

Families Matter

A magazine full of news and information to support families

Featuring the SEND Information Supplement

See [pages 23-27](#) for updates on our SEND improvement journey as well as information on services and the support available to families.



Prepare for a summer of play

Playday, the annual national day for play, will be celebrated on Wednesday 3 August.

This year's theme is **'All to play for – building play opportunities for all children'**.

Check out our Summer of Fun activities (see [page 30](#)) and the Local Offer for play ideas at parks, open spaces and venues across the borough for the whole family to enjoy.



Read the latest edition of the Families Matter magazine and monthly e-bulletin online at www.towerhamlets.gov.uk/familiesmatter

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Welcome to the summer edition of Families Matter

I hope you all enjoyed the long bank holiday weekend and found time to visit your local park or join one of the many community street parties that took place.

This edition is a celebration of the important role that parents and carers play in supporting their child's learning, development and wellbeing. It also includes articles on healthy eating, preparing for exams and the importance of play. I hope you enjoy reading about the programmes and the experiences of families across the borough, and consider joining a workshop or course online at a community venue or in your child's school.

Tower Hamlets is a great place for families with fun and interactive learning opportunities, fantastic parks and museums to visit. To find out what is happening where you live and to search for services for children, young people and families, visit the Tower Hamlets Local Offer at www.localoffertowerhamlets.co.uk

Remember to join the Parent and Carer Council and other parent forums and stay connected!
Email: parentcouncil@towerhamlets.gov.uk

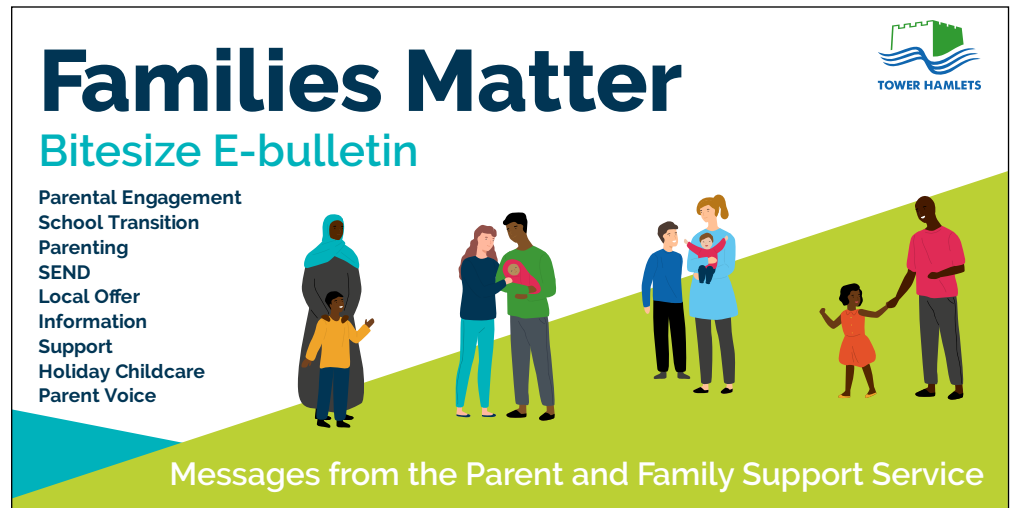
Best wishes,
Jill McGinley
Head of Parent and Family Support Service

Working with families?

Sign up to the Parental Engagement Team's network mailing list

If you are working with families in the borough, sign up to the Parental Engagement Team's network mailing list to be emailed the latest news and information to support your work. Encourage your colleagues to sign up too.

Email: parentalengagement@towerhamlets.gov.uk



Families Matter
Bitesize E-bulletin

Parental Engagement
School Transition
Parenting
SEND
Local Offer
Information
Support
Holiday Childcare
Parent Voice

Messages from the Parent and Family Support Service

Families Matter: Bitesize E-bulletin

In addition to the regular termly Families Matter magazine, we publish a monthly e-bulletin. It provides regular updates, information, advice and support for all parents in Tower Hamlets.

Parents can sign up via the council's resident subscriber list, choosing 'children and education' as their preferred topic after closing the initial pop-up box and completing the one on the main webpage.

Visit www.towerhamlets.gov.uk/signup.

This magazine is produced by the Parental Engagement Team within the Parent and Family Support Service, Children and Culture Directorate. To share news in future editions of Families Matter contact

Fiona Stokes, Parental Engagement Advisor

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Email: fiona.stokes@towerhamlets.gov.uk

References to 'parents' describes any caregiver responsible for the care, protection and upbringing of a child or young person, including foster parents or connected persons, grandparents, siblings or other family members living in Tower Hamlets.

References to 'SEND' is used in some articles the abbreviation of special educational needs and disabilities.

Parent Conference 2022: Families Matter

The Parent and Family Support Service welcomed parents, carers and guardians to join the virtual parent conference for its second year online in March.

The conference featured webinars on a range of topics.

Some webinars were also delivered in community languages (Bengali and Somali) at the same times as the English language sessions to allow more parents to participate.

School groups were also encouraged to log on and represent their schools at the conference. Congratulations to the school group from **Marion Richardson Primary School**, which won our school attendance prize draw for a free parent workshop delivered by the Parental Engagement Team. Many thanks to all the school groups who joined us on the day.

The conference was opened by Jill McGinley, Head of Parent and Family Support Service and the opening keynote message was given by James Thomas, Corporate Director, Children and Culture.



James Thomas,
Corporate Director,
Children and Culture

Conference Webinars

45-minute bitesize webinars started on the hour, every hour, from 10am–2pm. There was also an evening webinar option at 6pm for parents who weren't available during the day. Topics included:

- Keeping Your Child Safe Online
- Making Learning Stick
- Healthy Child, Happy Child
- We All Have Arguments
- Bridging the Communication Gap
- Anti-Bullying and Behaviour Support for Parents

For information on the webinars and additional resources provided by conference partners, visit our conference virtual information market place on the Local Offer [here](#).



Many thanks to our Parent Conference 2022 partners

Thank you to **Discover Children's Story Centre**, **Half Moon Young People's Theatre** and **Rich Mix** for providing family tickets as part of our conference prize draw.



Many thanks to ICON College of Technology and Management who supported this year's Parent Conference.



For any queries relating to the Parent Conference, email parentalengagement@towerhamlets.gov.uk

Parent Conference 2022: Families Matter

The conference was closed with a message from Steve Nyakatawa, Director of Education

Dear parents and carers,



Thank you for taking part in our Parent Conference this year. I know the past 18 months or so have been very challenging because of the pandemic but we worked together and supported each other in ways we never thought possible.

As you know, in Tower Hamlets, we want the best for your child and our annual Parent Conference gives us all opportunities to work together and learn together.

As one of the senior leaders in the borough, I want to listen to your views and experiences as these will help shape and improve services for you and your children.

Best regards,

Steve Nyakatawa
Director of Education
London Borough of Tower Hamlets

For closing messages and to view our thank you video to parents visit the [Local Offer](#).



Spotlight on a Parent Conference webinar: Making Learning Stick

How can parents help their children's learning stick so that they achieve at school and excel in exams? That was the subject of a fascinating webinar at this year's Parent Conference.

The well attended session looked at the very latest research into habit formation and how parents can encourage good learning habits like revision. It explored practical ways parents can help children get organised and ready to learn. Identifying gaps in their children's learning was highlighted as an important factor in taking a more targeted approach to revision – where students spend more time focusing on the areas of learning they are less secure in.

Active recall was emphasised as one of the most effective revision methods because it forces students to use the information they know to find their way back to the information they have forgotten. Common revision methods like note taking and revision cards were reconsidered so that an element of active recall could be introduced, making them even more effective. Finally, parents picked up some useful exam techniques that they could pass on to their children in time for their upcoming exams.

The Parental Engagement Team also delivered a Revise Wise session for the Somali Parents and Carers Network.
See [page 32](#) for details.

