

# The Parent House Newsletter

## Summer 2024

We are looking forward to some fun, ambitious and creative projects this summer. All Islington parents are welcome to take part in our courses, workshops and one to one support sessions. In the next few pages you will find out about

- **Stronger Together:** A creative course that supports new parents
- **SEND Friends:** A group of parents of SEND Children who support each other through sharing knowledge and experience
- **Parents United:** Our volunteers who take our message out to Islington
- **Our Summer Party:** Celebrating 24 years of the Parent House
- **More info for Islington Parents**

We want all Islington parents to feel free to join us.



## How can we support you?

The Parent House are here to listen! At the house you will meet other parents and share ideas and concerns. As well as offering unique training with parent's wellbeing at our heart, we can also help with food bank vouchers, a project worker to listen to you, workshops, hardship funds and much more.



All Islington parents can Join us by completing our registration form. Just follow the link or use the

QR code

<https://www.surveymonkey.com/r/3FQXJPK>

You will receive regular updates about all of our services.

**Tel:** 0207 837 1383

**Email:** [info@theparenthouse.co.uk](mailto:info@theparenthouse.co.uk)

## Free Course for Islington Parents of children under 3 years old and those expecting babies



Do you want to understand your baby/child?  
Have fun and build strong relationships?

Being a new parent is sometimes tough, it's hard to know what's best for yourself and for your young child. **None of us knows**

**everything and none of us are perfect. Join a**

**facilitated group of parents, learn together in a supportive and creative environment.**

**In April we are starting a 9-week course**

Where you will:

- Learn to listen to your own and your child's needs
- Understand your child's behaviour.
- Get to know your local services
- Develop your parenting knowledge
- Meet other parents
- Explore your creative side



**Days:** Thursdays from 25<sup>th</sup> of April

**Time:** 9.30am to 12.30pm

**To find out more or book a place please contact us on 0207 837 1383 or**

[Anita@theparenthouse.co.uk](mailto:Anita@theparenthouse.co.uk) Use these details to contact us for any reason 😊

*'The course makes me realise how much I need to pay attention to my own needs. I have changed my thinking and I am more aware'*

Islington parent: Sally

## Summer Timetable for Courses and Projects

The Parent House is open from Monday to Thursday

	Morning	Afternoon
<b>Tuesday</b>	<b>SEND Friends</b> – 10am to 12.00pm Starts 23 <sup>rd</sup> April <b>Every two weeks</b>	Join us for a 1 to 1 support chat
<b>Wednesday</b>	<b>Parents United</b> -10am to 12.30pm Starts 24 <sup>th</sup> April  Every week	We can help with children clothes, food bank vouchers, advice and support
<b>Thursday</b>	<b>Stronger Together:</b> Creative parenting support for parents of children under 3 years <b>9.30am to 12.30pm</b> Starts 25 <sup>th</sup> April – weekly	<b>ESOL ACL 1 to 2.30pm</b>

### SEND workshop

Marguerite Hays

### The Big e

To book a place call: 0207 837 1383  
or email [Anita@theparenthouse.co.uk](mailto:Anita@theparenthouse.co.uk)



Our SEND Friend group insisted that we ask Marguerite to run a workshop for Islington parents with children who have SEND.

Marguerite's mission is to support families through the Special Educational Needs and Disability (SEND) journey. She supports parents to navigate the legislation and has successfully advocated for 1000s of families working in different roles nationally.

**Day:** Wednesday

**Date:** 8<sup>th</sup> May 2024

**Time:** 10am to 12.30pm

**Place:** Hugh Cubitt Community Centre  
48 Collier St, N1 9BE

The Big e works to educate, empower, empathise, and engage families on their SEND journey.

**Marguerite Hays is a neurodivergent teacher & consultant**

“she helps you stand up for yourself because she knows what it’s like” Paulette: Islington parent

Have you done a course with us before?

Would like to support The Parent House,  
whilst developing new skills for work and life?

We want you to join us!



## Join our Parents United Group: on 24<sup>th</sup> of April 2024

- Be part of a group who support and encourage each other
- Develop your skills
- Take on a volunteer opportunity e.g. organise an event at The Parent House
- Look at pathways into employment
- Get to know the services that support families
- Support your community

Volunteering for The Parent House will also be a  
chance to have fun and make friends

**When:** Every Wednesday

**Time:** 10.00am to 12.00pm

**Where:** The Parent House, 55 Calshot St, N1 9AS

**To join us or find out more :**Contact 0207 837 1383

[Anita@theparenthouse.co.uk](mailto:Anita@theparenthouse.co.uk)

[To download a leaflet click here](#)





## SEND Friends at the Parent House

As parents of SEND children we are 'experts through experience' and we know how important it is to have a chance to meet up, share ideas, gain information and get support.

Do come along to our group sessions – just drop in...everyone is welcome.

