

Keyworth Primary School Newsletter



Keyworth Primary School

Part of The Gem Federation

www.thegemfederation.co.uk

Address: Faunce Street, London, SE17 3TR

Email: keyworth@gemfed.co.uk

Telephone: 020 7 735 1701

Executive Headteacher: Sarah Beard

Head of School: Ray Capper

Friday 19th April 2024

Term Dates 2023-2024

September 2023						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
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October 2023						
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November 2023						
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December 2023						
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January 2024						
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February 2024						
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March 2024						
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April 2024						
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29	30					

May 2024						
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June 2024						
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July 2024						
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29	30	31				

August 2024						
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26	27	28	29	30	31	

School Holidays

INSET Days

Tutorial Day

Bank Holidays

Polling Day

Important dates for your diary

Event - Summer term 1	
15.04.24	INSET day
16.04.24	Children return
23.04.24	Nursery reading and moving workshop at 2:00pm
02.05.24	Polling day - school closed to children
03.05.24	Class photos
06.05.24	Bank holiday - school closed to children
13.05.24 - 16.05.24	KS2 SATs week
24.05.24	Last day of the half-term

Celebrations

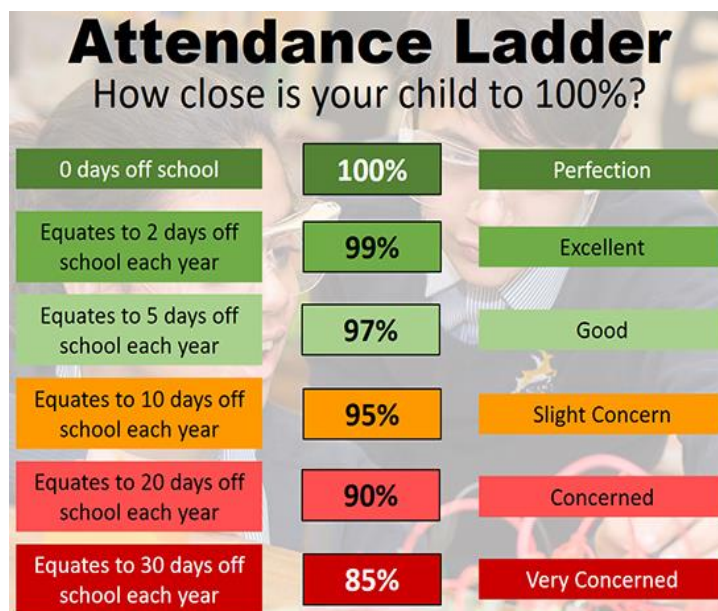
Class	Star of the Week	Writer of the Week	Mathematician of the Week	Reader of the Week	Presenter of the Week
RCJ	Kevin	Freddie	Felicia	Ali	
1AJ	Raed	Freddie	Jaiden	Anna	Wendy
1HE	Ionie	Emily	Olamilekan	Savannah	Saint
2PH	Zanetor	Sofia	Reuben	Ava-Maria	Evazi
2ER	Sebi	Josiah	Mabrukah	Shahid	Jasmine

Class	Star of the Week	Writer of the Week	Mathematician of the Week	Presenter of the Week
3MR	Alayna & Luky	Muhammad	Idris	Abib
3GC	Elijalyn	Sebastian	Malik	Jase
4AB	Kieron	Arsema	Sophia	Denzel
4EB	Gibril	Petr	Eymen & Tilly	Jade
5BH	Adrian	Genesis	Sammy	Meriem
5AA	Forry	Kymani	Elijah	Jandira
6MV	Dylan	Kiara	Millie	Jeremiah
6CS	Bazeet	Randa	Kenza	Taqwa

This week's gem winners are....	Diamonds
This week's treasure chest winners are...	2ER 3MR

Attendance

Class	Attendance
RCJ	93.96
1AJ	94.75
1HE	95.62
2PH	96.31
2ER	92.86
3MR	94.67
3GC	96.68
4AB	95.04
4EB	94.68
5BH	93.62
5AA	95.96
6MV	95.09
6CS	95.08
Whole school	94.65
School average (year)	94.77%
National average (year)	93.1%
School target	96%



This week's attendance winners are **3GC**

Classes with the best attendance this term so far...