New leaflet to help with money worries

The Independent Food Aid Network (IFAN) and The Children's Society, working in partnership with local organisations, have co-produced a cash first referral leaflet for Tower Hamlets called 'Worrying About Money?'. This step-by-step guide helps those who are facing money worries, and support workers, to identify local advice and cash first support that is available for anyone living in the borough.



The aim of the leaflet is to reduce the need for charitable food aid by helping people to access existing financial entitlements and to maximise their income. It is available online, as a hard copy, and as an interactive tool. Local partners are also planning to have this leaflet translated into various community languages.

Partners featured on this leaflet include the East End CAB, the council's Resident Support Scheme, Island Advice, Bromley by Bow Centre and Age UK East London.

www.worryingaboutmoney.co.uk/tower-hamlets

If you'd like to order free copies of this leaflet for your organisation visit

www.foodaidnetwork.org.uk

For more details, email

sabine@foodaidnetwork.org.uk or
amy.wright@childrenssociety.org.uk

Tower Hamlets Community Advice Network

Do you work with or support parents or families in Tower Hamlets? Perhaps you work with or know someone concerned about a benefits issue, or who's worried about cost of living increases?



A range of practical help and support is available to anyone supporting parents and families via the Tower Hamlets Community Advice Network (THCAN) – a community led network of advice services which

operates a free online referral system. It allows schools, advice providers, the local authority, community spaces and other settings to easily refer clients into support services.

Assistance available on the referral system includes advice on energy bills, debt, housing, income maximisation, and health. Organisations can offer both face-to-face and remote appointments.

Currently the referral system is only available for direct referrals between professionals, but the



THCAN website contains lots of useful information that anyone can use to access support.

For more details, visit www.thcan.org.uk/advice-centres or email sarah.sauvat@island-advice.org.uk



Summer Holiday Activities and Food (HAF)

The HAF programme is set to run across the summer holidays, with clubs offering enriching activities and nutritious food to Free School Meal (FSM) eligible children in the borough.

Now in its third year, the scheme is designed to ease the financial strain of holidays on families while bridging the experience gap that FSM eligible pupils can face. Club locations and dates are expected to be announced by mid-July, with full details for families looking to sign up at www.towerhamlets.gov.uk/haf

With the current cost of living crisis, this programme is more important than ever, so professionals who work with families are encouraged to help parents to sign their children up where appropriate.

Increase in food prices hits low-income families

Families on the lowest incomes have been hit hardest by increases in the price of everyday food essentials.

This has been contributing to chronic health conditions like mental illness and depression, according to Jack Monroe. The food writer has been telling the Commons Work and Pensions Select Committee that the reduced availability of value product lines means that many families are now struggling to afford to eat and that the situation is only getting worse because of the soaring costs of rent and energy.

In addition, Monroe has been campaigning for supermarkets to reintroduce value food lines and drop prices on basic products like rice and pasta. The campaign has resulted in Asda reintroducing value products in all its UK stores. The campaigner has also been urging the government to increase social security benefits by at least 6% from April, rather than the planned 3.1% rise.

Read the full article [here](#).

“

Everything has got more expensive, so there is less in the household budget for food.

Jack Monroe

”

For more information on food support in the borough visit the [Local Offer](#)



Healthy eating on a budget

- **Cook from scratch**
Making meals is cheaper and healthier than buying ready-made ones, which may be high in salt, sugar and fat.
- **Buy own-brands**
Own-brand products are generally the same quality as more popular brands. By switching, you will save money.
- **Buy less meat**
Try going meat-free at least once a week. Reduce the meat in your dishes by adding beans, lentils, tofu or vegetables.
- **Buy and cook in bulk**
Buying larger quantities saves time and money. Bulk cook meals such as stews, soups and sauces and then freeze them for later.
- **Plan your meals**
Make a shopping list and try to stick to it. If you plan your meals for the whole week, you will waste less food and save money.
- **Buy frozen**
It's often cheaper to buy frozen fruits and vegetables. They contain the same nutrients as fresh ones, need no preparation and last longer.



New research offers insight into poverty and parenting

Recent research from The London School of Economics examines the differences in parenting across income groups, and whether these differences are unique to low-income parents. The study compared parenting across all income groups and revealed that there are some positive differences in the parenting of low-income compared to middle-income mothers.

In addition, the research shows that where there are negative differences these are not unique to low-income mothers, but part of a broader income-parenting pattern. The research highlights how a mother's mental health is an important factor in explaining the relationship between economic hardship and parenting and concludes that movements into/out of hardship are associated with worse/better maternal mental health.

Read the full research paper [here](#).



Fathimah Rofe and Emdad Islam at the Food, Fuel and Faith event

PCC members at cost of living community event

Parent and Carer Council (PCC) members, Fathimah Rofe and Emdad Islam, attended the recent Food, Fuel and Faith event to discuss the current cost of living crisis at the Bernie Cameron Community Centre in Mile End.

Discussions centred on the scale of the current crisis, and that given Tower Hamlets has the highest rates of child and pensioner poverty in the country, the difficult choices many local families will be facing in the year ahead.

Guest speakers included the Tower Hamlets Tackling Poverty Team, the Corporate Strategy and Policy Team which shared information on grants and local organisations including

the Limehouse Project which provided advice and guidance on issues such as benefits, debt and housing, and the Felix Project which tackled food insecurity.

Services shared information on the support that is available as well as advising on how this information can be shared more widely with residents in need.

PCC members said that they will be sharing information with other parents through their Parent Champion volunteer role and at the next PCC meeting.

The event was hosted by the Tower Hamlets Interfaith Forum. To join a future forum meeting. Visit www.faihtintowerhamlets.org

Join the Parent and Carer Council (PCC)

The **Parent and Carer Council (PCC)** is a forum that helps shape the services that are available to families in Tower Hamlets.

Members of the forum can get involved with local consultations, help identify gaps in support and discuss national issues that may be affecting families locally.

The next meeting is on Saturday 2 July 2022.

This will be an opportunity to hear about the borough's Family Hub programme, take part in the upcoming childcare sufficiency consultation and share views on the type of childcare families need.

For more information and to join email parentcouncil@towerhamlets.gov.uk



Parent Champions nominated for national award

Parent Champions Shahana Begum, Zinèbe Maach and Marie McLeod, were all nominated for national Parent Champion Volunteer awards for their efforts in supporting anti-poverty initiatives in the borough.



Parent Champions Shahana Begum, Zinèbe Maach and Marie McLeod

The awards, coordinated by the national charity, Coram Family and Childcare, recognises and celebrates the impact parent champion volunteers have made across the UK.

Shahana was nominated for her active participation in anti-poverty programmes in recent years, including being the Parent and Carer Council's representative at the UN Special Rapporteur visit to East London on Extreme Poverty and Human Rights in the UK and supporting the borough's recent Poverty Review by being on its advisory external reference group. You can read the Poverty Review and its recommendations [here](#).

Zinèbe and Marie took part in the borough's **Poverty Proofing the School Day** programme, being trained as researchers then joining an audit team to support schools with the process.

Parent Champions are also members of the PCC. For more information on the Parent Champion programme email parentcouncil@towerhamlets.gov.uk

For more information on previous Parent and Carer Council meetings and how parents can join, visit www.towerhamlets.gov.uk/parentcouncil

PCC members support Rich Mix Bookswap

Some of the members of the PCC volunteered at February's Rich Mix Bookswap. They inspired local families with their love of reading, while ensuring the smooth running of the free event where families donated and picked up pre-loved books.

The PCC volunteers were kept busy by helping with the bookmark making activity and reading in a specially constructed story tent loaned by the Schools Library Service.



