

Slough's Parenting Offer

Universal - Open to all

Early Intervention- Threshold 2

Targeted/Statutory-Threshold 3 & 4

Age Band	Specialist Area	Programme Web Link	Description	Lead & Contact Details	Support Level
Antenatal/Postnatal					
Antenatal		Midwifery Services www.fhft.nh.uk	<p>If you are pregnant and would like to have your baby at Wexham Park Hospital please complete the online pregnancy notification form</p> <p>www.fhft.nhs.uk/services/maternity/pregnancy-notification-forms/</p> <p>You will be offered appointments with you midwife appointments at 16,28,31,34,36,38,40 and 41 weeks to see either you midwife or GP.</p> <p>Crystal Team midwives: enhanced midwifery care team – for referral discuss this with your midwife at booking appointment.</p>	Wexham Park Hospital Tel: 01753 633000	<p>Universal</p> <p>Early Intervention</p> <p>Targeted</p>
Antenatal & postnatal		Bump Start	<p>Pre-birth to one year post-birth support for Mums. This is an interactive and non-judgemental 6 session course enabling mothers to explore their feelings and concerns over pregnancy and becoming a mum. The course aims to empower mums and give them a better understanding of pregnancy & birth, emotional wellbeing, family relationships, support services and social networks, attachment and infant brain development and caring for a new baby.</p>	Home-Start Slough Tel: 01628 661 029 or office@hsslough.co.uk	<p>Universal</p>
Pre-birth		Family links Antenatal Pre-birth	<p>Supporting parents with bonding & attachment with the new baby and preparing them for family life with a new baby.</p>	Early Help Hub Tel: 01753 476556	<p>Universal</p> <p>Early Intervention</p> <p>Targeted</p>

Antenatal & postnatal		<p>Solihull approach Maternity at Frimley Health and Care https://www.frimleyhealthandcare.org.uk/maternity</p>	<p>This Solihull Approach antenatal online course gives parents practical information about pregnancy and birth, whilst at the same time introducing them to their baby.</p> <p>Features include:</p> <ul style="list-style-type: none"> • Coproduced information from preconception to early parenthood. • Easy access to FHFT clinical guidelines • Signposting to evidence based information and local sources of help and support. • Information about a range of maternity services at both FPH and WPH • Translation into over 100 languages. • Latest news and updates. • Links to social media 	<p>For further information contact Early Help Hub Tel: 01753 476556</p>	<p>Universal</p>
Pre-natal & Post-natal	Mental Health	<p>Best Beginnings online App https://www.bestbeginnings.org.uk/</p>	<p>Nationally developed app- available for free download - developing practical, simple, educational and interactive tools to support parents-to-be and new parents – includes antenatal, postnatal, breastfeeding & mental health support</p>	<p>Online resource</p>	<p>Universal Early Intervention</p>
Antenatal – 5 years		<p>Health Visitor Baby Clinic</p>	<p>Health visitors and school nurses services are integrated into the early help service and are well placed to offer parenting support at the very earliest stages of a child’s life using the evidence based Solihull approach. Available to any family with a child under 5 years living in Slough. Health Visitor are available to support with weigh your baby and answer any question regarding their health and development.</p>	<p>Run by Midwifery & Health Visitors Early Help Hub Tel: 01753 476556</p>	<p>Universal Early Intervention Targeted</p>

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0-8 Years					
		Mums in Mind	<p>Birth to two year post-birth support for mums who are feeling low in mood, anxious, angry and/or experiencing relationship issues. This course provides Mellow Parenting and CBT techniques to help provide an understanding of and ways to manage and cope with their feelings. It also gives opportunities to recognise and change negative thinking habits. The course is limited in numbers of participants to help build confidence and relationships. A professional crèche is provided to give mums space to reflect. Craft activities are provided from the outset which encourage mums to be present and re-focus their</p>	<p>Home-Start Slough</p> <p>Tel: 01628 661 029 or office@hsslough.co.uk</p>	Early Intervention
1-3		Book Start Corner	<p>Book Start Corner is a free, targeted programme aimed at families with children aged 12-30 months who might need extra support to develop a love of stories and rhymes (e.g. families with 2-year-olds eligible for free early education or childcare).</p> <p>Corner is designed for settings that work directly with these families. These are usually children’s centres or family hubs that support child development and parents and carers’ aspirations and skills.</p> <p>The programme is structured around a series of flexible sessions that can be held in various ways to suit both the families and setting’s needs. They are designed to build on the vital work already taking place</p>	<p>Family Information Service</p> <p>Tel: 01753 476589</p>	Early Intervention

