

Bessemer Primary School Newsletter



Part of The Gem Federation

www.thegemfederation.co.uk

Executive Headteacher: Sarah Beard

Address: Dylways, London, SE5 8HP

Email: bessemer@gemfed.co.uk

Telephone: 020 7274 2520

Head of School: Elizabeth Whitehead

Dates for your Diary

Friday 20th December 2024

Term Dates 2024-25

September 2024							October 2024							November 2024							December 2024						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
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2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		23	24	25	26	27	28	29
30																					30	31					

January 2025							February 2025							March 2025							April 2025						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5						1	2						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30				
														31													

May 2025							June 2025							July 2025							August 2025						
Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4							1		1	2	3	4	5	6					1	2	3
5	6						10	11	12	13	14	15	16	7	8	9	10	11	12	13	4	5	6	7	8	9	10
12	13	14	15	16	17	18	23	24	25	26	27	28	29	14	15	16	17	18	19	20	11	12	13	14	15	16	17
19	20	21	22	23	24	25	30							21	22	23	24	25	26	27	18	19	20	21	22	23	24
26	27	28	29	30	31									28	29	30	31				25	26	27	28	29	30	31

School Holidays	INSET Days	Tutorial Day	Bank Holidays
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This Year's Class Assembly Dates

Class assemblies take place at 9.15 am on Thursday mornings and last for about 15 minutes. Parents and carers are invited to come along and watch their children present their learning from their half termly topic.

Years 1,2 and 3		Years 4,5 and 6	
Thursday 21 st November	1NS	Thursday 28 th November	5FM
Thursday 30 th January	3/4BW	Thursday 6 th February	6LM
Thursday 13 th February	2SD	Thursday 13 th March	6MS
Thursday 20 th March	2LT	Thursday 27 th March	4BG
Thursday 3 rd April	3LS	Thursday 8 th May	5RS
Thursday 15 th May	3NI	Thursday 22 nd May	4GS
Thursday 5 th June		Thursday 12 th June	6SB
Thursday 19 th June	1ST	Thursday 26 th June	5OF
Thursday 3 rd July	1JM		

Dates for your Diary

Upcoming Events for the Spring Term – Please check these dates weekly as new events are added throughout the term.

05.01.25 – Activity club booking closes
06.01.25 – Inset day, school closed to children
07.01.25 – Children return to school
08.01.25 – Year 2 trip to The Lion King
WB 13.01.25 – Activity clubs start
31.01.25 – Year 5 to author talk at JAGS
12.02.25 – Year 5 trip to The London Eye
13.02.25 – last day of this half term for children
14.02.25 – Tutorial day, school closed to children
WB 17.02.25 – Half term holiday
24.02.25 – Children return to school

Spring Term Library Visits

Each term every class has the opportunity to visit Grove Vale library. Children spend some time exploring the library, younger children often have a story session and then all children borrow a book to bring back to school with them. If you are able to accompany your child's class on their library visit please speak to their class teacher.

	10.20-11.00		10.20-11.00
Thurs 9 th Jan	6LM	Thurs 27 th Feb	3LS
Fri 10 th Jan	6MS	Fri 28 th Feb	2LT
Thurs 16 th Jan	6SB	Thurs 6 th March	2SD
Fri 17 th Jan	5RS	Fri 7 th March	1JM
Thurs 23 rd Jan	5FM	Thurs 13 th March	1NS
Fri 24 th Jan	5OF	Fri 14 th March	1ST
Thurs 30 th Jan	4GS	Thurs 20 th March	Moonbeam
Fri 31 st Jan	4BG	Fri 21 st March	Sunshine
Thurs 6 th Feb	3/4BW	Thurs 27 th March	Ladybird
Fri 7 th Feb	3NI	Fri 28 th March	Butterfly

News and Reminders

Thank you

Thank You F@B!

On Saturday we enjoyed our annual winter fair, thanks to the hard work of F@B members. We are so grateful for the amazing support that F@B provide for Bessemer and enormously appreciative of the time that parents and carers dedicate to supporting us, despite having busy jobs and lives of their own! An enormous thank you to everyone who volunteered at the fair and to those who lead and support F@B throughout the year – there are so many things we just wouldn't be able to do without you!

Family Support

While there is lots to look forward to and enjoy for many of us at times like Christmas, these periods can also be particularly challenging, with children out of their usual routines and often over stimulated, increased financial demands and a number of other stresses for families. There are lots of flyers at the end of the newsletter this week providing details of the following:

- Southwark's Winter of Food and fun events – free meals and play sessions for children
- Stay and Play and sports sessions for children with SEND
- A wide range of parenting support groups
- Other support available to families through Southwark's Family Early Help service
- A map of warm spaces with drop in sessions
- Activities at Grove Vale library
- A Timestable Rockstars competition that will make screen time more productive!

Our local foodbank, The Albrighton Community Fridge is open for collections on Mondays, Tuesdays, Thursdays and Fridays from 1-3pm <https://www.albrightoncommunityfridge.org/> .

You can also find details of other local foodbanks and affordable food initiatives using these links:

[Help with food - Southwark Council](#)

[Spring Community Hub](#)

[Peckham Pantry - Pecan](#)

[Locations | Southwark Foodbank](#)

Knowledge Organisers and Topic Homework

You will have received your child's knowledge organizer and topic homework for their next topic via Compass. Please have a look at the knowledge organiser with your child to prepare them for next half term's learning. The topic homework provides ideas for trips, visits and activities which may come in useful during the holiday.