For more details about the Rich Mix Bookswap and other free family events email tracy.barbe@richmix.org.uk or visit richmix.org.uk



Pick up some summer reads

The Rich Mix Bookswap will be out and about this summer at the Festival of Communities. Come along to donate and to pick up high quality, pre-loved books. The Rich Mix team will be

on hand to help families choose books for their children and to read stories in the story tent.

For more information about the Festival of Communities, see [page 28](#).

Festival of Communities
Saturday 11 June 2022
11.30am-4.30pm
Stepney Green Park,
Stepney Green
E1 3DB

Volunteering in Your Child's School course

The Volunteering in Your Child's School course can be delivered either as a ten-week Open College Network (OCN) accredited course or as a five-week non-accredited introductory course.

Delivered by experienced practitioners from the Parental Engagement Team, the course prepares

parents for their role as a volunteer by giving them an insight into teaching and learning in school. Key topics include teaching and learning methods, the National and EYFS Curriculum, communication strategies, professionalism and safeguarding.

To find out more or to book the course for your school or setting email parentalengagement@towerhamlets.gov.uk



Parents from the Volunteering in Your Child's School course with their certificates

New parent volunteers welcomed by E1 Partnership

The E1 Partnership of schools work together to empower the community by raising aspirations and achievements. The partnership, composed of **Thomas Buxton, Osmani, Stewart Headlam, Hague, Canon Barnett, Kobi Nazrul and William Davis primary schools** and **Swanlea Secondary School**, has been working to harness the power of parent volunteers to add value to their schools.

It has been welcoming the latest cohort of volunteers who recently completed the Volunteering in Your Child's School course, hosted at Hague Primary School.

The Open College Network accredited course, delivered by the Parental Engagement Team, prepares parents for their role as a volunteer by giving them a valuable insight into teaching and learning at school.

The parents from the course were welcomed to the partnership and awarded their certificates by Remi Atoyebi, Headteacher at Osmani Primary School, and Judy Knappett, Executive Headteacher at Stewart Headlam and Hague Schools' Federation.

E1 volunteer course graduates – where are they now?

Some of the previous graduates from the E1 Volunteering in Your Child's School course had a chance to catch up with one another at an informal graduation ceremony held at the Parents Advice Centre in Whitechapel.

The parents have been busy gaining valuable experience either in the classroom or behind the scenes at some of the E1 Partnership schools. Here's what they've been up to:



Greg

"I've been busy organising and ensuring the smooth running of the school library at Hague Primary School. Now that its up and running, I hope to gain some classroom experience in Key Stage 1."



Sahera

"I have been enjoying volunteering in the library at William Davis Primary School. I have also been providing support during school trips for all year groups."



Nipa

"I have been volunteering in a Year 3 class at Kobi Nazrul Primary School. The role is interesting and varied – helping the class teacher and teaching assistant with whatever is required."



Rubina

"I've been doing a variety of interesting volunteer roles, from working in early years to running the toy library at William Davis Primary School. I have also started to support a child who has just arrived in the school from overseas."



Jaheda

"I have provided support on school trips and helped out in the school library."



Moriyam

"I've been volunteering at Hague Primary School supporting children in Year 1 with their learning. I have also been helping out with playground duty, trips and reading."



Mercedes

"I volunteered in the Early Years at Thomas Buxton Primary School. I especially enjoyed helping with creative activities and maths."



Sofia

"I have always wanted to work in special educational needs and my dream has come true. I am now providing one-to-one support for a child who in on the autistic spectrum."

New partnership provides additional volunteers

The pandemic has led many parents to reflect on their career aspirations or to consider volunteering in school as a way to gain useful experience and contribute to learning.

“

The volunteers bring a great skill set and understanding to their placements and really add value to our schools.



Lorraine Flanagan
Headteacher
Thomas Buxton Primary
School

”

Schools too have been keen to harness the power of volunteers, especially in the context of the missed learning resulting from the pandemic. Headteachers have recognised the crucial role volunteers can play in learning and how they can add value to their schools.

To meet this increased interest in school volunteers, the Parental Engagement Team have forged a successful new partnership with **Icon College**. The means that together they are able to offer a universal Volunteering in Your Child's School course, open to all parents with children in Tower Hamlets schools. Parents can complete the ten-week, OCN accredited course in July, ready to take up volunteering opportunities in local schools in the autumn.

“

This new partnership with Icon College means we are able help even more parents gain valuable experience and improve their career prospects, while providing local schools with trained volunteers.



Nazia Ahmed
Parental Engagement Team
Practitioner

”



ICON COLLEGE
of Technology and Management

Working towards a fairer food system

PCC member Shazna Hussain has always been passionate about creating a fairer food system and now she has a chance to help create a better local food environment.

She has been recruited as resident researcher on an exciting new project called Food Stories Tower Hamlets. The programme explores the role food plays in our lives and the importance of history, culture and heritage on our food habits.

The programme is based on the St George's Estate in Shadwell and delivered by Wen in partnership with University of Sussex. It aims to make it easier for people to access healthy food and challenges injustice within the current food system.

As a local resident, Shazna hopes to provide some local insight to researchers who are trying to discover some of the barriers to healthy eating local families may be facing.

“

I am looking forward to learning about different cultural dishes and finding out about the obstacles people are facing to provide their families with nutritional meals.



Shazna Hussain

”

To find out more about Food Stories Tower Hamlets visit

www.wen.org.uk/2022/03/29/food-stories-tower-hamlets-towards-a-fairer-food-system



Parents attending the Bow Friendship Afternoon in March



Maths with Dads at Old Palace

Old Palace Primary School welcomed parents back to its first face-to-face parent workshop since the pandemic began. The session called Maths with Dads explored the power of games to stimulate mathematical thinking and develop higher level thinking skills such as problem solving and reasoning.

The dads and male carers were introduced to interactive games and practical activities which enhance classroom learning and reinforce key mathematical concepts. The three-part workshop, delivered by the Parental Engagement Team, also emphasised the importance of language in early mathematical learning.

By the end of the course the dads were more confident in using mathematical vocabulary and providing their children with open-ended learning experiences where they can sort, compare, calculate and describe.

New era of parental partnership at Bow School

This year **Bow Secondary School** is strengthening relationships with its parents with some exciting new partnerships including one with the Parental Engagement Team. As partners, they have been exploring

innovative ways parents, students and teachers can work together. This builds on the parental engagement work the school did during the pandemic for which the school received the prestigious 'Leading Parent Partnership Award' by Optimus.

They recently held a friendship afternoon for new students and parents at the school. The Parental Engagement Team were on hand to talk to parents and help generate interest in establishing a Parents Forum to help shape the direction of the school. The event also gave new parents the opportunity to speak directly to key staff including the headteacher, senior leaders, subject leaders and SEND coordinators.

“

Parents matter at Bow School. We are actively finding ways to give them the support to help them engage with us and enhance their child's education.

Jim Morris
Assistant Headteacher
Bow School

”

Supporting Marion Richardson families through Standard Assessment Tests (SATs)



Marion Richardson Primary School parents at the SATs information workshop

SATs can be an anxious time for families and it's important that children receive the right support to help them through the week. Parents from **Marion Richardson Primary School** have been discovering what they can do to support their children's well-being in the lead up to, during and after their SATs. By attending a newly developed workshop, created by the Parental Engagement Team, the

Year 2 and Year 6 parents from the school discovered practical ways they can help boost their children's confidence and help them perform at their very best during the exams.

The parents also gained insight into the best revision techniques. They explored how self-quizzing, explaining to others, or practice tests, all methods that have an element of active recall, can be

Exam technique tips

- ✓ Read the whole paper first
- ✓ Answer the questions in any order
- ✓ Answer easy questions first to build confidence
- ✓ Read the question carefully
- ✓ Use the marks to determine how detailed the answer needs to be
- ✓ Repeat key words from the question in your answer
- ✓ Never stay stuck on a question – move on
- ✓ Come back to harder questions later

an effective way to strengthen learning's staying power. They learned how these methods can help embed learning into a child's long-term memory so that they can recall it more easily during the tests.