1-3		Chatty Monkeys	Specialist Play Group for children with sensory impairment	Early Help Hub Tel: 01753 476556	Early Intervention
3-6		Webster Stratton Pre-school BASIC Parent Programme	The Pre-school BASIC Parenting programme (for parents of children aged 3-6 years) is designed to assist parents in managing children's behaviour problems. This programme includes: play, helping children learn, positive reinforcement, limit setting, non-physical discipline alternatives, problem solving, effective communication skills and supporting children's education.	Early Help Hub Tel: 01753 476556	Universal
0-5		Peep Learning Together	Takes a play and learn approach to develop secure attachment relationships with their babies and children. Targeted 6 week play and learn programme`	Early Help Hub Tel: 01753 476556	Targeted
0-8		Aspects of Parenting	A short course which provides an introduction to managing everyday family issues such challenging behaviour, family relationships, routines and communication. Also delivered in Urdu & Punjabi	Early Help Hub Tel: 01753 476556	Early Intervention
2-4		Holding Hands	A play-based programme where parent and child work together with a professional and behaviour strategies are discussed and reviewed	SEBDOS Tel 01753 521734 Mob:07774 919000 Email: post@littledown.slough.sch.uk	Early Intervention Targeted
0-5	Autism	Early Bird	Appropriate for parents with children with a diagnosis of an autistic spectrum disorder. The Early Bird programme supports parents to help then understand the child's autism and explore ways to develop effective interaction & communication	Family Information Service Tel: 01753 476589	Early Intervention Targeted
5-8	Autism	Early Bird plus	For families whose child has received a later diagnosis of autism (between 4 & 8 years old) and is in Early Bird Plus uses the established Early Bird framework of teaching about autism how to develop communication or manage behaviour	Family Information Service Tel: 01753 476589	Early Intervention Targeted

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8+ Years					
8--12		SEBDOS Parent Group Workshops	Keeping children safe online Getting your child ready for Primary school/Secondary school Understanding children's behaviour and what it tells us How to react to behaviours shown	SEBDOS Tel 01753 521734 Mob:07774 919000 Email: post@littledown.slough.sch.uk	Universal Early Intervention Targeted
0-12		Group Triple P	A broad-based parenting intervention delivered over eight weeks for parents of children up to 12-years. Parents actively participate in a range of exercises to learn about the causes of child behaviour problems, setting specific goals, and using strategies to promote child development, manage misbehaviour, and plan for high-risk situations	SBC Parenting Officer Anji.sidhu@slough.gov.uk	Targeted
12-18	Teenagers	Group Teen Triple P	Workshop for parents wanting to support their teenager's development and potential or they may have concerns about their teenager's behaviour. Parents also learn how to plan around risk-taking behaviour and risky situations	SBC Parenting Officer Anji.sidhu@slough.gov.uk	Targeted
8+	Exploitation Gangs Knife crime Substance misuse	Browns Community Services Rebuild Programme	This programme supports the parents of children who have experienced, or are at risk of, child exploitation. This includes sexual, gang, drug (e.g. county lines) and peer-on-peer exploitation. The project enables parents to work with a Parent Support Worker, as well as to see a specialist trauma counsellor and to attend employment and social media upskilling courses.	SBC Parenting Officer Anji.sidhu@slough.gov.uk	Targeted
8+	Mental Health Anxiety	Browns Community Services The 3Es to Wellbeing Course	A bespoke six week programme which enables parents to look at methods of encouraging positive mental wellbeing. Parents/carers are supported to gain skills that help them cope with the normal stresses of daily life, deal with uncertainty, work productively and be part the local community.	SBC Parenting Officer Anji.sidhu@slough.gov.uk	Early Intervention Targeted
8+	Exploitation Gangs	Browns Community Services #Intheknow	This is a 4-6 week group programme with options to tailor	SBC Parenting Officer	Early Intervention Targeted