1st	2nd	3rd
3GC 97.31	4AB 95.54	2PH 95.43

Latest News

Moments Matter, Attendance Counts

As we start the new term, I thought that I would remind families of the importance of regular school attendance and good punctuality to school. Below are some facts shared by The Department for Education:

Attendance: the top facts to know & share

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

The link between attendance and attainment is clear:

- In 2018/19, **just 40% of persistently absent (PA) children in KS2 achieved expected KS2 standards**, compared with 84% of pupils who regularly attended school.
- **36% of PA children in KS4 got 9 to 4 in their English and maths GCSEs**, compared with 84% of regular attenders.¹

And it's never too late to benefit from good attendance:

- **More than half (54%) of pupils who were PA in Year 10 and then rarely absent in Year 11, passed at least 5 GCSEs**, compared to 36% of pupils who were persistently absent in both years.²

But attendance is important for more than just attainment:

- Regular school attendance can facilitate **positive peer relationships**, which is a **protective factor for mental health and wellbeing**.³

Attendance in the first week of school in September sets up attendance throughout the year (and it's time to start preparing for back to school now):

- Evidence from a Children's Commissioner report showed that children who miss one of the first few days of the new term for unauthorised reasons are much more likely to miss long periods of their schooling than their peers who attended those first few days. These children had a predicted overall absence of almost 45%, or 31 days across the term.⁴
- In the 2022/23 academic year, of those who had at least one day of absence in the first week of term, 55.5% went on to be persistently absent.⁵

1: [The link between absence and attainment at KS2 and KS4, Academic year 2018/19 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](#)

2: [Missing Children, Missing Grades | Children's Commissioner for England \(childrenscommissioner.gov.uk\)](#)

3: [Mental Health and Attendance at School \(Chapter 1\) - Mental Health and Attendance at School \(cambridge.org\)](#)

4: [Let's get ready for September | Children's Commissioner for England \(childrenscommissioner.gov.uk\)](#)

5: [Pupil attendance in schools, Week 8 2024 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](#)

The national average for school attendance for the academic year is currently 93.1%. At Keyworth, this figure is currently 94.77%.

Although Keyworth appears to be performing well, we need to do better as over 5% of school days are missed due to absence.

The main reasons for absences at Keyworth are:

- **Unauthorised term-time holidays and/or extended trips abroad** - as a reminder, I will only authorise a few days in an exceptional circumstance and if a child has excellent attendance to school for the academic year. Unauthorised term-time holidays and/or extended trips may be reported to the Local Authority, particularly when a child already has poor attendance;
- **Children who are persistently absent** and have attendance below 90% (missing at least 1 month of school in an academic year).

**Please support your child/ren
by encouraging regular
attendance to school.**

Support for families with attendance - NHS school illness guidance

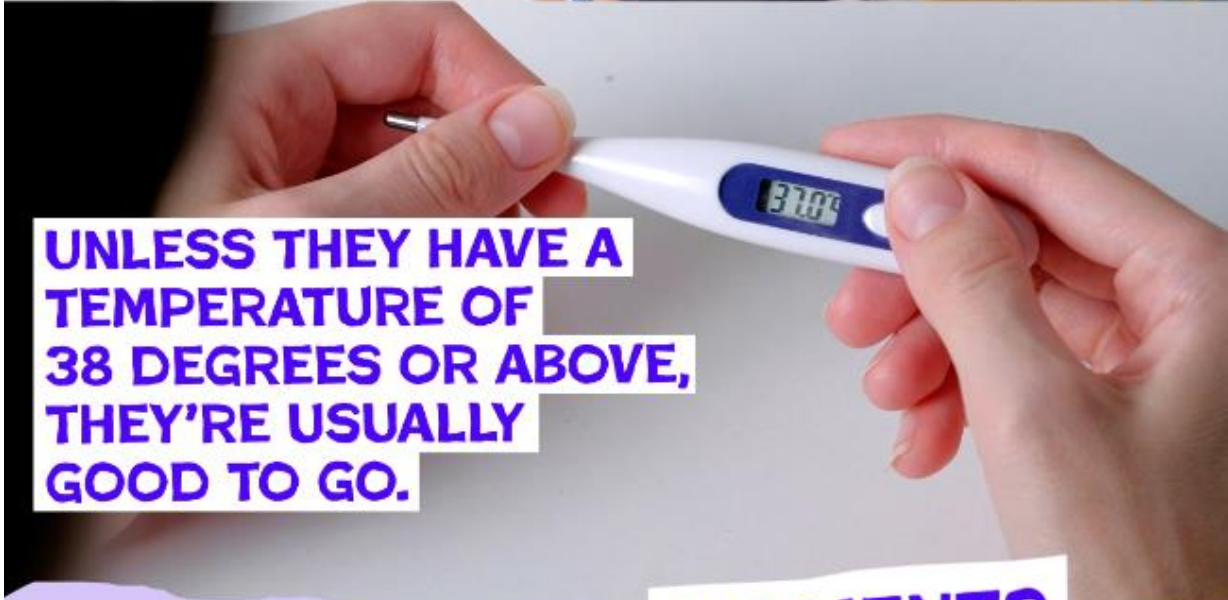
With there being over 400 children and staff at Keyworth, illnesses can spread easily and quickly. However, sometimes there is misinformation as to how parents/carers and schools should respond to incidents of illnesses. Below is a link from the NHS with information for parents/carers about a variety of illnesses and necessary actions to take:

[NHS - is my child too ill for school?](#)



**IF YOUR CHILD IS
FEELING UNDER
THE WEATHER,**

**IT CAN BE HARD
TO KNOW IF YOU
SHOULD SEND
THEM TO SCHOOL
OR NOT.**



**UNLESS THEY HAVE A
TEMPERATURE OF
38 DEGREES OR ABOVE,
THEY'RE USUALLY
GOOD TO GO.**

**SEARCH NHS SCHOOL
ILLNESS GUIDANCE.**



HM Government



**MOMENTS
MATTER,**

**ATTENDANCE
COUNTS.**

Emotion coaching for parents/carers - message from Lori

We are excited to announce an upcoming Emotion Coaching Workshop facilitated by educational psychologist Lucy Stone. Emotion coaching is a valuable skill that empowers parents and caregivers to support their children's emotional development effectively.

During this workshop, you will learn practical strategies for understanding and managing children's emotions, fostering resilience, and strengthening parent-child relationships.

Spaces for this workshop are limited, so we encourage you to express your interest and secure your place by contacting Lori Knight via email at lknight@gemfed.co.uk. Please provide your name and contact information to confirm your attendance.

**EMOTION
COACHING
WORKSHOP**

A 1 hour introductory workshop about 'Emotion Coaching'.
MONDAY 29TH APRIL
9-10AM, Keyworth Primary School

Learn about "Emotion Coaching" and how you can support your children
children to understand and regulate their emotions.

Dr Lucy Stone, Educational Psychologist

Keyworth Friends' Easter treats sale

Thank you to everyone who organised, volunteered and/or supported Keyworth Friends' Easter treats sale. Without parental support, we are unable to raise much needed funds for school initiatives. We will need parents/carers to volunteer for future events, including the summer fair, so it would be great if as many of you can offer your time to the school and your children.



Sports club provision - Summer 2024

Before the school holiday, parents/carers were sent details of the summer afterschool sport provision offer. **There are limited spaces left so please use your Magicbooking account to check what is still available and to book your child a place.**

As a reminder, please complete the survey shared by Sarah in relation to Keyworth increasing our provision to include additional paid clubs.

Monday	Tuesday	Wednesday	Thursday	Friday
KSI Ball Skills	KS2 Basketball	KS2 Rounders	KS2 Football	Girls' Football
	Y4/5/6 Musical Theatre (Aimee)		Tennis (Beth)	KSI Athletics

After school club provision - message from Sarah

We would like to increase the number of activity clubs we provide after school. We will continue to provide free outdoor sports clubs as we receive funding from the DFE via the sports premium. We also believe that exercise and movement are vital to wellbeing.

We would like to offer a more varied menu of activities but unfortunately, we will need to charge for these because of budgetary restraints.

Please complete the below survey so we can begin to create a picture of what the community would like and how much would be a realistic cost for families to afford:

<https://forms.gle/hDEtXzvg72xiuSUB6>

Nursery parent/carer workshop

All parents/carers of Nursery children are invited to a reading and moving workshop on **Tuesday 23rd April at 2:00pm**. Parents/carers should go to the office via Faunce Street.

Class photos

Class photos will take place on **Friday 3rd May**.

Keyworth social media - X

As a reminder, Keyworth is on the social media platform X. You can follow the school via our website or by using the link below:

[Keyworth Primary School - X](#)

Spring term gem winners prizes

Our years 1 to 3 gem winners had a great time at their “bake and shake” treat. They made and ate pizzas, fruit kebabs and ice cream sundaes, which was then followed by a movie. The children said that they had a great time and wanted to do it again every week!



Year 5 Into University workshop

IntoUniversity provides local learning centres where young people are inspired to achieve. Year 5 enjoyed a “what is a university?” workshop with IntoUniversity Kennington and then a follow-up workshop around the theme of space.