“

A really important session – full of useful tips for our families.



Rumana
Family Support Practitioner
Marion Richardson Primary School

”

“

The session was so useful. I took so much helpful information from it.



Akhsana
Parent

”

“

The session was so helpful. I can now support my son more effectively.



Noutiya
Parent

”

Five to thrive training for professionals

Five to thrive is a model for understanding how brain development happens in babies and children, and how we can help adults, children and babies to form strong attachments that will encourage healthy development.

Tower Hamlets Council is pleased to present a fully funded training opportunity for local practitioners as an introduction to the knowledge

base around five to thrive and how this framework supports brain development and positive parenting. The training is aimed at anyone supporting families, parents and children.

It includes:

- A 90-minute webinar
- Supporting resources
- An e-learning course
- Opportunity to become a five to thrive champion



For more details and to access a recording of the training email angela.burns@towerhamlets.gov.uk

School Readiness

Children and Family Centre sessions

Children need skills to make sure they are ready when they start school. For example:

- Be able to put on their coat.
- Be able to go to the toilet on their own.
- Be able to focus.
- Be able to feel confident to make friends.
- Be able to explore and learn new things.
- Be able to talk to adults and show how they feel.

Children need to have good routines, have a healthy diet, and get enough sleep. This lets them make the most of this new stage in their life.

Four sessions are provided, each with the following theme

- Toilet training: top tips to help with teaching your child to use the toilet on their own.
- Healthy lifestyle: tips for a healthy diet and everyday life.
- Sleep and routines: making sure they get a good night's sleep and have helpful routines to make the most of their day.
- Learning through play: understanding the importance of play to help children learn and grow.



CONTACT YOUR LOCAL CHILDREN AND FAMILY CENTRE FOR MORE INFORMATION

www.towerhamlets.gov.uk/childrenandfamilycentres



Supporting school transition – Music, DJ and digital summer project for Year 6 pupils

Community Music is one of the UK's original youth and community music organisations, offering a diverse and exciting programme of courses, live events and professional training. This August, it is teaming up with Tower Hamlets Council to host an exciting project for pupils in Year 6.

Participants will learn how to:

- Produce music for video and internet radio
- DJ
- Create videos, podcasts and social media content

No experience or qualifications are needed. Communication skills and creative problem-



solving skills will also be threaded throughout the programme.

Sessions will be run at the Brady Arts Centre, 192-196 Hanbury Street, E1 5HU.

For further details about the course and to sign up, visit www.cmsounds.com/courses
Email: hannah@cmsounds.com
Tel: **020 7377 0621**

Community Music are also offering a similar project for older young people aged 12-25 over the summer holidays. For more information see [page 32](#).

Supporting secondary school transition – Half Moon Next Steps

This summer term Half Moon Theatre will be running its Next Steps project which supports Year 6 students as they transition to secondary school. The project will enable participants to better express themselves, build confidence and develop soft skills including effective communication, presentation, decision-making, taking responsibility and

making a commitment. It also explores wider issues such as bullying, online safety, anti-social behaviour, prejudice/discrimination and friendships.

Pupils will be offered:

- A place on one of Half Moon's after school clubs starting in June (children will be told about the venue closest to school/home)

- A week-long summer school at Half Moon Theatre
- After school clubs when they are in Year 7, and continued support from Half Moon Theatre, if applicable

For more information contact Jen Percy-Edwards at Half Moon Theatre on **07502 279 650** or jen@halfmoon.org.uk

For impartial advice, information and assistance to support children and their families during key points of school transition contact the borough's Transition Support Team.

Email: transitions@towerhamlets.gov.uk

Supporting secondary school transition – Every Child a Cinema Goer

This summer term Rich Mix will be supporting secondary transfer through the Every Child a Cinema Goer project, which brings the experience and appreciation of film to Year 6 classes in Tower Hamlets. Screenings will take place at the Rich Mix cinema in Bethnal Green and are free.

Screenings will take place on the morning of Tuesday 12 July 2022, with three screening slots available. A short discussion and resources will follow the screening to support work with pupils during the last part of primary school and in preparation for their transition into secondary school.

Class bookings are limited and are allocated on a first come, first served basis.

Tuesday 12 July 2022
9.40am, 10am, 10.20am



To book a Year 6 class into a screening contact Tracy Barbe on **020 7846 7066** or **tracy.barbe@richmix.org.uk** with school name, contact details job title, number of children and accompanying adults as well as any access needs which need to be considered.

One of the following films will be selected to view in discussion with Rich Mix:

- Inside Out
- School of Rock
- Toy Story
- Whale Rider

Book a visit to your school: Learn more about the justice system

The rule of law is fundamental to our way of life. Every day thousands of judges make decisions which affect people's lives, yet most people have no idea how the justice system operates.

There is an initiative that seeks to shed some light on the system by having judges visit schools. The scheme, which has proven to be very popular with students,

allows them to ask questions directly to judges and gain an insight into the role of the modern-day judge.

It is hoped that this may inspire students to consider the role of a judge as a career option for themselves. The initiative also provides some useful support materials and resources for schools.

Find out more [here](#).



To request a visit from a judge or magistrate to your school email schools@judiciary.uk

Healthy Start vouchers are now digital

If you are more than ten weeks pregnant or have a child under four, you may be entitled to get help to buy healthy food and milk.

If you are already receiving Healthy Start vouchers, the way you receive them has changed from paper vouchers to a prepaid card.

Whether you are applying for the first time, or previously received paper vouchers, you need to go online to apply for your prepaid card. If your application is successful, you will receive your prepaid card within seven working days.

For more details and to apply visit www.healthystart.nhs.uk

See [page 19](#) for more information on Healthy Start.

Platform to Talk – Let's talk about healthy snacks

Platform to Talk is a safe space for parents to come together, share their experiences and get reliable information. The sessions cover a range of topical issues including family life, parenting and health and wellbeing.

A recent Platform to Talk session gave parents an opportunity to share their thoughts on eating habits and snacking. Parents discovered how by making small changes and swapping unhealthy snacks for healthier alternatives, they can make a real difference to their family's health and wellbeing.

The next Platform to Talk session is on Friday 8 July. For information on how to book see [page 34](#).



Ministry of Food at Swanlea

Parents from **Swanlea Secondary School** have been discovering how cooking from scratch can be good for health and saving money. Parents from the school took part in a cooking course called Ministry of Food, delivered by the Parental Engagement Team. The eight-

week programme, devised by Jamie Oliver, emphasises the health and financial benefits of cooking from scratch.

During the course, parents were encouraged to make small changes to improve the health of their family. Many of the parents reported a change in their cooking and eating habits as they discovered how easy it is to prepare cost-effective, home-cooked meals.

The course introduced the parents to new ingredients and cooking methods while exploring issues such as portion size and mindful eating. Healthy eating principles were a key feature of



the course and parents enjoyed trying out recipes from around the world that were low in salt, sugar and fat.

“

My children are enjoying the food I have learnt about in the class. I will cook every week now and eat less takeaways.

Parent

”

Healthy Start update: a message for professionals who work with families

Healthy Start has changed. Without taking action families in need may stop receiving support to buy healthy food and milk.

Professionals who work with families and organisations can find promotional materials and training, including a 10-minute video explaining the changes [here](#).

What is Healthy Start?