Christmas Lunch

We all enjoyed pulling crackers, wearing our paper hats and sharing silly jokes during our Christmas lunch this week!



News and Reminders

Inclusion Update

National Autistic Society coffee mornings



For parents & carers of autistic children on:

Friday 10th January
9:30am
Carnegie Library
Herne Hill, SE24 0AG

And the first Friday of every month
FREE of charge
Open to parents/carers of autistic people of all ages in Lambeth & neighbouring boroughs

Our guest speaker this month:
Viv Dawes autistic advocate, consultant, trainer and author of many books including *Supporting Children & Young People through autistic burnout* presents **Understanding Your Neurodivergent Child/Teen** and within this will be discussing general advice, autistic burnout and PDA.



National Autistic Society



Lambeth Branch

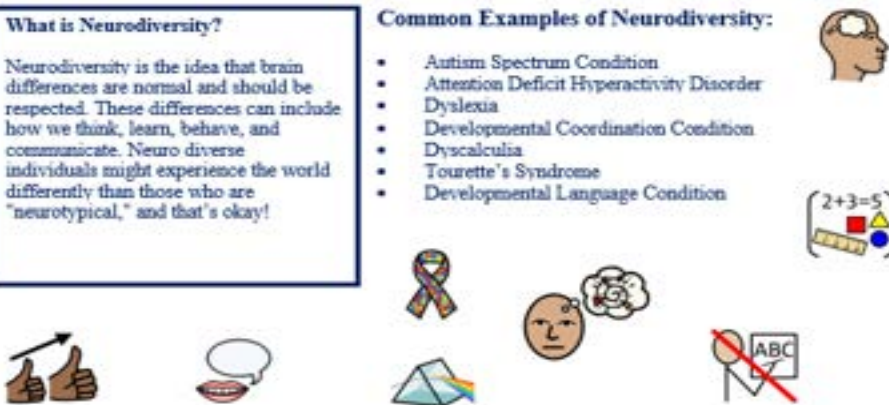
If you're looking for something to do over the holiday, don't forget the Inclusion activity on the poster below!

What is Neurodiversity?

Neurodiversity is the idea that brain differences are normal and should be respected. These differences can include how we think, learn, behave, and communicate. Neuro diverse individuals might experience the world differently than those who are "neurotypical," and that's okay!

Common Examples of Neurodiversity:

- Autism Spectrum Condition
- Attention Deficit Hyperactivity Disorder
- Dyslexia
- Developmental Coordination Condition
- Dyscalculia
- Tourette's Syndrome
- Developmental Language Condition



It is important to understand that being neuro diverse does not mean things are impossible - it simply means children and adults may approach tasks or challenges differently. When we support and advocate for neuro diverse individuals, we empower them to thrive!

How You Can Help


Each month, we will introduce a new topic focusing on a different need related to neurodiversity. We ask you to:

- **Discuss neurodiversity with your children at home** using the prompts provided.
- **Encourage empathy and understanding of others** who may learn or think differently.
- **Take part in fun activities linked to each month's topic and bring them into school to share.** There will be opportunities for children to earn rewards like gems, certificates, and opportunities to have their work displayed around the school.

Why It Matters

When children and adults learn to celebrate neurodiversity, they grow up to be compassionate, respectful, and empowered individuals. Encouraging them to advocate for themselves and their peers helps create a more supportive and understanding society for the future.

Activity 1



Research a Famous **Neurodiverse** Person. Examples include: Albert Einstein, Temple Grandin, Simone Biles, Greta Thunberg.

Find out how their neurodiversity contributed to their success. Create a Poster, PowerPoint or Drawing to show what you have learnt.

Pieces of work should be brought into school when we return on **Tuesday 7th January 2024** and handed to the class teacher.

Thank you for your support and engagement in this important initiative. If you have any questions or suggestions, please feel free to reach out to the school. Contact: knights@gemfed.co.uk

Sharing Children's Learning
Demonstrating our core value of being *Creative and Practical*

As part of their *Victorian London* topic, children in Year 5 used printing techniques in art to make their own William Morris inspired wallpaper:



Sharing Children's Learning
Demonstrating our core value of being *Connected to the Community*

We have really enjoyed welcoming so many parents, carers and other members of our Bessemer community to join us for all of our Christmas events this year!

The Reception children were wonderful in their performance of *Cockadoodle Christmas* and children in every other year group put on fantastic carol concerts. Well done everyone who took part and thank you to our amazing audiences!



Word of the Week

Word of the Week is all about developing children's vocabularies by increasing the number of words they know and use. Making these challenging words part of their vocabulary improves children's speaking and listening, reading and writing skills. Here are this term's Words of the Week to practice using over the holiday:

wise **courteous** **amiable** **adventurous** **vibrant** **imply** **sincere**
consequence **resilient** **vague** **perspective** **furtive** **preposterous** **benevolent**

F@B Update

This term's fundraising total is an amazing **£13,500** - thank you everyone!

We're currently helping with Bessemer's plan to make sure all our children enjoy their playtime fun in the school playgrounds and we've given £24,000 this term towards that.

This term's fundraising total comes from all sorts of events: the Fair, the raffle, Christmas tree sales, Ice cream sales, Fun run, School playground appeal and all the other activities going on...!

Before the break, we wanted to say a particular thank you to everyone who volunteered their time to support the Winter Fair last Saturday. There are so many roles and so many lovely generous people in this school community who are donating, baking, cooking, sorting, tidying, shopping and running stalls. You're all wonderful - thank you! We had a great time and we hope you did too.