Year 1 visit The London Eye

Year 1 finished their History topic 'bright lights, big city' with views from the London Eye to compare London in the past to London now.



Support for families 1 - Google Family Link

Google Family Link is an app with an aim of helping to keep your family safe online.

Family Link provides tools that respect families' individual choices with technology, helping them create healthy, positive digital habits. With easy-to-use tools, you can understand how your child is spending time on their device, share location, manage privacy settings, and find the right balance for your family. Further information can be found by clicking on the link below:

[Google Family Link](#)

Support for families 2 - Southwark Family Early Help offer

At the end of this newsletter is a list of Southwark's Family Early Help offer, which includes a range of supports for parents/carers and their families.



Stronger Relationships Online Course

For parents and other adult carers
living together or apart



- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion



Information on
strategies to identify
and reduce arguments



Hear from other
parents and carers



Downloadable
worksheets and
handouts



Videos, quizzes and
interactive activities



Do sessions at a time
that works for you



Weekly support from
our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

sfscparent@racefound.org.uk

www.strengthening-families.net

strengthening
families
strengthening
communities

Support for families 3 - parent/carer workshops

Parent / Carer Workshops Online

Thursdays 1pm - 2pm

MARCH 7 Talking to Teens	APRIL 18 Working with Difference	MAY 9 Online Safety & Social Media
JUNE 6 Sleep Hygiene for Teens	JULY 4 Transitions to Secondary school	SEPTEMBER 12 CBT & Anxiety
OCTOBER 3 CBT & Low Mood	NOVEMBER 7 Self Esteem	For more information, please contact rebecca.skinner@groundwork.org.uk or rosa.kornfein@groundwork.org.uk

These sessions will be held ONLINE

Run by Southwark MHST - Groundwork London

Parent / Carer Workshops at The Nest

Thursdays 6pm - 7:30pm

MARCH 7 Talking to Teens	APRIL 18 Working with Difference	MAY 9 Online Safety & Social Media
JUNE 6 Sleep Hygiene for Teens	JULY 4 Transitions to Secondary school	SEPTEMBER 12 CBT & Anxiety
OCTOBER 3 CBT & Low Mood	NOVEMBER 7 Self Esteem	For more information, please contact rebecca.skinner@groundwork.org.uk or rosa.kornfein@groundwork.org.uk

The Nest, Unit 4, Co-Operative House, Rye Lane, London SE15 4UP

Run by Southwark MHST - Groundwork London

Word of the Week

This week's *Word of the Week* is **identity**. Please discuss its meaning with your child/ren and encourage them to share what they have learned with their teachers in school to receive gems. Do they know the origin? Can they use the word correctly in a sentence? Can they identify and explain the meaning of alternative forms e.g. **identification/identify**. Can they identify any synonyms or antonyms?

Please find below previous words that we have used in school:

Previous words	defensible, corresponded, exaggerated, recommended, determined, hinder, accommodated, controversy, sacrifice, persuade, awkward, thorough, convenient, suggested, harassed, relevant, definite, category, curious, occurrence, conscious, familiar, mischief, apparent
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I would like to wish you and your family a wonderful weekend!

Ray Capper
Head of School



Southwark Council Family Early Help Service Parenting Schedule
May to July 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: Monday 13th May 2024

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: Wednesday 8th May 2024

Time: 10.00am - 12.00pm

Venue: Crawford Children and Family Centre, 5 Crawford Rd, London SE5 9NF

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 7th May 2024

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: Monday 13th May 2024

Time: 10:00am-12:00pm

Venue: Crawford Children's Centre 5 Crawford Rd, London SE5 9NF

OR: -

Start date: Thursday 9th of May 2024

Time: 10:00am-12:00pm

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

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

claire.gager@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 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 0-18 years.

10 weekly sessions

Start date: Friday 3rd May 2024

Time: 10:00am - 12:30pm

Venue: 1st Place Children and Parents 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 or earlyhelp@southwark.gov.uk

Strengthening Families, Strengthening Communities Programme (SFSC) in English

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 6th May 2024

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 - Hybrid

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 6th May 2024

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 10th May 2024

Time: 09:30 - 12:30

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

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: Thursday 9th May 2024.

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

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

Saturday Father's Group, Stay & Play

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

Start date: This stay and play will begin again in May and run every fortnight thereafter.

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) philprobson@1stplace.uk.com or Philip.robson@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

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

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: May 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

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](#)

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.

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:///lbsjsh-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

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/>

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)

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