- Healthy Start provides money to buy healthy food and milk
- Pregnant women and children from birth to four years from low-income families are eligible
- Families used to receive paper vouchers, however these have been replaced by a card which can be used in the same way as a bank card
- Everyone who had been receiving paper vouchers must reapply online at: www.healthystart.nhs.uk/how-to-apply
- 25% of eligible families in Tower Hamlets are missing out and this number may rise with the need to reapply
- With the rise in the cost of living this scheme is more important than ever
- It takes less than three minutes to apply. They will need:
 - Name
 - Address
 - National Insurance number
- Families **MUST** call up an automated line (0300 330 2090) to activate their card once received
- If families have not reapplied online, their vouchers would have been stopped from 31 March



Promotion tips for schools and organisations working with families

- You can help families sign up 1:1
- Or signpost to a local Children and Family Centre or Idea Store
- Or parents can speak to a health visitor, midwife or a social prescriber at their GP surgery
- All pregnant, breastfeeding women and children 0-4 in Tower Hamlets can collect free vitamins from a Children and Family Centre
- Please include information in any newsletters, texts, parent apps you use to communicate with families
- Limited physical copies of materials have been shared with partners. If you are a voluntary/ community organisation and would like a poster for your setting, please print or email emma.foord@towerhamlets.gov.uk to arrange for one to be collected from a Children and Family Centre.

MMR vaccine reminder

The MMR vaccine protects against three infections – measles, mumps and rubella. One in ten children under the age of five in England haven't had one or both of their MMR vaccines, which means that measles importations could lead to outbreaks.

Measles can infect around nine out of ten non-immune (those who are unvaccinated or have not previously been infected with the measles virus) people exposed to it and can lead to serious complications. The MMR vaccine is the safest and most effective way for parents and guardians to protect their children against measles, mumps and rubella.

Parents and guardians are being



NHS

Don't let Measles, Mumps and Rubella into your child's world

Protect your child with both doses of the MMR vaccine. Book with your GP or find out more at [nhs.uk/MMR](https://www.nhs.uk/MMR)

MMR vaccines protect Help us help you

encouraged to ensure their children are vaccinated against MMR, and if they can't remember if their child is up to date to check their Red Book (personal child health record).

Parents or guardians of children who are not up to date with

their two doses of MMR vaccine should contact their GP practice to book an appointment. It's never too late to catch up.

Protect your child with both MMR vaccines. Contact your GP practice to book their first or second dose.

Find out more at www.nhs.uk/MMR

Get fit group for Somali men

As summer approaches many of us are keen to get fit. There is a special get fit group for Somali men living in Tower Hamlets. This free, weekly session is open to all fitness levels and is facilitated by a professional trainer. Just drop by any Thursday.

Somali Men's Get Fit Group
Thursdays
10am-11am
Goldman Close
Bethnal Green
E2 6DT



The Healthy Families programme – promoting a healthier lifestyle

Do you want tips on healthy meals and portions? Do you want to help your whole family to be more active? How much you know about hidden sugars? Are you confused by so called healthy branding?

Then join the Healthy Families programme delivered by the Parental Engagement Team.

Sessions include useful tips to make small changes that have a positive impact on family health and wellbeing. They are practical, fun and accessible to all.

If you would like to join a course or make a professional's referral for a parent/carer, email parentalengagement@towerhamlets.gov.uk



Tower Hamlets Parent and Family Support Service Parenting programmes

Parenting programmes are a source of support for all parents and offer an opportunity to share experiences, develop an understanding of child development, build positive relationships and learn to deal with challenging behaviour.

PROGRAMME	AGE RANGE	INFORMATION
Strengthening Families Strengthening Communities (SFSC)	2-18 years	Aims to increase parental self-esteem and confidence and reduce child behavioural difficulties. Five sessions, shortened version adapted for online. Also available in Bengali and Somali. Evening programme in English. Thirteen weekly sessions.
Triple P Teen	12-18 years	For parents to build positive relationships with their teenager or for those who have concerns about problem behaviour, non-cooperation and aggression or wish to prevent behavioural problems from developing. Nine weekly sessions.
Triple P Group	2-11 years	For parents who wish to build positive relationships with their child, increase self-confidence and develop their skills and techniques for dealing with difficult behaviour. Eight weekly sessions.
Triple P Family Transitions	All parents	For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting. Six weekly sessions.
Triple P Online	2-11 years & 12-18 years	An individual online programme for parents to access and complete at their own pace. Practitioner support and guidance to complete the programme is available on request.
Emotional First Aid	All parents	Offers an overview of mental health and wellbeing in relation to parenting. Learn strategies to manage anxieties, identify stress factors, gain a better understanding of ourselves and promote a healthier sense of wellbeing. Six weekly sessions.
Speakeasy	5-18 years	For parents to develop the skills and confidence to talk to their children about growing up, relationships and keeping safe. Explores how Relationship and Sex Education (RSE) is taught in schools and the influence on children from media and peers. Four weekly sessions.
The Parent Factor in ADHD	5-18 years	A programme for parents with children diagnosed with attention deficit hyperactivity disorder (ADHD). The course will cover information to help understand the diagnosis and treatment, strategies to support your child and manage difficult behaviour and how to advocate on your child's behalf within the education system. Nine weekly sessions.

Triple P discussion groups

For parents of children aged 2-11 years

- Encouraging positive behaviour
- Managing fighting and aggression
- Developing good bedtime routines
- Hassle-free mealtimes with children

For parents of children aged 12-18 years

- Coping with teenagers' emotions
- Reducing family conflict
- Getting teenagers to co-operate
- Building teenagers' survival skills

Get in touch

For all inquiries email: [Email: parenting@towerhamlets.gov.uk](mailto:parenting@towerhamlets.gov.uk) Tel: **020 7364 6398**

To book a place or to make a referral download a referral form, scan the QR code or click or visit www.towerhamlets.gov.uk/parentingprogrammes



Join an online parenting session

Parents are invited to join the Parenting Team's positive parenting sessions during the summer term. Pick up some useful parenting tips by attending these online sessions:

- **Dealing with teen emotions**
Wednesday 22 June 2022
10am-12.30pm
- **The importance of parent child relationships**
Friday 24 June 2022
10am-12pm
- **Building teenagers' survival skills**
Wednesday 13 July 2022
10am-12pm

Book your place [here](#).



New online parent support network

Parents who complete a parenting programme may still benefit from additional support and a safe space to share their experiences with other parents.

The Parenting Team have launched a new online support group just for this. Parents will have a chance to meet other parents, boost their wellbeing while picking up even more parenting tips.

Next meeting:

Tuesday 14 June 2022
10am-12.30pm
Delivered online via Zoom

Book your place [here](#).



Support for separated parents – Triple P Family Transitions course

The Parenting Team are delivering a course for separated parents to help with co-parenting strategies. Five weekly sessions will start on **Thursday 16 June 2022, 10am-12.30pm**.

For more information, email parenting@towerhamlets.gov.uk



Let's Talk SEND Updates and Information

Information on previous and upcoming Let's Talk SEND events and updates on the borough's SEND improvement journey can be found on the **Local Offer**.

Introduction

This edition of Let's Talk SEND supplement will look at a few key roles supporting families who have children with SEND, including the role of the SENCO* (Special Educational Needs Coordinator) in school, and the manager of the 14-25 SEN High Needs Service in the local authority shares some insight into her role and the work of her team.

Let us know what you would like to see in our next 'Spotlight On...' as part of the termly Let's Talk SEND supplement. Email parentalengagement@towerhamlets.gov.uk

*SENCOs are also referred to as SENDCOs (Special Educational Needs and Disability Coordinators) in some schools.

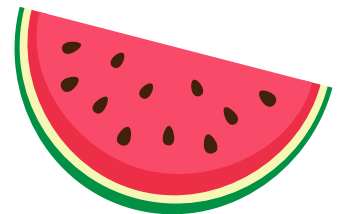
Fun family picnic

Come to the Independent SEND Parents Forum's Fun Family Picnic!

Bring your own picnic and meet other families.

Monday 27 July
12noon-3pm
Mile End Children's Park
Locksley Street, E14 7EJ

Organised by the Independent SEND Parents Forum in co-production with Tower Hamlets Council. Email: thsendforum@gmail.com



Information event

The next Let's Talk SEND information event for parents takes place on **Tuesday 5 July, 4.30-6pm**. It is on the theme of preparing for adulthood.