**Dates:** Tuesdays every 2 weeks  
Summer term sessions start on 23<sup>rd</sup> of April

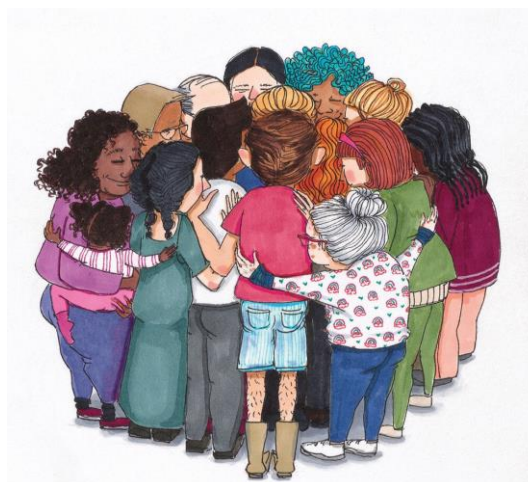
**Time:** 10am to 12 noon

For more information call Michelle: **0207 837 1383**  
or email [michelle@theparenthouse.co.uk](mailto:michelle@theparenthouse.co.uk)



'A supportive environment to  
share hardships without  
judgement'

Islington Parent: Nicky





## SEND Friends Top Tips: Parent to Parent Advice Education Health & Care Plans (EHCP) applications

The SEND Friend Group have a wealth of knowledge through their experiences. One of the many resources they want to share with other parents are these tips about **Education Health & Care Plans (EHCP)**.



### Some things you need to know as a parent -

- **You need a support system**, someone to help you (friend/family).
- **Read and understand everything**, you don't always need to agree
- **Request all forms in draft** and don't agree straight away. Look again be sure it is the final you agree with.
- **Give good quality blocks of time to the application**, attend workshops if possible e.g. IPSEA (Independent Provider of Special Education Advice) call the phone line, or contact SENDIAS (Advice and Support on Special Educational Needs and Disability) to book an appointment and get a keyworker.
- **Use certain key words**- e.g. 'challenging behaviour', arrange the plan around your child
- **Don't get emotional**, get an advocate or impartial advisor e.g. SENDIAS.
- **Don't wait**- chase it up via email after every phone call, so you have a written record.
- **Any questions call your EHCP keyworker**
- **Keep a diary** to show changes and where support is needed
- **Section B is the foundation**. For each need of Section B, there must be a specified provision in Section F
- **The provision in Section F must be specified**, detailed and quantified e.g. how many hours.
- If the provision is a suggestion rather than a requirement, go back to the professional to **specify** it.
- **Teacher's statement** needs to be considered as an evidence.
- Parent can call for an **urgent annual review** if the needs are not met.
- You have a stronger case if the school is on board at the beginning, if not you will need to be more proactive with the documentation and **everything needs to be in writing**.



## Headlines from our Spring Term

Our **Stronger Together** Parenting Course was enjoyed by a kind and supportive group of new parents and expecting parents. At the end of term, they created a wonderful song about being good enough. One of the lyrics was 'when you're in a muddle just have a cuddle'. Great advice for us all!

One of the parents who attended told us

*'you always make sure I have the right resources and support, whether I am at The Parent House or elsewhere'*

Our **SEND Friends** group has gone from strength to strength. The group works together using action learning techniques to make changes in their lives. Action Learning uses the knowledge of the whole group to support a parent with a particular issue. The group creates a step by step action plan which leads to solutions for the parent telling their story.

Our lead volunteers are called **Parents United**. They develop their skills through their facilitated group and through making visits to local services. They let parents, all over the borough, know about the free services



which are here for them. As well as sharing Parent House news, they also promote many of Islington Council's other excellent services. If you have done one of our courses you might want to join this group.

We ran some **Cost of Living workshops** this term, parents asked for these during our Parent Voice research. One of the parent's favourite workshops was brought to us by ACL's, John Healy, who gave advice on numerous cost-saving habits and skills, including negotiating phone contracts.

**Thanks to all of the parents who came and took part our activities You are the heart of The Parent House.** You fill the house with a kind and warm welcome. Thanks also to staff and trustees, you work through hard times and good times too. Finally, thanks to all of our partners and funders, if it takes a village to raise a child, it also takes a village to run the parent house. Thank you all for being in our village.



## The Parent House is a listening organisation

### We are here to support Islington parents

We can offer one to one support to any Islington parent. Call or email and we can set up, either a face to face support session, or a support phone call.

- A person to listen to you
- Signposting to useful services
- Accredited courses and projects
- Volunteering opportunities
- Food bank vouchers
- Free clothes for children
- Much more



## 11th of July Birthday Party Come and Join us!

### Come to our summer party

All Islington Parents are invited. Our garden is lush and green, we hope the sun will be shining. We will be eating cake, drinking tea, telling our story and listening to yours.

Special call out to all the parents who have used the House in the 24 years of opening our doors. We would Love to see you!

**Date:** Thursday 11th July

**Time:** 12 pm – 3pm

**Place:** 55 Calshot Street, London, N1 9AS



We see a parent as any adult who looks after children in their own home: If you are a grandparent, a foster parent, a sibling guardian or an auntie or uncle who is bringing up children, then we see you as a parent and want you to join our community.

We have changed the names of parents quoted in this newsletter for their confidentiality