

Winter 2023 Edition

The E.H Newsletter

**THE LATEST FROM EARLY HELP SERVICES IN
HARROW**

Harrow Council



SPREADING THE WORD..

**WELCOME TO EARLY HELP SERVICES IN
HARROW!**

By Ashola Barnes, Early Help Lead on MASH

**If you are receiving this newsletter for the first time..
welcome!**

This newsletter has been put together by the Early Help services and include our colleagues in partner agencies to ensure we are engaging as many families in Harrow as possible! Our newsletter is aimed at frontline workers and professionals working with children & young people.

For more information on any of the content areas, then please contact the Early Support Practitioner or Early Help Inbox: earlysupporthub@harrow.gov.uk

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White Ribbon Day



Last Event date:
23 November 2022



Every year in November, the Council marks White Ribbon Day, and the 16 Days of Activism against Gender-Based Violence.

Last year's event on 23 November was attended by over 60 people, in-person and online, with a range of speakers.

Madam Mayor opened the event.

The speakers were:

- Jan Irwin, Chair of the Harrow DSV Forum
- Lina Akbar from Advance on Economic Abuse
- Two survivors shared their powerful stories, Guest Speaker 1 and 2
- Ali Abdul from Early Support Services on the Domestic Abuse Whole Family Interventions Programme
- Julia Mckee from Children's Services, who is also a White Ribbon Day Champion

You can view this year's video message from the organisation White Ribbon here:

<https://vimeo.com/769063744/a0491ef6bb>

The event was organised by Hodan Elmi in the Policy Team, Meghan Zinkewich-Peotti in Housing, and Bernadette Forde in Community Safety.

I have a great quotes from Guest Speaker 1 & 2.

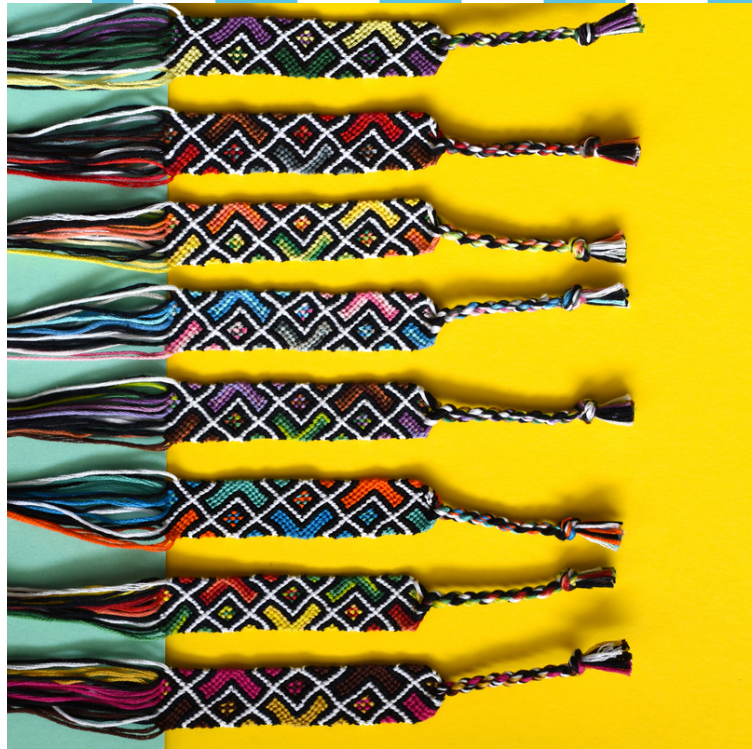
Guest Speaker 1 " going to the early support program ran by Meena and Tanya on domestic abuse was like medicine. I looked forward to the course session even though it was online. I felt it gave me my strength back"

Guest Speaker 2 "I knew something wasn't right in my marriage, I knew this because I had grown up in a abusive home but I couldn't pin point what was wrong. It was when I confided in a friend that I realised what I was going through was emotional and psychological abuse"

Spreading the news!