Father Christmas came along, plus we had fantastic live music and dance entertainment and delicious food. The mulled wine and apple from the bar helped to keep parents warm - as did the sunshine! And there were lots of great stalls and games to offer Bessemer children a fun-filled afternoon.

Online Safety Tip of the Week

Screen time

We all worry sometimes that perhaps our children (and ourselves!) are having too much screen time. But what is 'too much' screen time and how can we manage it? What risks are there and how do we ensure a healthy balance between our time on devices and our time spent doing other activities?

The following links have practical tips and advice for parents to help make decisions around the issue of screen time:

NHS guide to activity for children - <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-under-five-years/>



<https://www.childnet.com/help-and-advice/how-much-time-should-i-spend-online/>

<https://www.internetmatters.org/issues/screen-time/>



From everyone at Bessemer we wish you a very happy and restful holiday and a very merry Christmas to everyone who is celebrating. Thank you for all of your support this term, we look forward to seeing you all in 2025!

Elizabeth

Winter FOOD & FUN

FOR PARENTS & CHILDREN
(0-8YEARS)

Date:

Monday 23rd - Tuesday 24th December 2024

Time: 10am - 2pm

**Address: Lewington centre
9 Eugenia Road SE16 2RU**

Monday activities: crafts Music , games, lunch etc
Tuesday: Games, Christmas Lunch and a gift from Santa


For more Information


02035369609, 07394662602

✉ Admin@parentskills2go.com

🌐 Parentskills2go.org

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Council

MAYOR'S
FUND FOR
LONDON

Winter FOOD & FUN

FOR PARENTS & CHILDREN
(0-8YEARS)

Date:

**Monday 23rd
& Tuesday 24th
December 2024**

Time: 10am- 2pm

Address:

**5 Nunhead Green
SE15 3QQ**

For more Information

02035369609, 07394662602

✉ Admin@parentskills2go.com

🌐 Parentskills2go.org

Connect with Us

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Monday activities:
crafts Music , games,
lunch etc

**Tuesday: Games,
Christmas Lunch
and a gift from Santa**

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 MAYOR'S
FUND FOR
LONDON

CAMBERWELL

WINTER
FOOD & FUN

FOR YOUNG
PEOPLE
10+

**Date: Monday 23rd & Tuesday 24th
December 2024 Time: 10am- 2pm**

**Monday Activities: TRIP TO CINEMA
Tuesday: Games,
Christmas Lunch, Gift Giving**

**Address:
Camberwell Library
Camberwell SE5 7AL**

For more Information


02035369609, 07394662602

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MAYOR'S
FUND FOR
LONDON



This winter, Grove Vale Library will be running the Winter Reading Challenge. This is similar to the Summer Reading Challenge; children have to read books between now and the end of February. Children create an account on the website of The Reading Agency, which is the organisation that created the Summer Reading Challenge, and fill in the details there.

<https://summerreadingchallenge.org.uk/>



EPEC BEING A PARENT 1-3

For parents of children aged 1 – 3 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

JOIN NOW

Who to contact: Claire Gager

Email: Claire.gager@southwark.gov.uk
Call: 07547 659 646

WHEN IS IT ON?

STARTING 24TH SEPTEMBER 2024

TUESDAY MORNINGS
1ST PLACE CHILDREN & FAMILY HUB
12 CHUMLEIGH STREET
LONDON
SE5 0RN

What time?

10am-12pm



EPEC BEING A PARENT

For parents of children aged 2 – 11 years

This 9 week course helps parents learn practical skills for everyday life.

- Looking after yourself as a parent
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience

JOIN NOW

Who to contact: Claire Gager

Email: Claire.gager@southwark.gov.uk
Call: 07547 659 646

WHEN IS IT ON?

STARTING 25TH SEPTEMBER 2024

WEDNESDAYS
CRAWFORD CHILDREN & FAMILY HUB
5 CRAWFORD ROAD
SE5 9NF

What time?

10am-12pm



EPEC BEING A PARENT TOGETHER

This 10 week **online** course helps co-parents learn practical skills for everyday life. For co-parents with children aged 2-11 years.

Dads and Mums want the best for their children, and sometimes it can be hard to agree about how to parent our children. This course, delivered by parents who have already benefited from this learning with their own children and families, will help you be the best for your children, whether you are living together or apart. Both parents need to attend and the group will help you to work together for your children. This course includes:

- Looking after yourselves as parents
- Recognise and manage your children's emotions
- Learn positive parenting strategies
- Support your children's resilience
- Work together as a team to support your children

JOIN NOW

Who to contact: Claire Gager

Email: Claire.gager@southwark.gov.uk
Call: 07547 659 646

WHEN IS IT ON?

STARTING 23RD SEPTEMBER 2024

MONDAY MORNINGS

What time?

10am-12pm





EPEC BABY & US

Baby & Us is a 9 week peer-led group which helps parents gain confidence in parenting and everyday life with a new baby. (0-9 months).

This includes supporting parents in understanding baby's cues, coping with challenges around feeding, sleep, and crying, interacting positively with baby and managing parental stress.

JOIN NOW

Who to contact: Claire Gager

Email: Claire.gager@southwark.gov.uk

Call: 07547 659 646

WHEN IS IT ON?

MONDAYS

STARTING 30TH SEPTEMBER

ANN BERNADT CHILDREN & FAMILY HUB
29 CHANDLER WAY
SE15 6DT

THURSDAYS

STARTING 3RD OCTOBER

IVYDALE CHILDREN & FAMILY HUB
BELLWOOD RD
SE15 3BP

What time?

