

## Slough's Parenting Offer

Children's Age range	Programme & Lead Organisation	Programme Description	How can I access this service
Antenatal	<b>Midwifery Services Frimley Health</b>	<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>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>	<p><b>This is a self-help service</b></p> <p><b>For more information, contact Wexham Park Hospital</b>  <b>Tel: 01753 633000</b>  <a href="http://www.fhft.nh.uk">www.fhft.nh.uk</a></p> <p><b>Complete the online form using the following link:</b>  <a href="http://www.fhft.nhs.uk/services/maternity/pregnancy-notification-forms/">www.fhft.nhs.uk/services/maternity/pregnancy-notification-forms/</a></p>
Antenatal & postnatal	<b>Bump Start Home-Start Slough</b>	<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</p>	<p><b>This is a self-help service</b></p> <p><b>For more information, contact the Family Information Service on 01753 476589 or visit</b></p>

		<p>mum. The course aims to empower mums and give them a better understanding of pregnancy &amp; birth, emotional wellbeing, family relationships, support services and social networks, attachment and infant brain development and caring for a new baby.</p>	<p><a href="http://www.slough.gov.uk">www.slough.gov.uk</a>          or  <b>Home-Start Slough</b>  <b>Tel: 01628 661 029</b>  <a href="mailto:office@hsslough.co.uk">office@hsslough.co.uk</a></p>
Pre-birth	<p><b>Family links - Antenatal Pre-birth Slough Borough Council</b></p>	<p>Supporting parents with bonding &amp; attachment with the new baby and preparing them for family life with a new baby.</p>	<p><b>This is a specialised provision and can be accessed via referral from professional Services</b></p> <p><b>For further information, contact the Early Help Hub</b>  <b>Tel: 01753 476556</b></p>
Antenatal & postnatal	<p><b>Solihull Approach Maternity at Frimley Healthcare Frimley Health</b></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"> <li>• Coproduced information from preconception to early parenthood.</li> <li>• Easy access to FHFT clinical guidelines</li> <li>• Signposting to evidence based information and local sources of help and support.</li> <li>• Information about a range of maternity services at both FPH and WPH</li> <li>• Translation into over 100 languages.</li> <li>• Latest news and updates.</li> </ul>	<p><b>This is a self-help service</b></p> <p><b>This online resource can be accessed via the maternity section of the FHFT site or at:</b>  <a href="https://www.frimleyhealthandcare.org.uk/maternity">https://www.frimleyhealthandcare.org.uk/maternity</a></p>

		<ul style="list-style-type: none"> <li>• Links to social media</li> </ul>	
Pre-natal & Post-natal	Best Beginnings online App Best Beginnings	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><b>This is a self-help service</b></p> <p>This is an online resource and can be accessed via the link below:  <a href="https://www.bestbeginnings.org.uk/">https://www.bestbeginnings.org.uk/</a></p>
Antenatal – 5 years	Health Visitor Baby Clinics (Run by Midwifery & Health Visitors) Frimley Health	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><b>This is a self-help service</b></p> <p>For more information, contact the Family Information Service on 01753 476589 or visit <a href="http://www.slough.gov.uk">www.slough.gov.uk</a></p>

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	<p><b>Mums in Mind Home-Start Slough</b></p>	<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><b>This is a self-help service</b></p> <p>For more information, contact the Family Information Service on 01753 476589 or visit <a href="http://www.slough.gov.uk">www.slough.gov.uk</a> or Home-Start Slough Tel: 01628 661 029 <a href="mailto:office@hsslough.co.uk">office@hsslough.co.uk</a></p>
<p>1-3</p>	<p><b>Book Start Corner Slough Borough Council</b></p>	<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><b>This is a self-help service</b></p> <p>For more information, contact the Family Information Service on 01753 476589 or visit <a href="http://www.slough.gov.uk">www.slough.gov.uk</a></p>