Trauma Informed Therapy

"The problem is the problem; the person is not the problem."
Michael White and David Epston



Support / Coping wrist bands

- Think of up to 7 people that support you / care about you.
- Choose 7 different coloured strings to represent each person.
- Create a bracelet by plating all of the strings you have together

Reason – Support / Coping wrist bands

- This is a great trauma informed activity to do with children, young people & adults
- The bracelet can be kept or worn to remind people of their support network
- It helps people to connect back in with who they can go to & who helps them to cope

What Is Trauma-Informed Therapy?

Last month staff in ES attended Trauma Informed Training which included activities and ways of working with families, to support cascading this information the Early Support service at Cedar's Hub had a team away day where they explored trauma informed approaches to practice.

Research has shown that experiencing traumatic and/or adverse life events can place individuals at higher risk of a range of health and social difficulties (WHO, 2014). It may not have always been recognised or acknowledged, even by you, that difficult life events might have contributed to your current difficulties. However, from a trauma-informed perspective, mental health difficulties are understood to develop in response to people's life experiences.

Trauma-informed approaches acknowledge the relationship between people's life experiences and the development of mental health difficulties. They aim to support people to understand this relationship, find ways to cope, move forwards and recover. For more information, visit:

[CNWL Trauma-Informed Approaches \(TIA\) :: Central and North West London NHS Foundation Trust](#)

Do you have good news to share?
Then get in touch:
earlysupporthub@harrow.gov.uk

Harrows Early Support Services

Schools Offer/ School Engagement

Each Early Support practitioner within Harrow is linked to a Harrow primary or secondary school, as part of our School Engagement offer.

These partnerships are helpful in keeping in touch with the needs of the community and responding to growing trends within schools (e.g. e-safety, co-parenting, behavioural support workshops).

ES Practitioners also can join meetings with families and other professionals in order to promote the offer and facilitate engagement. Some parents and carers are hesitant to access support at first, and we find that meeting with someone from the team can support the initial engagement with services.

Many Harrow schools offer in house support for families, such as play therapy for children in need of support within a familiar environment so it is always worth exploring what additional support school may be able to provide.



Question???

Do you know who your ES school link worker is?

You can find out by contacting:
earlysupporthub@harrow.gov.uk



SPECIAL NEEDS COMMUNITY

Community Interest Company Reg. 11123977
Supporting, Empowering, & Connecting Families

WHO WE ARE We are a creative and innovative London-wide social enterprise created by a team of experienced parent carers to provide support, empower and connect families. Special Needs Community (SNC), welcomes and supports all families with children, young people or young adults with special educational needs or disability from ANY background or disability in ANY borough of London and Greater London. We offer free membership, support the whole family and we are particularly passionate about the welfare and wellbeing of parent/carers and helping them to stay healthy, so they can be in a better position to continue to be a carer. We have an extensive London network and specialist on the SEND Local Offer. We also manage and run the London SEND Directory, which helps parent/carers and professionals find SEND related information, borough by borough. Please visit www.specialneedscommunity.co.uk

WHAT WE DO AND HOW CAN WE SUPPORT YOU

We provide:

- Information (benefits, housing, short breaks/respite, play opportunities, help finding specialist professionals/services; e.g. EHC plans or Child in Need/Carer's Assessments)
- Support & Advocacy (one-to-one chat from an experienced Community Champion, contact professionals or departments on your behalf, and attend meetings with you)
- Services (mentoring, advocacy, support at meetings, preparation for meetings, training on SEND Law, help to fill in forms/applications)
- Wellbeing & Wellness courses
- Therapeutic events to help you relax (massage, beauty)
- Social events (to help you connect with other parents and families and a special group for Dads)

Our other current projects include:

- London SEND Directory (local SEND information borough by borough)
- My SEND File (special filing system to help you keep on top of important SEND paperwork)
- Max Card (special needs discount card- currently only for Harrow residents)
- Cedars Inclusive and All-Ability Adventure Playground (campaign for free specialist playground for all disabilities and promotion for a network of inclusive free play spaces across London- check out the one we built in Harrow, Cedars Park)
- Community Champions Network (Parents have so much experience, join us and learn new skills and train to become a change maker and support your own community with the support of a strong network of Community Champions across London)

We are self-funded and supported by various funding bodies including the National Lottery- Community Fund for specific projects. We provide most of our support for free and only charge a small fee for access to other support or services or products to ensure we are able to maintain the services for others in the future. Most members of the team are volunteer parent/carers themselves passionate about helping the community. We welcome all enquiries and if we are not able to help, we will (with your permission), find you an alternative professional/department/organisation from our extensive network locally and across London.