10am - 12pm





Southwark Council Family Early Help Service Parenting Schedule

September to December 2024.

Empowering Parents Empowering Communities Parenting Programmes

These courses are delivered by parents who have already benefited from this learning with their own children and families. The programme will help you be the best for your children, whether you are living together or apart. Topics include looking after yourselves as parents, recognising and managing your child's emotions, learning positive parenting strategies as well as working together as a team to support your children. Suitable for parents of children aged 2 to 11yrs.

Online - Empowering Parents Empowering Communities - Being a Parent Together Parenting Programme (EPEC-BAPT)

Both parents must attend this programme. This programme is specifically designed for parents where there are issues relating to conflict in the home or disagreements around parenting styles. The parents that attend this group do not have to reside in the same home, but need to both commit to attending each weekly session.

For both parents of children aged 2 to 11yrs

10 Weekly sessions

Start date: Tuesday 21st January 2025

Venue: Online Time: 10:00am - 12:00pm

For more information, please contact Ben Campbell on (T) 07738 860 768 or (E) ben.campbell@southwark.gov.uk or earlyhelp@southwark.gov.uk

Empowering Parents Empowering Communities - Being a Parent Parenting Programme (EPEC-BAP)

Suitable for parents of children aged 2 to 11yrs

9 weekly sessions

Start date: Thursday 23rd January 2025

Time: 10.00am - 12.00pm

Venue: Coin Street Children and Family Centre, 108 Stamford Street, London SE1 9NH

For more information, please contact Claire Gager: (M) 07547 659 646 (E) claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Empowering Parents Empowering Communities - Being a Parent Parenting Programme 1-3 years. (EPEC-BAP 1-3)

Suitable for parents with children aged 1-3 years

9 weekly sessions

Start date: Tuesday 21st January 2025

Time: 10:00am - 12:00pm

Venue: 1st Place Children and Family Centre, 12 Chumleigh Street, London SE5 0RN

For more information, please contact Claire Gager: (M) 07547 659 646 (E)

Claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Empowering Parents Empowering Communities – Baby and Us Parenting Programme (EPEC-B&U)

Suitable for parents of children aged 0 – 9 months

9 weekly sessions

Start date: Wednesday 29th January 2025

Time: 10:00am-12:00pm

Venue: Ann Bernadt Children’s Centre 29 Chandler Way, London SE15 6DT

For more information, please contact Sunshine Brand on (T) 07597 506 898

(E) sunshine.brand@southwark.gov.uk or earlyhelp@southwark.gov.uk

Southwark Fathers Group

The group is for fathers, grandfathers, stepfathers and men that have caring/parental responsibilities for children. The ten week programme focuses on communication, discipline, child development and expectations, parental strategies, and understanding the importance of the role of a father and co-parenting; it also includes a session on developing positive working relationships. Suitable for fathers of children aged 4-18 years.

10 weekly sessions

Start date: Friday 17th January 2025

Time: 10:00am - 12:30pm

Venue: 1st Place Children and Parents or earlyhelp@southwark.gov.uk Centre, Chumleigh Street, Burgess Park, London SE5 0RN

For more information, please contact Ben Campbell on (T) 07738 860 768 (E)

ben.campbell@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme (SFSC)

The Strengthening Families Strengthening Communities (SFSC) is a culturally sensitive parenting programme for parents of 0-18 year olds, it is delivered as a 10 week programme online or as a face to face 10-12 week programme with parents/carers. The programme incorporates 5 main components which include positive parenting, enhancing relationships, community engagement and child development taking into account the family's cultural and spiritual beliefs.

This course further covers issues affecting parenting such as domestic abuse, alcohol, drugs, mental health, gangs and supportive parenting strategies for managing challenging behaviour whilst promoting positive parenting and change.

Suitable for parents of children aged 8 to 18yrs.

10 weekly sessions

Start Date: Tuesday 21st January 2025

Time: 10:00 - 13:00

Venue: Ann Bernadt Children and Family Centre, 29 Chandler Way, London SE15 6DT

Please contact Rebecca Arinze on (T) 07939 635 458 or (E) Rebecca.arinze@southwark.gov.uk or earlyhelp@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme (SFSC) in Spanish.

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

Suitable for parents of children aged 8 to 18yrs.

10 weekly sessions

Start Date: Tuesday 21st January 2025

Time: 10:00 - 13:00

Venue: Ann Bernadt Children and Family Centre, 29 Chandler Way, London SE15 6DT & Online

Please contact Rebecca Arinze on (T) 07939 635 458 or (E) Rebecca.arinze@southwark.gov.uk or earlyhelp@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme (SFSC) in Arabic

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

Suitable for parents of children aged 8 to 18yrs.

10 weekly sessions

Start Date: Friday 24th January 2025

Time: 09:30 - 12:30

Venue: Ann Bernadt Children and Family Centre, 29 Chandler Way, London SE15 6DT

For further information, Please contact Tara Long on (T) 07513 713 090 or (E) tara.long@southwark.gov.uk or earlyhelp@southwark.gov.uk

Online Strengthening Families, Strengthening Communities (SFSC) Online Evening Group

Strengthening Families, Strengthening Communities (SFSC) is an inclusive programme designed to help and support parents with the challenges they face in raising happy and successful children.

Suitable for parents of children aged 8 to 18yrs.

10 weekly sessions

Start Date: Monday 27th January 2025

Venue: Online

Time: 6.30pm- 8.30pm

For further information, Please contact Tara Long on (T) 07513 713 090 or (E) tara.long@southwark.gov.uk or earlyhelp@southwark.gov.uk

Other services run by the Parenting Team:

Reducing Parental Conflict

Gain access to two free online resource for parents and professionals to help explore and support reducing parental conflict.

