is free and confidential and offers:</p> <ul style="list-style-type: none"> • advice and information to parents, children and young people about drugs and alcohol • therapeutic family work for parents, children and young people to strengthen protective parenting and increase resilience for children and young people • group work for children and young people • consultation and training to professionals <p>More information can be found on the website: www.blenheimcdp.org.uk/cfs Referrals can be made by phoning: 020 7561 7490.</p>	Children, young people and families who are having difficulties because of parental use of alcohol or other drugs	Varies

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Health conditions	Whittington Health	Expert Patient Program (EPP)	<p>The EPP is designed to help individuals gain greater confidence in their ability to control symptoms and find new ways to reduce the effects their condition has on their lives.</p> <p>More information can be found on the website: www.whittington.nhs.uk/default.asp?c=10332&q=expert%20patient</p> <p>Referrals can be made by phoning: 020 7527 1189 / 020 7527 1209 or by email: whh-tr.EPP@nhs.net</p>	Anyone living with one or more long term health conditions such as asthma, chronic fatigue, chronic obstructive pulmonary disorder (COPD), depression, diabetes, heart disease, multiple sclerosis (MS), Parkinson's disease, Human Immunodeficiency Virus (HIV) and on-going back pain	60-90 minutes, weekly for 6 weeks
	Rethink	Mental Health First Aid (MHFA) and Youth MHFA	<p>These two courses are free and give attendees the chance to learn about mental health problems and how to get help for someone they know, when needed.</p> <p>More information can be found on the website: www.rethink.org/IslingtonMHFA</p>	Anyone living or working in Islington	Standalone One-day courses
Mental health	Whittington Health	New Beginnings	<p>New beginnings is a free self-management course that introduces many topics and activities to enable individuals to manage and adapt to the problems they may encounter in daily living.</p> <p>For more information or to make a referral call: 020 7527 1189 / 020 7527 1209 or email: whh-tr.EPP@nhs.net</p>	People living with, or in recovery from, a mental health problem	150 minutes, weekly for 7 weeks

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Sex and relationships	Body and Soul		Free parenting support in the form of both individual, tailored family interventions such as explaining HIV to a child, as well as providing opportunities for peer and professional support for both adults and children.	Parents and families who are affected by HIV in the UK	Varies
			More information can be found on the website: www.bodyandsoulcharity.org tel: 0207 923 6880, email: info@bodyandsoulcharity.org		
Weight management	MoreLife	MoreLife	MoreLife can meet with parents whose children have been identified as being overweight or where there is a concern about weight and talk to the parents of the child or young person to explain the weight management service and discuss any issues the parents may have.	Families where weight is a concern	Varies
			For more information contact, 0207 832 5831 or email team@morelife.co.uk		
	Aquaterra	Re:balance	Weekly sessions focus on healthy eating, behaviour change and physical activity to help and motivate attendees to lose weight and keep it off.	Anyone over 18 years old and registered with an Islington GP with a BMI in excess of 30	120 minutes, weekly for 12 weeks
			To register for a course or find out more information, call 020 7689 9846 or email weightloss@aquaterra.org		

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Whole family support	Early Help for Families	Families First	<p>Families First work with families with school-aged children in their area or linked into their school.</p> <p>A family support worker works with each family to find solutions to problems and offers practical support when the family needs it most. A single worker they can trust helps them to make positive changes. Families first work with family members to undertake whole family assessments and make a plan for positive change; they run parenting programmes including Strengthening Families, Strengthening Communities, Group Triple P and Teen Triple P.</p> <p>Referrals can be made by phoning: 020 7527 4343 or emailing: familiesfirst@islington.gov.uk</p>	Families who have a child or children between the ages of five and nineteen who live in Islington	Regular home visiting as agreed with the family.
	Family Information Service, FIS		<p>The Family Information Service provides information and advice to help families with children and young people, from pre-birth to 25 years, find the services they need, including: childcare, things to do, parenting programmes and support, money advice and services for disabled children.</p> <p>Phone: 020 7527 5959; email: fis@islington.gov.uk or find information online at www.islington.gov.uk/fis</p>		