1-3	<b>Chatty Monkeys Slough Borough Council</b>	Specialist Play Group for children with sensory impairment	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub Tel: 01753 476556</b>
3-6	<b>Webster Stratton Pre-school BASIC Parent Programme Slough Borough Council</b>	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.	<b>This is a self-help service</b>  <b>For more information, contact the Family Information Service on 01753 476589 or visit <a href="http://www.slough.gov.uk">www.slough.gov.uk</a></b>
0-5	<b>Peep Learning Together Slough Borough Council</b>	Takes a play and learn approach to develop secure attachment relationships with their babies and children. Targeted 6 week play and learn programme`	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub Tel: 01753 476556</b>
0-8	<b>Aspects of Parenting Slough Borough Council</b>	A short course which provides an introduction to managing everyday family issues such as challenging behaviour, family relationships, routines and communication. Also delivered in Urdu & Punjabi	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub Tel: 01753 476556</b>
2-4	<b>Holding Hands SEBDOS</b>	A play-based programme where parent and child work together with a professional and	<b>This is a specialised provision and can be accessed via referral from</b>

		behaviour strategies are discussed and reviewed	<b>professional services</b>  <b>For further information, contact the Early Help Hub</b> <b>Tel: 01753 476556</b>
0-5	<b>Early Bird Slough Borough Council</b>	Appropriate for parents with children with a diagnosis of an autistic spectrum disorder. The Early Bird programme supports parents to help them understand the child's autism and explore ways to develop effective interaction & communication	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub</b> <b>Tel: 01753 476556</b>
5-8	<b>Early Bird plus Slough Borough Council</b>	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	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub</b> <b>Tel: 01753 476556</b>

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8-12	<b>SEBDOS Parent Group Workshops SEBDOS</b>	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	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub</b> <b>Tel: 01753 476556</b>
0-12	<b>Group Triple P Slough Borough Council</b>	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	<b>This is a specialised provision and can be accessed via referral from professional services</b>

		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	<b>For further information, contact the Early Help Hub Tel: 01753 476556</b>
12-18	<b>Group Teen Triple P Slough Borough Council</b>	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	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub Tel: 01753 476556</b>
8+	<b>Rebuild Programme Browns Community Services</b>	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.	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub Tel: 01753 476556</b>
8+	<b>The 3Es to Wellbeing Course Browns Community Services</b>	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.	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub Tel: 01753 476556</b>
8+	<b>#Intheknow Browns Community Services</b>	This is a 4-6 week group programme with options to tailor topics in response to needs identified: For example, Option 1 - supports parents of children who have experienced, or are at risk of, child	<b>This is a specialised provision and can be accessed via referral from professional services</b>  <b>For further information, contact the Early Help Hub Tel: 01753 476556</b>

		<p>exploitation. This includes sexual, gang, drug (e.g. county lines) and peer-on-peer exploitation.</p> <p>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.</p>	
8+	<p><b>Money Matters course</b>  <b>Browns Community Services</b></p>	<p>This is a 4 week programme on budgeting skills to help parents better manage their finances, so they can save, give and prevent debt.</p>	<p><b>This is a specialised provision and can be accessed via referral from professional services</b></p> <p><b>For further information, contact the Early Help Hub</b>  <b>Tel: 01753 476556</b></p>

Age Band	Programme Web Link	Description	Lead & Contact Details
All ages	Slough Family Information	Website offers information on:	This is a self-help service



	<p><b>Service (FIS)</b>  <b>Slough Borough Council</b></p>	<p>Support and advice for families with children and young people          Childcare for children aged 0-13          Financial support and help with childcare costs.          Free early education for 2, 3 and 4 year olds          Children’s Centres and family services          Schools and school-based family services          Activities for children, young people aged 0-19 and families          The Local Offer including activities and services for children and young people with special educational needs and disabilities (SEND)          Adult education and employment</p>	<p><b>For more information, contact the Family Information Service on 01753 476589 or visit <a href="http://www.slough.gov.uk">www.slough.gov.uk</a></b></p>
<p><b>All Ages</b></p>	<p><b>Family Support Group</b>  <b>Home-Start Slough</b></p>	<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><b>This is a specialised provision and can be accessed via referral from professional services</b></p> <p><b>For more information, contact the Family Information Service on 01753 476589</b></p> <p><a href="http://www.slough.gov.uk">www.slough.gov.uk</a>          or  <b>Home-Start Slough</b>  <b>Tel: 01628 661 029</b>  <a href="mailto:office@hsslough.co.uk">office@hsslough.co.uk</a></p>
<p><b>All Ages</b></p>	<p><b>Emotional First Aid</b>  <b>Home-Start Slough</b></p>	<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</p>	<p><b>This is a specialised provision and can be accessed via referral from professional services</b></p> <p><b>For more information, contact the Family Information Service on 01753 476589</b></p> <p><a href="http://www.slough.gov.uk">www.slough.gov.uk</a></p>