To access the first online resource please see the attached flyer for an example of the courses covered and kindly paste southwark.opo.org.uk into your browser to access the first online resource and register.

To access the second online resource please see the attached flyer for more details and kindly sign up using this link: [Stronger Relationships courses – Strengthening Families, Strengthening Communities \(strengthening-families.net\)](http://Stronger Relationships courses – Strengthening Families, Strengthening Communities (strengthening-families.net))

Training for professionals is being arranged by Rebecca Arinze. Please contact her for further information on (T) 07939 635 458 or (E) Rebecca.arinze@southwark.gov.uk

Parent Champions

Parent Champions are parents who work with Family Early Help and Children Centres, to provide practical advice and support to parents as well as signposting to appropriate services. If you are interested in becoming a Southwark Parent Champion.

For more information, please contact Claire Gager: (M) 07547 659 646 (E) Claire.gager@southwark.gov.uk or earlyhelp@southwark.gov.uk

Parents for Parents Drop-in Sessions (P4P)

For parents of children aged 2 to 18yrs

Start date: ongoing throughout 2024.

Time: Depending on parents availability

To be held at various venues, which the parents decide.

This group is for parents who have completed a parenting programme but require reminder sessions and additional strategies, or for parents on the waiting list waiting for a place on the next terms programmes.

For more information, please contact Rebecca Arinze on (T) 07939 635 458 or (E) rebecca.arinze@southwark.gov.uk

TAP-in sessions

One off sessions with a focus on a particular parenting issue such as

- Digital Safety
- Parenting Children with ASC or ADHD
- Parenting Positively – understanding needs at ages and stages
- Impact of our own wellbeing on parenting.
- More to come....

For more information please contact Beth Gilbey on (T) 07394 865 980 or (E) bethany.gilbey@southwark.gov.uk or earlyhelp@southwark.gov.uk

Parenting Support and Activities across the borough:

Saturday Father's Group, Stay & Play

Join us for a Stay and Play focusing on supporting male parents and carers.

Start date: Fortnightly from 11th January

Time: 10.30 – 12.30

Venue: 1st Place Children and Parents Centre Chumleigh Street, Burgess Park, London SE5 0RN

For more information, please contact Phil Robson (T) 020 7740 8070 (T) 07714 743 750 (E) philiprobson@1stplace.uk.com or Philip.robson@southwark.gov.uk

Incredible Years Autism Support programme

To support parents and carers to interact with their children in ways that promote their language skills, school readiness, emotional self-regulation, social skills, empathy and positive relationships. The course will enhance their parenting confidence and understanding of their children's development

This is a 14-week programme for parents with children 2-5 years who either have or awaiting an Autism diagnosis.

Start Date: September 2024. There are limited crèche facilities available on request.

10:00am – 12:00noon

Venue;- Rye Oak Children's Centre- Whorlton Rd, London SE15 3PD

Facilitator: Sue Spencer

For more information, please contact Sue Spencer on: (T) 020 3848 5780 ext 2006 or 07932622572 or (E) sspencer@ivydale.southwark.sch.uk or earlyhelp@southwark.gov.uk

Autism Support

A range of support services are offered for children who have been diagnosed with autism. Names are being taken for Cygnet (5-18) and Next Steps (Under 5s) parenting courses.

Contact: AutismSupportTeam@southwark.gov.uk directly with the family details to put their names down.

Adolescent Sure Start

Adolescent Sure Start is a Southwark Council Team offering support to young people living in Southwark aged 11-19 (or up to 25 for young people with SEND) and their parents and carers. The team offers support on a wide range of issues via sessions run on a drop in basis in a number of locations around Southwark. The idea is that young people can access support close to where they live and access support early.

Who is it for?

Young people aged 11-19 (up to 25 with SEND) and their parents / carers.

Some young people might attend with a parent or carer but they are also welcome to attend alone, with a friend or another trusted adult. Sometimes parents and carers may also initially attend without their child being with them.

The Adolescent Sure Start team can offer support for up to 6 sessions, as needed. The team also has close links with many other organisations in Southwark and can act as a gateway for young people and their parents/carers to get longer term support, where that is needed

When and where

The sessions are run as 'drop ins' so you can just turn up during the times listed below:

Mondays 2.30-5.00pm: Kingwood Arts, Seeley Drive, Kingswood Estate, SE21 8QN

Tuesdays 2.30-5.00pm: 1st Place Family Hub, 12 Chumleigh Street, SE5 0RN

Wednesdays 2.30-5.00pm: Brandon Library, Maddock Way, SE17 3NH (a nurse and DWP are also at this session)

Thursdays 1:00-5.30pm: Damilola Taylor Centre, 1 East Surrey Grove, SE15 6DR

Fridays 2.30pm-5pm: South Bermondsey Children's Centre, Tenda Road, SE16 3PN

AdolescentSureStartTeam@southwark.gov.uk

The NEST - Strengthening Families for a Stronger Community

This programme is for parents/carers/guardians that identify as having an Afro-Caribbean heritage and caring responsibilities for a young person aged 11-24. This programme is for parents/carers/guardians who are:

- Unsure of what options there are for your young person if they are struggling at school
- Unsure of where your young person can gain support with their education
- Unsure what the terms internal exclusion, fixed-term exclusion, permanent exclusion mean
- Unfamiliar with the services available to you and your family in the local community

What services are available to parents?