Please contact us by:

- Telephone: 07359030510
- Email: info@specialneedscommunity.org.uk
- Website: www.specialneedscommunity.org.uk
- Address: Cedars Hall, Artillery Place, Chicheley Road, Harrow HA3 6QJ

Social Media

- Facebook: www.facebook.com/specialneedscommunityUK
- Twitter: www.twitter.com/snclondon



SPECIAL NEEDS COMMUNITY TOP TIPS

Tips for Parents

1. Throughout your journey with your child, one of the most essential activities you could do is to get connected and stay connected to your local SEND community and parents' networks as soon as possible. You will get the best ideas and information from everyday conversations to help you solve problems. There are many available, from the Harrow Parent Carer Forum, who run regular coffee mornings to other local groups such as WhatsApp groups called the Northwest London SEN Families group and Northwest London Downs Syndrome Families group. Having access to parents who can share their lived experience or just answer a query at very short notice on your phone can make such a big difference to your life and prevent you from feeling isolated.
2. Sometimes when you attend a meeting with professionals, it helps them to better support you when you have a wide range of information on hand available. Create a portable SEND file for each child with all the most up-to-date and relevant information and have it on hand for every time you need to fill a form and take it with you to meetings. If you don't understand what they are asking, you can always give them the file to read for themselves. If you don't know where to start, we have a template called MY SEND File. (Free for Harrow residents)
3. If you receive a phone call from a professional, either get their email address and email them to confirm what you spoke about or get them to email you for your records. This will help you remember who you spoke to and when.

Tips for Professionals

1. Parents of children with SEND are the only one group in society that have to engage with the Education, Health and Social Care departments simultaneously. Try and help parents understand each department as much as you can so they can navigate the system.
2. If parents are concerned with the development of their child and it involves a problem with a setting, when you make referrals to SNC, please also make sure you give parents the details of Harrow SENDIAS Service at the same time. SNC will always re-refer parents to SENDIAS for advice about their legal rights. If parents are already known to SENDIAS, it saves so much time to get to the bottom of the problem.
3. For those who need help filling out the DLA (Disability Living Allowance) form, please refer parents to specialist support such as KCA (Kids Can Achieve) Family Support rather than the CAB. The DLA application needs specialist understanding of SEND, the right terminology and tailored information. KCA is currently the only local organisation that provides one-to-one support tailored for each child for the DLA.



Kids Can Achieve

Kids Can Achieve is a voluntary organisation based in Harrow, for Harrow residents.

KCA provides a range of services for children & young adults with learning disabilities and their families. Services are After school & Saturday clubs, school holiday schemes, One-to-one & community activities, all providing short breaks for parents.

All activities are ensuring that children are helped to do things they enjoy and aspire to, whilst they develop and learn skills.

We also provide Family support and Therapies & counselling.

Family support is a free service to parent/carers of children, young people, and adults with special needs and/or complex disability related needs, aged up to 25.

We have recently expanded our service and have increased capacity. As a team we are very experienced in supporting families who have children with SEN or complex disabilities.

We have developed solid links with specialist schools, and we liaise, social and health services.

We can offer highly tailored practical one-to one support, for example, letter writing, attending meetings, as well as emotional support. We are providing workshops for parents to support them develop helpful skills.

We have found that many families simply slip through the net of accessing much needed support, particularly if their child has a milder disability or a more hidden disability. Many families are not aware for example that they could be eligible for Disability Living Allowance (DLA) and are missing out on this entitlement. We can also assist with grant applications and benefit maximisation.

We are proud to have secured limited funding for counselling which is currently free (subject to availability).

Within our team we have Arabic and Romanian speaking workers which has proven to be invaluable in supporting families from these communities.