	Knife crime Substance misuse Social Media		topics in response to needs identified: For example, Option 1 - supports parents of children who have experienced, or are at risk of, child exploitation. This includes sexual, gang, drug (e.g. county lines) and peer-on-peer exploitation. Option 2- Upskill parents around social media and topics including cyberbullying. Parents develop an understanding of the intricacies of social media and recognise the signs of grooming.	Anjli.sidhu@slough.gov.uk	
8+		Browns Community Services Money Matters course	This is a 4 week programme on budgeting skills to help parents better manage their finances, so they can save, give and prevent debt.	SBC Parenting Officer Anjli.sidhu@slough.gov.uk	Early Intervention Targeted

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All Ages					
All ages		Slough Family Information Service (FIS)	<p>Website offers information on:</p> <p>Support and advice for families with children and young people</p> <p>Childcare for children aged 0-13</p> <p>Financial support and help with childcare costs.</p> <p>Free early education for 2, 3 and 4 year olds</p> <p>Children’s Centres and family services</p> <p>Schools and school-based family services</p> <p>Activities for children, young people aged 0-19 and families</p> <p>The Local Offer including activities and services for children and young people with special educational needs and disabilities (SEND)</p> <p>Adult education and employment</p>	<p>Family Information Service</p> <p>Tel: 01753 476589</p>	<p>Universal</p> <p>Early Intervention</p> <p>Targeted</p>
All Ages		Family Support Group	<p>A tailored programme which can be delivered as a non-judgemental group or directly into the homes of families by our trained volunteers. The aim is to prevent or reduce the emotional stress caused to the children growing up in household which is struggling to cope with the numerous demands of family life. The aim will be to focus on consistent positive parenting techniques, quality families time, positive and warm communication – to build stronger family connections and emotional well-being.</p>	<p>Home-Start Slough</p> <p>Tel: 01628 661 029 or office@hsslough.co.uk</p>	<p>Universal</p> <p>Early Intervention</p>
All Ages	Emotional Wellbeing	Emotional First Aid	<p>For mums who feel overcome with past negative experiences and want to find a better way of coping with their feelings about these. In turn the mums cope better allowing them to be emotionally available for their own children. This 6 session course encourages emotional expression and the development of helpful coping strategies which improve their mental wellbeing.</p>	<p>Home-Start Slough</p> <p>Tel: 01628 661 029 or office@hsslough.co.uk</p>	<p>Early Intervention</p> <p>Targeted</p>

All ages	SEND support	SENDIASS (Special Educational Needs & Disabilities Information Advice & Support Service)	<p>SENDIASS provides free impartial, confidential and accurate information, advice & support about education, health & social care for children, young people and their parents on matters relating to special needs and disability</p> <p>PRP is a twelve-session group work programme designed to support group members who have evidenced aggression within their intimate partner relationships.</p>	<p>Family Information Service Tel: 01753 476589</p>	<p>Early Intervention Targeted</p>
All ages	DV	Inspiring Families – Positive Relationships Programme	<p>PRP is an educational, strength-based programme that supports individuals who want to find healthier, safer solutions to relationship-based problems and conflict.</p> <p>PRP addresses the following key areas: Increasing self- and other-awareness Self-efficacy and self esteem Emotional regulation Alcohol awareness Social problem solving skills training Goal and solution identification Resources, skills and tools to resolve social problems and aggression within intimate relationships</p>	<p>Funded by Thames Valley PCC Community Rehabilitation Company</p> <p>Early Help Hub Tel: 01753 476556</p>	<p>Early Intervention Targeted</p>
All ages	Substance Misuse	Turning Point Slough Advice Centre	<p>Information and advice to support people with drug or alcohol issues, a mental health concern, learning disability or employment solution.</p>	<p>Early Help Hub Tel: 01753 476556</p>	<p>Targeted</p>
		Learning & Employment	<p>Slough Children's Centres know that it can be a challenge for parents of children under 5 years to find suitable employment or training opportunities. We work in partnership with a range of organisations providing a wide variety of courses to help you into employment or further training and education. We offer courses in English (including ESOL), Maths, Childcare, interview skills, ICT (information and communication technology) and volunteering.</p>	<p>Contact the Family Information Service on 01753 476589 www.slough.gov.uk</p>	<p>Universal Early Intervention Targeted</p>
		CYPIT https://cypf.berkshirehealthcare.nhs.uk/c	<p>Supports families with children (up to the age of 19) with occupational therapy, physiotherapy, speech and language</p>	<p>Berkshire Healthcare Tel: 0300 365 1234</p>	<p>Targeted</p>