For more information email TowerHamlets&City.SENDIASS@towerhamlets.gov.uk

Let's meet a SENCO in a Tower Hamlets School

Here we meet Memory Kampiyawo, SENCO at **Langdon Park Secondary School** to share some insight into her professional background and current role supporting families in her school.

“

My SEND career started at **Bishop Challoner Secondary School**



where I worked for seven years as a SEND teacher. Since joining Langdon Park in 2013 I have served as teacher and now as SENCO for six years.

My role is to oversee and coordinate the daily operations of the school's SEND policy as clearly outlined in the SEND Code of Practice 2014. Strategically, I work closely with senior managers and the SEND governor to set targets and prioritise SEND goals in accordance with whole school policy.

As a SENCO, I am proactive and I am consistently planning and thinking about what is best for those pupils who need most support. I work collaboratively with primary schools and other external services such as educational psychology, speech and language therapy, Phoenix outreach and the local authority to ensure that students secure a positive and successful transition into secondary school. This I do through my ongoing work with a local charity, **AFASIC**, that supports children and

young people with speech and language impairments and their families during the summer school programme.

Additionally, I advise my colleagues by ensuring that they have the skills, knowledge and understanding required to provide high quality teaching and learning opportunities for all students.

I organise and oversee targeted and additional interventions to enable students to learn more, remember more and progress further. This includes catch-up literacy, Zones of Regulation, language and communication and social skills among others. The aim of these interventions is to build self-confidence, self-esteem and raise attainment. I encourage and enable SEND students to have a voice through my work with student SEND ambassadors.

I support the school through empowering colleagues by upskilling them to remove barriers to learning. I ensure the graduated approach is effectively implemented before assuming any student has SEND thereby improving how we identify students that may require additional support or evaluating the support that is already in place.

I am an advocate for the students and parents with or without SEND. I ensure as a school we build positive, trusting partnerships with all stakeholders which include students, parents/carers as well as other external professionals to meet students' outcomes.

What is a SENCO?

A SENCO (or SENDCO) is responsible for the day-to-day operation of the school's SEN policy.

A SENCO is a qualified teacher who has had extra training about SEND. They arrange all the extra support for children and young people with SEND.

Their job is to:

- put the setting's SEND policy into effect on a daily basis
- help staff to support children with SEND
- work with parents to help their child
- work with local council support services
- work with other professionals e.g. in health services

Where do SENCOs work?

All mainstream schools and nursery schools must have a SENCO.

I have organised and coordinated support sessions such as SEND awareness days, SEND empowerment sessions and coffee mornings. Langdon Park now has SEND Parent Heroes whose vision is to encourage and empower other parents and safeguard the education of all students particularly those with SEND."

Memory Kampiyawo
SENCO and Head of Faculty
Langdon Park Secondary School



Langdon Park School parents, staff with Tower Hamlets SEND Parent and Young People Ambassadors, SENDIASS staff and other partners at the recent SEND Awareness Day

SEND Awareness Day at Langdon Park

Parental Engagement, improving partnerships

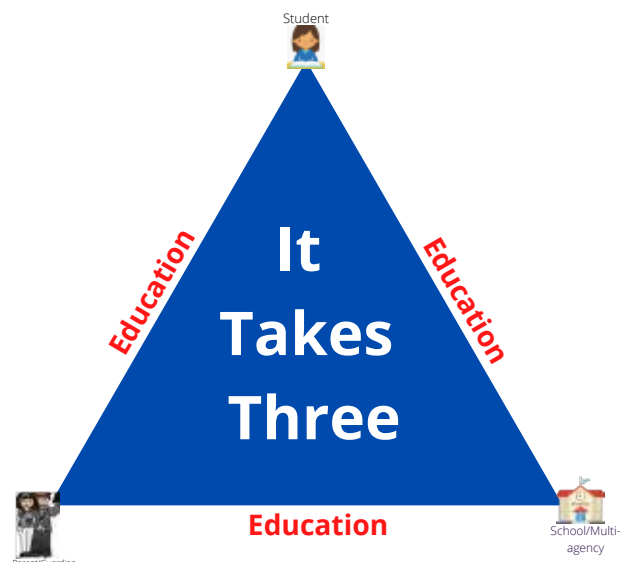
In March, **Langdon Park School** (LPS) held their annual SEND Awareness Day with the aim to ensure all parents, and particularly those whose children have additional needs, are engaged with the school in every way they can.

Memory Kampiyawo commented:

"As the SENCO at Langdon Park, I am very proud of our parents' enthusiasm and willingness. The day was well attended. We introduced our LPS Parent SEND Heroes to the school community and the day was supported by the borough's SEND Parent and Young People Ambassadors who were amazing. I hope they can attend our next coffee morning.

Our vision is to ensure all parents are empowered, engaged and supported."

Effective Partnerships



Many thanks to Memory for sharing the infographic above. She uses this to encourage parents to engage with the school and share the importance of working in partnership to support their child's learning and education experience.

If you would like the SEND Parent Ambassadors to visit your school coffee morning or event visit the **SENDIASS website**. For the SEND Young People Ambassadors email **towerhamlets&city.SENDIASS@towerhamlets.gov.uk**

Introduction to the SEN 14-25 High Needs Service



“ I am Tina Sode and I currently manage the 14-25 SEN and High Needs Service. I have worked in the field of education in east London for 34 years, 22 of which have been in Tower Hamlets.

I started work as a lecturer at Tower Hamlets College (now New City College) in September 2000 and was a Head of Faculty when I left nine years later to join the council. My first role in Tower Hamlets Council centred on supporting children and young people in schools, colleges and alternative provision who had a learning difficulty or disability (LLDD), displayed challenging behaviour, were disengaged from education or completely NEET (Not in Education,

Employment or Training).

In my current role, I manage the 14-25 team who also work with vulnerable children and young people. Whilst this cohort differs because they all hold Education, Health and Care Plans (EHCPs), the challenges and barriers they face and the intense support from multiple agencies they require, is similar.

The role of the team is to ensure young people with SEND get the advice, support and services they need to live a full adult life. This advice and support begins from the moment the young person is assessed for an EHCP and follows them right through until they transition into higher education, employment or adult care services.

Many young people have appropriately informed us that they want to have access to the same opportunities as young people in mainstream education and training. Therefore, the 14-25 team have developed a range of supported internships, commissioned apprenticeship places and arranged work experience opportunities in order

to prepare and support young people into work.

The 14-25 team also facilitate opportunities and support young people, their families, health and care agencies and education and training providers to find solutions that enable young people to become independent and self-reliant, to develop and maintain relationships, to access their community and feel safe, and to confidently manage their own health and wellbeing.

The journey to adulthood marks a tumultuous time for most young people and can often be more intense for young people with SEND. As such, the local authority are keen to ensure we get the Preparing for Adulthood (PFA) agenda right. We are currently carrying out an audit of the way in which we prepare our children and young people with SEND for adulthood. If you would like to be involved in this audit please contact me.”

Tina Sode
14-25 SEN and High Needs Service Manager
 Email: tina.sode@towerhamlets.gov.uk

SEND transition event

The recent SEND transition event at the Brady Arts Centre was a great success.

The annual event was attended by more than 70 parents and carers who found out more about primary to secondary school transition for children with an Education Health and Care Plan.

The session included presentations from Jenny Miller, Manager of the SEND Information, Advice and Support Service (SEND IASS), John O'Shea, Head of the Special Educational Needs Service and Holly Barker and Aileen Warren from the Independent Travel Training Team.



For further information or support visit www.towerhamletsandcitysendiass.com

SEND support group for parents

Would you like to meet other parents of children with SEND, share your experiences, pick up some useful information and hear some interesting guest speakers? Then come along to the fortnightly SEND support group for parents, facilitated by the SEND Information, Advice and Support Service (IASS).