To find out more, please contact:

020 8420 2300 | family.support@kidscanachieve.co.uk

Website: www.kidscanachieve.co.uk



Cost of Living Crisis Signposting Hub Launched for Harrow Families



A new website, directing people to local support and organisations that can help during the cost of living crisis, has been launched for Harrow.

www.youngharrowfoundation.org/cost-of-living-support signposts people to local services from the voluntary sector and local authority - and is particularly aimed at families or carers that have children and young people in their household.

The online hub, developed by Young Harrow Foundation, lists services that can help with things like, mental health and wellbeing, warm hubs in the borough, help with accessing food, housing support and low cost furniture providers

Dan Burke, CEO of Young Harrow Foundation said:

"It is desperately difficult for many families in Harrow this Winter. We're acutely aware of this because of what local charities and schools are telling us.

There is support out there, and some fantastic local services and we hope the website makes things a little easier by collating everything in one place.

"We will continue to update this portal as new support becomes available."

To browse local support for the cost of living crisis, please visit:

www.youngharrowfoundation.org/cost-of-living-support



Professional Engagement

Parent Forum

Do you work with parents in Harrow?

There is a parent forum which meets termly on line.

The forum is for professionals working with parents and provides an opportunity to share the work we are all doing, and to learn about resources, services and support for families in the borough.

Many families have been helped specifically due to connections made at these meetings and these connections would not have happened without this opportunity to meet, share and exchange knowledge.

We would love to see you at the next forum please come along.

For further information contact: Liz Eardley on liz.eardley@harrow.gov.uk or Jane Jaroudi on jjdirector@hopeharrow.org.uk

Next Forum: Tuesday 24 January 2023

12.30 - 2.30pm

On Zoom or MS Teams



Free help and advice for Romanian and Ukrainian nationals in Harrow

The Romanian and Eastern European Hub, a charitable organization commissioned by Harrow Council to provide support and advice to the Ukrainian refugees arriving in the borough, can also provide free support to Romanian nationals living, working, or studying in Harrow.

Our services cover:

- access to health care, including GP registrations
- access to education
- welfare benefits and help managing online journals and accounts
- information about the EU Settlement Scheme and referrals to specialist immigration advice
- domestic abuse support
- interpreting and help accessing services
- housing applications and homelessness support

All our services are free and we can be reached by phone at 0204 513 1500 or by email at contact@ro-eehub.org.uk

More details about our work available in the leaflet attached, on our website and our social media accounts listed below:

Website: <https://ro-eehub.org.uk/about-2/>

Facebook: <https://www.facebook.com/RandEEHub>

Twitter: https://twitter.com/RoEE_Hub

THE ROMANIAN AND EASTERN EUROPEAN HUB



Befriending

- Befriending
- Interpreting
- English classes
- Foodbank referrals



Family Support

- School registrations
- Universal Credit Signposting
- Employment Signposting
- EUSS Applications Signposting
- Housing Applications
- Consulate appointments
- UTR and NINO applications



Help for Survivors of Domestic Abuse

- Support to Domestic Abuse survivors
- Advocacy
- DV training
- Legal advice referrals



Ukrainian Crisis Support

- Interpreting
- GP registrations
- Immigration advice referrals
- Food bank referrals
- Welfare benefits advice

☎ **0203 833 1190**

✉ **contact@ro-eehub.org.uk**

🌐 **<https://ro-eehub.org.uk>**



Programme Available: Next Steps

Starting work or returning to employment after time away from the workplace can often feel challenging.

Home-Start has developed the Next Steps programme to help with this change. The programme offers a practical way for women to build their skills and knowledge whilst increasing their confidence, making the move into work that little bit easier.

Next Steps is open to mums living in Barnet, Brent, Enfield or Harrow and is ideally suited to those interested in working with children and families in the future.

Home-Start delivers early help to families with young children who have multiple needs and are struggling to cope with the challenges they face. We provide parents with emotional and practical support to prevent matters from getting worse and to help parents give their children the best start in life.

By taking part in our Next Steps programme, you will receive the training and skills needed to be that support for families. You will visit families in their home, for 2-3 hours a week, to offer them emotional and practical support.