Regular support: Monthly workshops for parents/carers and weekly 121 sessions for emerging mental health and wellbeing trends amongst young people, delivered by our Therapeutic Practitioner.

Peer to peer support: Parents and carers are trained to support each other through sharing information about services, education, the exclusion system and mental health and wellbeing awareness.

Exclusions: Targeted whole family support for young people identified as being at risk of exclusion or who have previously received fixed term exclusions or a managed move.

Click here to register your interest: [Strengthening Families \(thenestsouthwark.org.uk\)](https://thenestsouthwark.org.uk)

Future Men

Future Dads is a free antenatal course for expectant fathers, held monthly at King's College Hospital, and also online. This hands-on course will enhance your competence and confidence in your new role as a father, prepare you to engage more actively in the pregnancy, introduce practical skills, and help you discover the kind of father you want to be. To book, please click [here](#).

For any questions or enquiries, please email futuredads@futuremen.org or contact John on 07436 974649

Welcare

Welcare is a charity working with parents and children up to the age of 13 in South London and East Surrey. We strive to empower families and change lives for the better, offering practical and emotional support to overcome challenges. The children and families we support face difficult situations due to domestic abuse and parental conflict, mental health, emotional and well-being issues, social isolation or the challenges caused by low income and the cost-of-living crisis.

Services offered:

- Individual 1:1 family support
- Caring Dads - a group which aims to improve relationships between fathers and their children that is evidence-based and specifically for men who have abused and neglected their children or exposed them to abuse of their mother.
- CapeAbility in Schools - a group for children to help build emotional resilience and self-esteem.
- Helping families access emergency and grant funding to provide immediate support.

Strengthening Families Together – Change Grow Live

A six-week workshop to empower parents to build confidence, keep your children safe and feel motivated and encouraged to continue your journey in recovery.

Email SouthwarkFamilies@cgl.org.uk or call 02034047699 for more information

Families Under Pressure

Eight Short films offering parenting tips, launched by Kings College London and the Maudsley Hospital. Please click link for further information. [Families Under Pressure - Maudsley Charity](#)

Southwark PAUSE

Pause works with women who have experienced, or are at risk of, repeat removals of children from their care. Through an intense programme of support, it aims to give women the opportunity to reflect, tackle destructive patterns of behaviour and develop new skills and responses that can help create a more positive future.

Contact: (T):020 7525 7457 (E): pause@southwark.gov.uk

Southwark Perinatal Service

The Perinatal Support Service offers support to families where a parent is struggling with their emotional health and wellbeing, where they have been diagnosed with a low to moderate level perinatal mental illness or when their personal circumstances mean they may be vulnerable to developing a perinatal mental illness.

Referrals can be made by calling: 020 3228 2194 or by emailing sptsadmin@slam.nhs.uk

Child to Parent Violence - Who is in Charge?

Click link below for further information Child to Parent Violence - Who is in charge?

<https://whosincharge.co.uk>

Pre-School Immunisations

Routine pre-school immunisations are still on offer and they are as important as ever. This is a useful parent guide to immunisations and here is immunisation information for professionals. <file:///bsjsh-reg-ns1/>

Resources for Parents/Carers from the National Crime Agency

Click link for further information: www.thinkuknow.co.uk

Support your child at home HomeStart Southwark's 'e-friending' service

Support service for parents in Southwark, aimed at lower need families with children under 5, who would benefit from additional support & signposting to local online services.

Contact: (E) info@homestartsouthwark (T): 07712 816 391

The National Parenting Support Service

Family Lives offer parents a 24-hour free helpline number on: (P) 0808 800 2222, alternatively, (E) askus@familylives.org.uk for support.

Parent Talk-Action For Children

About us

We offer free advice for parents and carers of children aged 0-19 in the UK. We can support up to age 25 where a child has special educational needs. Whatever your background or experiences, we are here for you. We know that everyone's challenges are unique, and provide a welcoming space for all.

Read our articles for tips: [Parent Talk - Support for Parents from Action For Children](#) Or talk to us on our chat service for more in-depth support. All our guidance comes from our experienced parenting coaches. Click link here for Parent Talk website: <https://parents.actionforchildren.org.uk/>

Parent University delivered by Parent Action

A free course for pregnant women and new parents.

Mondays 13.00 -14.30 throughout the year (term time).

Venue: Camberwell Salvation Army, 107 Lomond Grove, Camberwell SE5 7HG.

Sessions are delivered by Parent Action staff, in partnership with local health professionals. To find out more about the sessions, start dates or sign up, please contact: Mena Amnour (E):

Mena.amnour@citizensuk.org (T): 07534 727 316

Family Early Help Parenting Service Fathers' Group

The Fathers' Group provides a space for fathers, or men with any caring responsibility for children, to talk, learn, listen and discuss the difficulties of fatherhood. Participants will learn about a range of subjects from discipline, positive parenting and communication, to role modeling, mental & emotional health awareness and online safety.

What will I gain by taking part?

By taking part in the Fathers' Group, you will:

- Meet other Fathers/male carers
- Receive information and strategies for bringing up your children
- Get help to ensure your voice is heard
- Be provided with a safe, judgment free space, to air your struggles
- Be offered help and support from the group as well as from the facilitators if needed

Who will be there?

- The Fathers' group, as the name suggests, is a group based programme.
- You will usually take part alongside 10 – 15 other fathers.
- The programme will run by two male 'facilitators', who have undergone extensive training to ensure that everyone gets the most out of the programme.
- So far, there has been over 350 fathers complete the programme and all say that it had a positive impact on them, their children and wider family functioning.