Thursdays
16, 30 June
14 July
8, 22 September
10am-12pm
Parents Advice Centre
30 Greatorex Street, E1 5NP



Tower Hamlets and City
SEND IASS



SEND Support Group

- Come and meet other parents
- Share information
- Younger children welcome
- Monthly guest speakers



For more details email towerhamlets&city.SENDIASS@towerhamlets.gov.uk or call **020 7364 6489**

Tower Hamlets Independent SEND Parents Forum

The Tower Hamlets Independent SEND Parents Forum is pan-disability. Members work with families and professionals from the council and health services to ensure the views of parents, carers and young people contribute to the design and delivery of services.



Make sure your voice counts! Have your say!

Education
 Health and
 Care Plans
 (EHCP)

Transport

Health and
 social care

Short
 breaks

Education

Transition

Post 16

and much more.

Join other parents and carers of children and young people with SEND (0-25 years) for coffee and talk about the issues that are important to you. For more information, email thesendforum@gmail.com, call 07498 573872 or find us on Twitter @ThsendF.

www.thesendforum.co.uk

**Get in touch for
 new and exciting
 events planned
 for this summer!**

Festival of Communities 2022

The Festival of Communities is returning to Tower Hamlets. The festival, hosted by Queen Mary University of London in partnership with local organisations, will feature fun activities and workshops that showcase local research, creativity, and community initiatives. There will also be free face painting, henna tattooing, balloon modelling, food stalls and more.

Saturday 11 June 2022

11.30am-4.30pm

Stepney Green Park

Sunday 12 June 2022

11.30am-4.30pm

Queen Mary Mile End Campus

To find out more visit

www.qmul.ac.uk/festival



Join the Hilarity Academy

The Hilarity Academy is a free, fun space for children and young people (7-18 years old) to learn the skill of making people laugh. Workshops include lessons on how to tell jokes, create sketches, write stand up material and clowning. The project, which is funded by Children in Need and led by professional comedians, holds workshops every Monday after school.

Summer term Hilarity Academy runs until Monday 4 July 2022.

Juniors:

3.45pm-5pm

Seniors:

5pm-6.30pm

Chapel at St Margaret's House, 21 Old Ford Road, E2 9PL

For more details or to sign up email hilarity@stmargarethouse.org.uk



Need childcare over the summer holiday?

The next Tower Hamlets Holiday Childcare Scheme takes place:

**Monday 25 July to
Friday 22 August 2022**
Malmesbury Primary School
Coborn Street, E3 2AB

For booking opening and closing dates, and to view the scheme's informative newsletters and activity plans for each age group, visit www.towerhamlets.gov.uk/hcs



“

I really enjoy lots of football and I ride bikes with my friends. I have so much fun with them.

Kevin, age 6

”

“

Without this childcare scheme I wouldn't be able to work during the school holidays. No other scheme will accept children with extra needs with the inclusion that this scheme does.

Parent

”

“

This scheme and its staff truly make a massive difference to my family and our quality of life. Joseph and his team are amazing.

Parent

”

Have your say on childcare

Tower Hamlets is starting a project with the aim of improving childcare across the borough. Premier Advisory Group (PAG), which has significant experience of undertaking childcare sufficiency assessments, has been commissioned by the council to:

- Investigate whether there are a sufficient number of accessible and affordable childcare places in the borough, with specific focus on the availability of funded-entitlements
- Consult on the impact

COVID-19 has had on families' working patterns, as well as how they access childcare

- Better understand the experience of parents/carers who have children with special educational needs or disabilities (SEND) in terms of finding and accessing childcare, as well as the barriers they face

The consultation with parents aims to gather opinions on how the council can improve childcare in the borough. An online survey to collect views will be released in June.

There will also be online, and in-person focus groups for parents/carers commencing the week of 20 June. If you are interested in taking part in one of these focus groups, arranging a group of parents you work with to attend or require further information email jack.pricedarbyshire@premieradvisory.co.uk

This topic will also be discussed at the next **Parent and Carer Council** meeting. For more details on how to book your place, see [page 8](#).

National Play Day

Wednesday 3 August 2022

Playday is the national day for play, celebrated each year across the UK on the first Wednesday in August. Playday 2022 will be celebrated on Wednesday 3 August.

The theme for this year's Playday is 'All to play for – building play opportunities for all children'.

This year's theme aims to highlight that play is for everyone. Play happens everywhere, every day, and is the right of every child and young person.

Following the challenges children and young people have faced over the past two years due to the pandemic, play is more important than ever.

www.playday.org.uk

Why play is important

- Play is essential for children and young people's physical and mental health
- Play allows children and young people to make friends, develop relationships and have fun together
- Play enables children and young people to feel connected to their communities, leading to happier communities for all
- Play has an important role in helping children and young people to cope with stress and anxiety, deal with challenges, and make sense of what's happening around them



For information on the borough's playgrounds and inclusive play for all families visit the council [website](#). Remember to visit the **Local Offer** for summer holiday activity ideas. Information on the Summer Holiday Activities and Food programme for the summer holiday period can also be found on **page 6** and at www.towerhamlets.gov.uk/haf

SUMMER OF FUN 2022

Get creative, get active

Don't miss out on our great range of activities this summer in parks, open spaces and venues across the borough.

For a full list of activities and events visit www.towerhamlets.gov.uk/summerevents

FREE





A recent training cohort at Toyhouse

Fun ways to develop early learning via community toy libraries

Forty years ago, the first community toy library opened in Shadwell, bringing together pre-school aged children and parents, providing opportunities for shared, playful learning both in the toy library and at home. Over decades, locations climbed to nearly 50 – one in buggy pushing distance for every resident. Librarians were often local parent volunteers, trained and supported by Toyhouse and funded by Tower Hamlets Council – a wonderful example of grassroots empowerment and peer support.

Since 2010 many factors have led to the reduction of toy library numbers, with fewer parents actively engaging in early learning through social play with

their pre-school children.

The pandemic then abruptly closed all remaining libraries for over 12 months.

Through a short-term Save the Children funded 'Innovation' grant, Toyhouse has been working with toy libraries based at six Bethnal Green schools, as well as Early Years advisory teacher support to re-launch sessions.

The aim

Toyhouse aims to build the rationale to secure new funding – provide evidence demonstrating regular active toy library involvement builds language and playful social engagement. Borrowing toys



also increases play and fosters learning at home during the week. The whole family can contribute to the early learning of their youngest children, richly equipping them with the knowledge and skills they need to begin school life with confidence.

www.toyhouse.org.uk

Somali Network parents get revision tips

The Somali Parents and Carers Network group provides an opportunity for Somali parents to come together, share their experiences, pick up useful information and hear some inspirational guest speakers.

As exam season approached, the parents from the network were keen to know how they could best support their children with exams and revision. In response, the Parental Engagement Team delivered a timely session entitled *Revise Wise*.

The session, delivered as part of April's Somali Network meeting, explored ways parents can help their children to avoid last

minute cramming and instead to develop good learning habits like revision.

Based on the very latest research, the session re-assessed some of the most common revision methods and looked at ways they could be up-graded so that they become even more effective. The parents discovered how revision alone is not enough and how good exam technique is also crucial for exam success.

Book a place at the next Somali Parents and Carers Network. See the parent events calendar on **page 34**.

“

The parents from the Somali Network found the session so useful and are better able to support their children with revision and exams as a result.



Zahra Jama
Senior Parenting Practitioner,
Parental Engagement Team

”

Community Music Summer Music Scheme

Free and creative digital skills training is on offer to young people this summer with ReCharge Summer 22. Community Music has teamed up with Tower Hamlets Council to host an exciting opportunity for those aged from 12-25 years for four weeks during August.

No experience or qualifications are needed, and the training will cover sound and video production, content creation,

music for video and internet radio production skills.

Communication skills and creative problem-solving skills will be threaded throughout the programme.