You will receive:

- 25-hour introductory group training
- 15 hours of specialised training throughout the year
- Travel expenses reimbursed
- At least 3 x 3-month volunteer placements supporting families
- Initial goal-setting session
- Ongoing monthly supervision support
- Informal peer support from other mums on the programme

Perks and Benefits

- An opportunity to help families who are struggling with the challenges that come from raising children. Comprehensive preparatory training, providing you with the tools and confidence to work with our families. Ongoing support throughout your volunteer journey with us, including regular supervision, further training opportunities, and social events with the rest of the team. Skills, knowledge, and a portfolio of practical experience to take with you into the next steps of your journey to work.

Skills You'll Need

- A can-do attitude
- Good listening skills
- Experience with children
- The ability to have a non-judgmental approach
- The capacity to commit to three hours every week for at least a year.

Training will take place in March 2023 - apply now to join the programme. Deadline 13th February

Register interest here:

<https://homestartbarnet.org/enquiries/>

For more information, contact:

kimberley@homestartbarnet.org



COMMUNITY SPORTS & EDUCATION TRUST

REGISTERED CHARITY NO: 1102239

Service: Support for Young People



Premier League Kicks

Premier League Kicks – This programme is the Premier League's Flagship Community Programme which is designed to engage young people ages 8-18 year olds, of all backgrounds and abilities with football, sport and personal development activities across Watford, Harrow and Hillingdon. The Programme aims to inspire children and young people to achieve their potential and improve their wellbeing; working together to build stronger, safer, and more inclusive communities. We aim to do this by:

- Increase playing, coaching, and officiating opportunities in football and a range of sports
- Enhance physical and mental wellbeing, including self-esteem, ambition, and social skills
- Strengthen communities with a culture of volunteering, social action, and positive role models – supporting education, training, and employment pathways
- Work in partnership with young people, the police and other stakeholders to support the younger generation with the societal challenges they face (e.g. youth violence) and to improve community safety
- Inspire young people to develop positive, supportive relationships with one another and the authorities
- Promote integration and champion equality, diversity, and inclusion

Sessions take place at our Cedars Youth and Community Centre – Chicheley Road, Harrow Weald, HA3 6QH

Premier League Targeted

Our Premier League Kicks Targeted programme is a specific programme which works with individuals or small groups. The programme focuses on young people, aged 8-18, who may be involved in gangs, CSE, CCE, County Lines, Mental Health Issues, ASB and/or high risk of exclusion. This is a mentoring programme and young people would be referred into the programme lead (details below). Our partners include, but are not limited to, Harrow Council, the Metropolitan Police and schools.

Premier League Inspires -

Our flag ship school intervention programme, Premier League Inspires is back and bigger than ever with a new mental wellbeing element. Within this project we have our 10 sessions on mental wellbeing covering the following topics:

- Stress
- Body changes and image
- Positive relationships
- Emotional literacy
- Resilience
- Time management
- Social media
- Gaming and gambling
- Goals and growth mindset

This is for students in any year group who may be struggling with their mental wellbeing. We can have up to 12 young people in a group and come into the school to run the sessions.

For more information, please contact:

- Premier League Kicks – Saj Vigneswaran – Sajith.Vigneswaran@watfordfc.com
- Premier League Targeted – Elliot Bird – Elliot.bird@watfordfc.com
- Premier League Inspires – Lucy Tearle – Lucy.tearle@watfordfc.com



London's Community Kitchen

Zero Waste - Zero Hunger

Please support LCK crowd fund: Let's Feed London Campaign.



LET'S FEED LONDON

- ♥ 2.3 million Londoners live in poverty
- ♥ 1 in 4 children will not eat today

Scan.
Donate.
Feed.