		ontact-us/	therapy and specialist dietetic services		
All ages		Reducing Parental Conflict	<p>Interventions which focus solely on supporting the parent-child relationship (such as parenting programmes) in the context of parental conflict are unlikely to improve outcomes for children. Evidence suggests that fathers' parenting may be more adversely affected by parental conflict (by withdrawing or becoming hostile) yet fathers are less likely to be reached by support services</p> <p>This programme supports practitioners, supervisors, managers and wider agencies in building awareness and developing the confidence, knowledge and skills to work with parents to reduce conflict and drive more positive outcomes.</p>	<p>SBC Parenting Officer Anjli.sidhu@slough.gov.uk</p>	<p>Early Intervention Targeted</p>
All ages		<p>Solihull Approach on-line parenting being developed by the ICS (see https://www.surreyc.gov.uk/people-and-community/families/support-and-advice/parenting-courses-and-advice/online-guides)</p>	<p>Free access to three online parenting guides that include top tips from childcare, education and NHS health experts.</p> <p>Understanding your pregnancy, labour, birth and your baby</p> <p>Understanding your baby</p> <p>Understanding your child 0 to 19 years</p> <p>The online guides contain advice relevant to expectant parents, parents, grandparents and carers of children of all ages including those with Special Educational Needs and Disabilities (SEND).</p> <p>Access to the guides is unlimited with no expiry date, so you can return as and when you need and want to. Each guide has between 9 to 11 sessions which last roughly 20 minutes each, there are also activities that can be carried out between courses.</p>	<p>SBC Parenting Officer Anjli.sidhu@slough.gov.uk</p>	<p>Universal</p> <p>Early Intervention Targeted</p>
All Ages		Roma Community Support	Outreach support for children and families within the ROMA community	<p>Alex Potop Community Development team</p>	<p>Universal</p>

				Slough Borough Council Tel: 07784 207506	
All ages		Mind Ed for families https://mindedforfamilies.org.uk	Safe and reliable advice about young people’s mental health, created by experts and parents together	Online Resource	Universal
All ages		Parent Drop in Sessions	Weekly drop in sessions for parents at Slough’s local children’s Centres. Parents/cares will be offered friendly advice, or signposting to other services in the area that may be able to help you further.	Early Help Hub Tel: 01753 476556	Universal
All ages	Co-parenting	Better co-parenting, happier kids. Our Family Wizard	With ‘Our Family Wizard’, parents’ schedule, files, contacts, and communication are contained within one app, so they can solve shared custody challenges faster and without confusion. That means less conflict and more energy to focus on the children. Powerful tools document your parenting time, child-related expenses, exchanges, and more	This is a self-help service This is an online app and can be accessed via the link below: https://www.ourfamilywizard.co.uk/	
All Ages	Employability	Industrial Mentoring	Local employers providing mentoring/support to parents that would like to develop their employability skills to increase their future chances securing and sustaining training and employment	SBC Parenting Officer Anjali.sidhu@slough.gov.uk	Early Intervention Targeted