		which improve their mental wellbeing.	or <b>Home-Start Slough</b> <b>Tel: 01628 661 029</b> <a href="mailto:office@hsslough.co.uk">office@hsslough.co.uk</a>
All ages	<b>SENDIASS (Special Educational Needs &amp; Disabilities Information Advice &amp; Support Service)</b>  <b>Slough Borough Council</b>	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  PRP is a twelve-session group work programme designed to support group members who have evidenced aggression within their intimate partner relationships.	<b>This is a specialised provision and can be accessed via referral from professional Services</b>  <b>For further information, contact the Early Help Hub</b> <b>Tel: 01753 476556</b>
All ages	<b>Inspiring Families – Positive Relationships Programme</b> <b>Funded by Thames Valley PCC Community Rehabilitation Company</b>	PRP is an educational, strength-based programme that supports individuals who want to find healthier, safer solutions to relationship-based problems and conflict.  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	<b>This is a specialised provision and can be accessed via referral from professional Services</b>  <b>For further information, contact the Early Help Hub</b> <b>Tel: 01753 476556</b>
All ages	<b>Turning Point Slough Advice Centre</b>	Information and advice to support people with drug or alcohol issues, a mental health concern, learning disability or employment	<b>This is a specialised provision and can be accessed via referral from professional Services</b>

		solution.	<p><b>For further information, contact the Early Help Hub</b>  <b>Tel: 01753 476556</b></p>
	<p><b>Learning &amp; Employment</b>  <b>Slough Borough Council</b></p>	<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><b>This is a specialised provision and can be accessed via referral from professional Services</b></p> <p><b>For further information, contact the Early Help Hub</b>  <b>Tel: 01753 476556</b></p>
	<p><b>CYPIT</b>  <b>Berkshire Healthcare</b></p>	<p>Supports families with children (up to the age of 19) with occupational therapy, physiotherapy, speech and language therapy and specialist dietetic services</p>	<p><b>This is a specialised provision and can be accessed via referral from professional Services</b></p> <p><b>For further information, contact the Early Help Hub</b>  <b>Tel: 01753 476556</b>  <b>or</b>  <b>Berkshire Healthcare</b>  <b>Tel: 0300 365 1234 or visit</b>  <a href="https://cypf.berkshirehealthcare.nhs.uk/contact-us/">https://cypf.berkshirehealthcare.nhs.uk/contact-us/</a></p>
<p><b>All ages</b></p>	<p><b>Reducing Parental Conflict</b>  <b>Slough Borough Council</b></p>	<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</p>	<p><b>This is a specialised provision and can be accessed via referral from professional Services</b></p> <p><b>For further information, contact the Early Help Hub</b>  <b>Tel: 01753 476556</b></p>

		<p>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>	
All Ages	<b>Roma Community Support Slough Borough Council</b>	<p>Outreach support for children and families within the ROMA community</p>	<p><b>This is a self-help service</b></p> <p>Contact Alex Potop Community Development team Slough Borough Council</p> <p>Tel: 07784 207506</p>
All ages	<b>Mind Ed for families</b>	<p>Safe and reliable advice about young people's mental health, created by experts and parents together</p>	<p><b>This is a self-help service</b></p> <p>This is an online resource and can be accessed via the link below:  <a href="https://mindedforfamilies.org.uk">https://mindedforfamilies.org.uk</a></p>
All ages	<p><b>Better co-parenting, happier kids.</b></p> <p><b>Our Family Wizard</b></p>	<p>With 'Our Family Wizard', your schedule, files, contacts, and communication are contained within one app, so you can solve shared custody challenges faster and without confusion. That means less conflict and more energy to focus on your children.</p> <p>Powerful tools document your parenting time, child-related expenses, exchanges, and more</p>	<p><b>This is a self-help service</b></p> <p>This is an online app and can be accessed via the link below:  <a href="https://www.ourfamilywizard.co.uk/">https://www.ourfamilywizard.co.uk/</a></p>
All ages	<b>Parent Drop in Sessions Slough Borough Council</b>	<p>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.</p>	<p><b>This is a self-help service</b></p> <p>For more information, Contact the Family Information Service on 01753 476589 or visit  <a href="http://www.slough.gov.uk">www.slough.gov.uk</a></p>

All Ages	<b>Industrial Mentoring Osborne</b>	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	<b>For more information, Contact the Family Information Service on 01753 476589 or visit <a href="http://www.slough.gov.uk">www.slough.gov.uk</a></b>
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