What will the programme provide?

- A safe space to share your views and be listened to
- An opportunity to get information and ideas to help with decisions about bringing up your children
- New skills, and support in developing your confidence
- Connections with the wider communities and services in your area

How long is the course?

- The course will last for 10 weeks and each session will be 2 hours.
- All sessions will be face to face.

What will the Fathers' Group give me?

The Fathers' Group will help you to answer these important parenting questions:

- How can I motivate my child to try their best at school?
- How do I build a better relationship with my child?
- How do I provide good discipline for younger children?
- Why is Child Development important?
- How do I stop my teenager getting involved in drinking, drugs, antisocial behaviour or truanting?
- How do I put boundaries in place with my child?
- What youth and parent services are available in my community?
- How do I become a positive role model?
- How to raise girls as a father.
- Working better with the professional network.
- Looking after ourselves as Fathers and the importance of looking after our own mental health.

Who is the Fathers' Group for?

This group is for fathers, or any male with a caring responsibility. The programme is run with fathers from a variety of backgrounds, including:

- Parents from ethnic minority communities, faiths and backgrounds
- Parents who speak different languages
- Parents with disabilities or learning difficulties
- Individuals with very different qualifications and jobs
- Lads like you!

What do I have to do?

- Get involved! Although the facilitators will give information and techniques to help you, the Fathers' Group works best when everyone takes part fully.

When will the groups be held?

For more information on the Fathers' Group, please contact Ben Campbell on (T) 07738 860 768 or (E) ben.campbell@southwark.gov.uk



FUTURE DADS

New and
Expectant
Fathers Courses



FUTURE
men

Future Men offer one-day Fathers Courses at your local Hospital and Children Centres

Saturdays 10am-4pm

For more information on venues and how to book go to our website:

www.futuremen.org

Call us on:

0207 237 5353

Email us:

futuredads@futuremen.org

FUTURE DADS

FUTURE
men

New & Expectant Fathers Courses

Research shows that when Fathers are involved with their children from the beginning their children do better socially and academically. A Father's early engagement is linked to fewer behavioural problems and increased language development

Aims of the course:

- ✓ Enhance your competence and confidence in your new role as a Father
- ✓ Prepare you to engage more actively in the pregnancy
- ✓ Introduce practical skills you will need with your baby
- ✓ Highlight your importance and help you discover the kind of Father you want to be

FUTURE
men

Registered Charity Number: 1102451
Registered Company Number: 03443520





WARM SPACES

Even with some of the support announced, this winter will inevitably be one of the hardest the people of Southwark have ever faced.

We know people are already struggling to pay their debts and feed their families. With inflation currently around 11%, interest rates rising, and energy bills set to increase again, many residents will soon be choosing between heating and eating.

We called on local businesses and organisations to help support their staff and local people in a variety of ways, including offering up their buildings as a Warm Space, with entertainment for specific communities like movie screenings or entertainers for older people or young families.

As we knew they would, organisations responded quickly and positively offering community spaces across the borough where people can go to stay warm, meet people and even be entertained this winter.



To find out more details including opening days and times, go to www.southwark.gov.uk/warm-spaces

BLACKFRIARS SETTLEMENT

(Borough and bankside)

Join the group's club for older men, Forget-me-Nots club that helps older people maintain their memory, arts and craft socials or just enjoy the warm hub and read, use the internet or chat with other older people.



BRITISH LEGION

(Walworth and Elephant and Castle)

Southwark Royal British Legion Community Club will be opening 10am to 4pm on Mondays and Thursdays for refreshments and games.

CAMBERWELL LIBRARY

(Peckham and Camberwell)

All of our libraries have desk space, comfy places to sit, and plenty of books and periodicals for those who want something to read while they stay warm. People can stay in our libraries for as long as they need to, and our larger libraries are open all day. Libraries also offer cost of living support, computer use and a range of events and activities for families. Go to www.southwark.gov.uk/libraries for more information.

LORDSHIP LANE CHURCH (Nunhead and Dulwich)

Come down and join in the regular Tuesday coffee mornings, or Thursday lunch club that offers healthy and nourishing food from Black communities.





Reducing Parental Conflict

Conflict is a reality but when does it move from normal to destructive? What Impact does it have on children and what tools are there to support couples manage their conflict?

Gain access to a free online resource for parents and professionals to help explore and support reducing parental conflict.

Southwark has purchased a suite of digital resources from OnePlusOne to help support parents with their relationships and understand the potential impact on children. Reducing Parental Conflict is part of the wider government initiative to promote awareness of Parental Conflict across various organisation.

The resource is accessible to parents as well as professionals with options of signposting for families to use independently or through a blended approach with practitioner support. It is a self-registration process that can be accessed by clicking the website link below or typing the website into your internet browser:

southwark.opo.org.uk

Why not book a training for yourself and your team. The training could take as little as 30 minutes or as long as 3 hours – depending on your needs. We could use the time slot for your team meeting or any other time you prefer.