FEED SOMEONE FROM AS LITTLE AS

£3



Let's Feed London

#LetsFeedLondon



London's Community Kitchen



London's Community Kitchen

Zero Waste - Zero Hunger



Home Group
The Beacon - Malcolm Jeffery Place
Scott Crescent
South Harrow
HA2 0TY

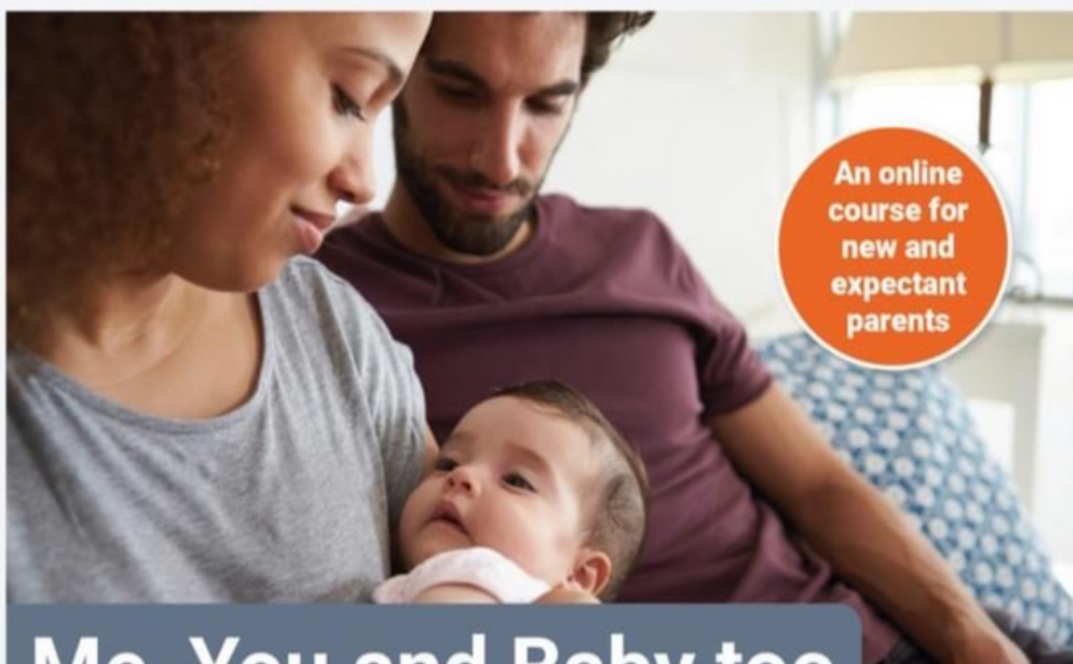
For more Information

Call: 07366 088811

office@londonscommunitykitchen.com

Online Courses for parents

One-Plus-One



An online
course for
new and
expectant
parents

Me, You and Baby too

Having a baby can be an exciting time but it's also one of the biggest changes you and your partner are likely to go through. You'll both be tired and stressed, and you may argue more.

Me, You and Baby Too is a free online course that can help you navigate these changes and keep moving forward together.

You will learn:

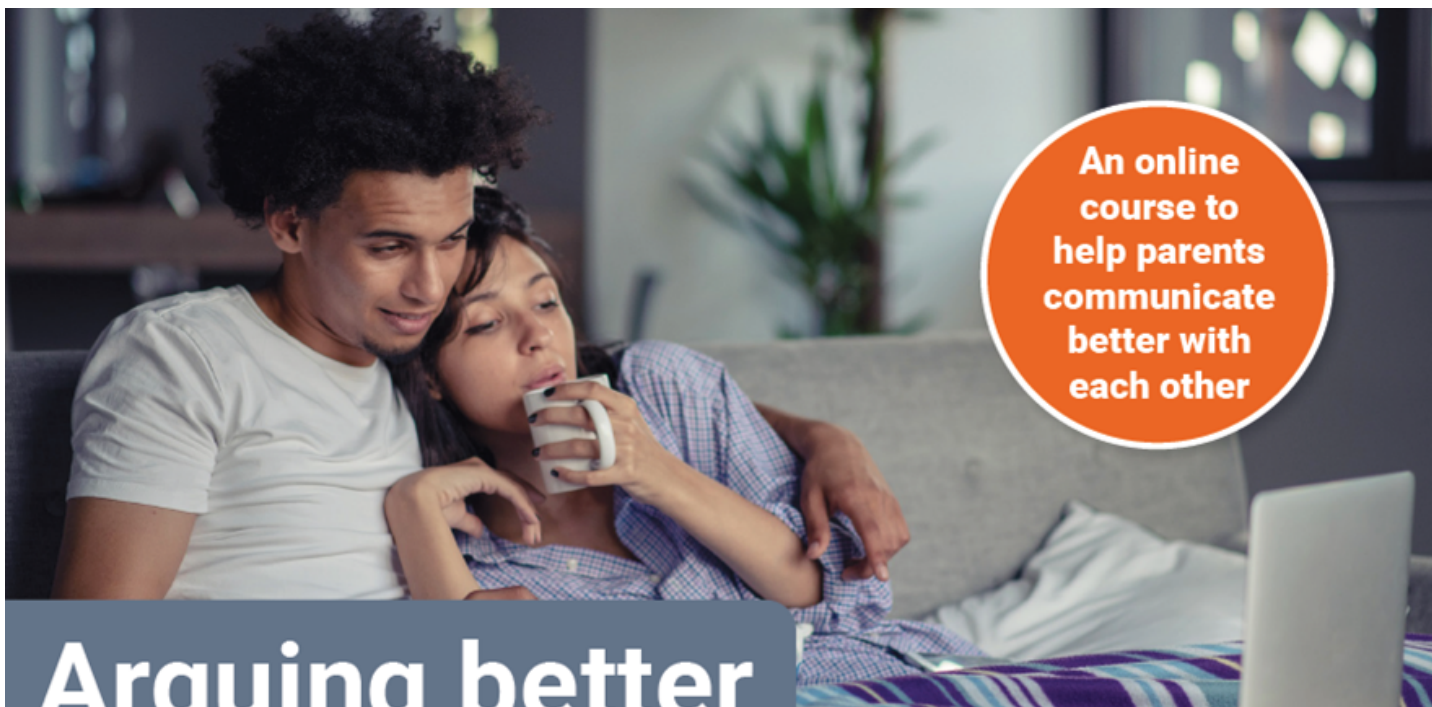
- What your baby picks up, even before they are born.
- Why stress should be a shared burden.
- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
[www.oneplusone.org.uk/
parent-resources-for-england](http://www.oneplusone.org.uk/parent-resources-for-england)
or scan the QR code

- *Me, You and Baby Too* is designed for new and expectant parents.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



An online
course to
help parents
communicate
better with
each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



An online course for separating parents to help manage conflict and minimise the impact on children

Getting it right for children

When parents are separating or separated, children can often get caught in the middle.

Getting it right for children is a free online course designed to help you parent co-operatively. It can help you to develop positive communication skills, so that you can sort out disagreements and find solutions together.

You will learn:

- How to stay calm and listen as well as talk.
- Why it's helpful to see things from a different point of view.
- What to do to stop a discussion from turning into an argument.
- Skills for finding solutions and making compromises.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address
www.oneplusone.org.uk/parent-resources-for-england
or scan the QR code

- *Getting it right for children* is designed for separating or separated parents who want to reduce conflict and communicate better with their child's other parent.
- The course is online so you can go through it at your own pace.
- You can do it all in one go but it's often best to spread it over a few weeks to give yourself time to reflect and practise the skills.

KEY EH CONTACTS



YOUNG HARROW FOUNDATION

<https://youngharrowfoundation.org/wearearea>

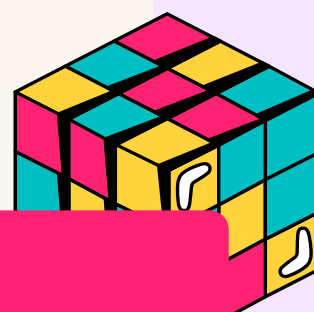
Early Support offer prenatal – 19 / 25 years (SEND)

Facebook: www.facebook.com/harrowCC

earlysupporthub@harrow.gov.uk

wealdstoneyouthoffer@harrow.gov.uk

Instagram: @Wealdstone.youthhub



SUPPORT FOR CHILDREN WITH SEND

- [HTTPS://HARROWPARENTFORUM.ORG](https://harrowparentforum.org)
- WWW.ADHDANDAUTISM.ORG
- WWW.HARROW-SENDIAS.ORG.UK
- WWW.SPECIALNEEDSCOMMUNITY.ORG.UK/