There will also be sessions run by music industry professionals to discuss employment opportunities in the creative industries and how best to access them. This is a great way to be creative, develop a digital

portfolio, be inspired and be positive!

Sessions will be run at the Brady Arts Centre, 192-196 Hanbury Street, E1 5HU.

For further details about the course and how to sign up, visit www.cmsounds.com/courses

Email: hannah@cmsounds.com
Tel: **020 7377 0621**

Support for Ukrainian Families

For information on the support



available for Ukrainian families who have recently arrived in the borough, including information on the Barnardo's Ukrainian Support Helpline, visit the Tower Hamlets [website](#).

Refugee Support Team duty line goes live

The borough's Refugee Support Team now has a dedicated duty support telephone line. Tel: **020 7364 1371**

A duty worker will be available to answer calls Monday to Friday, 9am-12noon from Monday 13 June.

The duty line also has a voicemail for messages outside the duty line's current hours and the team hopes to increase capacity in the future.

For more information email Elka Popova, manager of the Refugee Support Team, elka.popova@towerhamlets.gov.uk

Training and events calendar

Induction to other agencies

These are bite-sized sessions that introduce professionals to a range of organisations that can help in your work with families. To book your session visit the [Learning Hub](#) and enter 'Induction to other agencies' in the search bar.

DATE/TIME	DESCRIPTION
Friday 24 June 2022 10-11am	Induction to Barnardo's Advocacy Service and Compass Safe East Compass Safe East is the main provision in the borough for young people who want to change their drug and alcohol use. This induction also provides an overview of other services they offer including support around sexual health as well as the advocacy services that Barnardo's offers including referral pathways. This session is particularly relevant for those working with children who are looked after.
Tuesdays 28 June 26 July 30 August 27 September 2-3.30pm	Induction to Eva Armsby Family Centre An overview of the centre's three main areas of work – the Positive Change Service (working with those affected by domestic abuse), the Parenting Assessment Service and the Contact Service.
Thursday 30 June 10.30-11.30am	Induction to Maternity Mates and Family Nurse Partnership An overview of how Maternity Mates can support women who don't have a support network or have specific needs/health care issues through their pregnancy, labour and in the first few weeks after birth. Also an overview of how the Family Nurse Partnership can support young first time mothers from the early stages of pregnancy up to the child's second birthday (depending on need).

For more information, contact Marie Larvin. Email: marie.larvin@towerhamlets.gov.uk

Parental engagement information and training for professionals

DATE/TIME	DESCRIPTION
Wednesday 21 September 10am-11.30am	Parental Engagement – Professionals Network Meeting (delivered virtually) The Parental Engagement Network provides an opportunity for all staff working with parents in school to share experiences and strategies to better engage parents in their child's learning, development and school life. The meetings include key themes and topics and local and national updates to support your work. To book your place, email parentalengagement@towerhamlets.gov.uk
Tuesday 11 October 10.30am-12noon	Parenting Programmes – Advice and Support Sessions for Professionals (delivered virtually) The sessions provide an overview of parenting programmes and the advice and support available to parents and carers from the Tower Hamlets Parenting Team. Sessions are currently delivered via MS Teams. All places need to be booked via the LBTH Learning Hub, click here . Sessions are also open to community partners. For more information email parenting@towerhamlets.gov.uk

For more information or to book a place,
Email: parentalengagement@towerhamlets.gov.uk Tel: **020 7364 6398**
All places will be confirmed one week before the course/session.
Late or no notice of cancellation may result in a charge to your school or setting.

Parental engagement/participation dates and events for parents

DATE/TIME	DESCRIPTION
Fridays 10 June 8 July 10-11.30am	Platform to Talk Virtual Workshops These virtual sessions cover a range of topical issues from health and wellbeing to family life, parenting, school and more. To book you place, click here . Email: parentalengagement@towerhamlets.gov.uk
Saturday 2 July 10.30am-1.30pm	Parent and Carer Council Virtual Meeting The borough's main family forum and key consultation vehicle to support borough-wide consultation with parents and carers. www.towerhamlets.gov.uk/parentcouncil
Tuesday 21 June 18 July 11am-1pm	Somali Parents and Carers Network Virtual Meetings The network meets monthly and provides opportunities for Somali parents and carers to discuss key issues around education and health and wellbeing, to get information and to hear from guest speakers. To book your place, click here . Email: parentalengagement@towerhamlets.gov.uk
Thursdays 16, 30 June 14 July 8, 22 September Term time only 10am-12noon	SEND Parent Support Group The group offers parents and carers of children or young people with additional needs/ disabilities support and information around key themes/relevant issues and an opportunity to meet other parents and carers of children with SEND. To find out more email: TowerHamletsCity.SENDIASS@towerhamlets.gov.uk
Tuesday 5 July 4.30-6pm	Let's Talk SEND: Information Sessions for Families An opportunity for parents and carers of children and young people with SEND to hear from senior leaders about the Local Area SEND system and find out more about plans following the SEND Local Area Inspection. Parents and carers can also share their experiences to help improve communication throughout the SEND system. Parents of children on SEN support or with an Education, Health and Care Plan are welcome to attend. The July meeting's theme is Preparing for Adulthood . For more information contact: Family Information Service Tel: 020 7364 6495 Email: TowerHamlets&City.SENDIASS@towerhamlets.gov.uk

For more information contact the Parental Engagement Team on **020 7364 6398**
or email parentalengagement@towerhamlets.gov.uk

Families Matter

Bitesize E-bulletin

Sign up [here](#).



Useful contacts

The Tackling Poverty team have pulled together some contacts to support your work with families.

ORGANISATION	TELEPHONE ADVICE	EMAIL
Account 3	020 7739 7720	admin@account3.org.uk
Age UK	020 8981 7124	info@ageukeastlondon.org.uk
Apasen	020 7001 2266	syeda.ara@apasen.org.uk
Bromley by Bow Centre	020 8709 9757 020 8709 9745	advice@bbbc.org.uk
Carers Centre Tower Hamlets	020 7709 1765	enquiries@ccth.org.uk
Citizens Advice Bureau	0203 855 4472	advice@eastendcab.org.uk
DeafPlus	077 4570 8878 (Text only)	aiysha.begum@deafplus.org
Fair Finance	020 3475 8811	info@fairmoneyadvice.co.uk
Financial Health Centre	020 7364 2200	fhc@thh.org.uk
Island Advice Centre	020 7987 9379	admin@island-advice.org.uk
Legal Advice Centre	020 3606 0372	admin@legaladvicecentre.london
Limehouse Project	020 7538 0075	info@limehouseproject.org.uk
Mind in Tower Hamlets and Newham	020 7510 1081	info@mithn.org.uk
Ocean Somali Community Centre	020 7749 7608 (Wednesday 2-4pm) 020 7749 7605 (Thursday 10am-12.30pm)	abdi@oceansomali.org.uk
Praxis (support and advice for migrants and refugees)		admin@praxis.org.uk
Positive East	020 7791 2855	talktome@positiveeast.org.uk
St Hildas	020 7739 8066 (Monday-Thursday, 10am-2pm)	alaya@sthildas.org.uk
St Peter	020 7729 1036	stpetersba@live.co.uk
Stifford Centre	020 7790 3632	info@stifford.org.uk
Tower Hamlets Law Centre	020 7538 4909	info@thlc.co.uk
Tower Hamlets Resident Support Outreach Service	020 7364 7010	LBTHResidentSupport@towerhamlets.gov.uk
Toynbee	020 7392 2953	advice@toynbeehall.org.uk

Your guide to information and services for families in Tower Hamlets

LOCAL OFFER
 [@thlocaloffer](https://twitter.com/thlocaloffer)  localoffertowerhamlets.co.uk



Guide to information and services in Tower Hamlets for children and young people with Special Educational Needs and Disabilities (SEND) and **all** families in the borough