Go to
<https://strengthening-families.net/reducing-parental-conflict/>

STEP 01

STEP 02

Select a course, either:

- parenting and living together
- parenting and living apart



Select a day of the week and
select a time for your group
discussion

STEP 03

STEP 04

Complete your contact
details



Answer a short questionnaire

STEP 05



STEP 06

Click on 'your profile 'and
you can start your course



If you need any help, email us at sfscparent@racefound.org.uk
or call us on 07708360561

SENsational Stay & Plays and Short Breaks – Christmas 2024

w/c 23rd December	Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	Saturday 28th December
	<p>Location: Ellen Brown 145 Grange Road, Spa Park, SE1 3EU</p> <p>Time: 10am–11.30am</p> <p>Ages: 0-5 years</p> <p>Location: Ann Bernadt Children & Family Centre, Chandler Way SE15 6DT</p> <p>Time: 10am – 3pm</p> <p>Ages: 5-11 years</p>	<p>NO SESSIONS</p>	<p>Christmas Day</p> 	<p>★ HAPPY ★</p> <p><i>Boxing Day</i></p>	<p>Location: *Ann Bernadt Children & Family Centre, Chandler Way SE15 6DT</p> <p>Time: 10am – 3pm</p> <p>Ages: 0-5 years</p>	<p>Location: *Ann Bernadt Children & Family Centre, 29 Chandler Way, Peckham, SE15 6DT</p> <p>Time: 10am - 12noon</p> <p>Ages: 0-8 years</p> 
w/c 30th December	Monday 30th December	Tuesday 31st December	Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January
	<p>Location: *Ann Bernadt Children & Family Centre, Chandler Way SE15 6DT</p> <p>Time: 10am – 3pm</p> <p>Ages: 0-5 years</p> 	<p>NO SESSIONS</p>	<p>New Year's Day</p>	<p>NO SESSIONS</p>	<p>Location: *Ann Bernadt Children & Family Centre, Chandler Way SE15 6DT</p> <p>Time: 10am – 3pm</p> <p>Ages: 5-11years</p>	<p>Location: *Ann Bernadt Children & Family Centre, 29 Chandler Way, Peckham, SE15 6DT</p> <p>Time: 10am - 12noon</p> <p>Ages: 0-8 years</p>

*At Ann Bernadt there are a few spaces for parents that wish to leave their child to take a break (subject to assessment of need, pre-booking and availability). Please contact childrenscentre@ivydale.southwark.sch.uk

<https://eequ.org/peckhampeckhamryeandnunheadchildrenandfamilycentres>

For more info visit www.pprncfc.com/sensational-stay-and-play





Southwark Children & Family Hubs

STRENGTHENING FAMILIES STRENGTHENING COMMUNITIES

For parents of children aged 8 – 18 years

This 12 week course helps parents and carers to

- Build positive family relationships
- Manage anger and stress
- Implement effective discipline strategies
- Understand your child's development
- Recognise and value your family and cultural traditions
- Develop effective communication
- Meet others and share ideas

JOIN NOW

Who to contact: Rebecca Arinze

Email: rebecca.arinze@southwark.gov.uk

Call: 07939635458

WHEN IS IT ON?

Tuesday

Face to Face English
Online/Face to Face - Spanish

Friday

Face to Face - Arabic

(online evening groups also available)

What time?

10am-1pm

Please contact for next terms dates



strengthening
families
strengthening
communities



Southwark Children & Family Hubs

Southwark
Council



Southwark Children & Family Hubs

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- Implement effective discipline strategies
- Understand your child's development
- Recognise and value your family and cultural traditions
- Develop effective communication
- Meet others and share ideas

JOIN NOW

Who to contact: Tara Long

Email: tara.long@southwark.gov.uk

Call: 07513713090

WHEN IS IT ON?

Thursday evening
online

(face to face, Spanish speaking
and Arabic speaking groups
also available)

What time?

6.30 - 8.30pm



Please contact for next terms dates



**strengthening
families
strengthening
communities**



Southwark Children & Family Hubs

**Southwark
Council**



SOUTHWARK SHORT BREAKS

SportWorks Short Breaks provision includes a wide variety of sports, games, and fun activities for children and young people with SEND. Examples include dodgeball, parachute games, team building activities and much more! The sessions are for children and young people aged 5 to 18 years who have an EHCP plan. Staff Ratio 1:4 - please note that this is a group based project.

play games

make friends

inclusive

have fun

**TUESDAY @ DAMILOLA TAYLOR CENTRE, SE15 6DR
4.00-5.30PM**
**WEDNESDAY @ SPA BERMONDSEY, SE1 5RN
3.45-5.15PM**

For more information contact jake.ramshaw@sportworksltd.co.uk

To book:

Tuesday - <https://eequ.org/experience/695k0>

Wednesday - <https://eequ.org/experience/6952>

BESSEMER



CHRISTMAS HOLIDAYS

21 DECEMBER - 05 JANUARY 2025

* ANSWER AS MANY QUESTIONS AS POSSIBLE *

PLAY IN ANY GAME TYPE * THE WINNING CLASS WILL HAVE
THE HIGHEST NUMBER OF CORRECT ANSWERS PER PUPIL *

ASK YOUR TEACHER FOR FULL DETAILS AND RULES *



Workshop - Navigating difficult emotions in family relationships workshop

During this three -hour in person workshop, expect to share, discuss, express through creative activities, and delve into your emotions as parents of autistic children.

Please only join if you feel comfortable to share. Sharing our lived experiences can be empowering, and we support and guide these conversations. We'll blend therapeutic techniques to navigate challenging family dynamics with practical communication tools to enhance connections both with others and within ourselves.

When: Friday 24th January 10.45 am to 2 pm

Where: The Somerville youth centre 260 Queens Road West se14

For: Parents/ carers of autistic young people aged 16 to 25 residing in Southwark / Lewisham

Places are limited so please book your place.

To book your place sign up via the link below you can email nazia@resourcesforautism.org.uk for further information or queries.

<https://www.eventbrite.co.uk/e/1012760653377?aff=oddtcreat>
[or](#)