

Parenting and adult education directory

Autumn term. September - December 2022



Welcome

As part of the Early Help, Children and Families Service, the Parenting and Adult Education (PAE) team coordinate courses, programmes and employment pathways for families with children birth – 19 years old (25 years old for children with SEND). We focus our offer on enabling early steps into parenting and education which includes:

- Increasing parenting capacity and knowledge
- Access to education and training
- Employability and good job opportunities

We offer access to a variety of courses and programmes which are delivered at your local Children and Family Centre on a termly basis, where this is not possible we have outlined pathways and support in accessing the programmes directly with the provider. Further information on this can be accessed by contacting the PAE team.

We work with a range of training providers and organisations for which there is an eligibility criteria. Further information on this is available in the [how to apply](#) section.

Exclusive to our service, courses and programmes delivered in the Children and Family Centre include free creche provision. This means you can bring your child and leave them with the creche team whilst you learn. It is important to note that spaces are limited and provided on a first-come first-served basis. Age range for the crèche is 6 months-5 years old.

This directory outlines in detail the programmes and courses on offer, course content, time and duration of programmes and how to apply. If however you need further information please speak to a member of staff at your local Children and Family Centre.



Eligibility summary:

All our courses and programmes are free if you live in Tower Hamlets and have a Child in the household birth - 19 years old (25 with SEND). Courses and programmes highlighted with a star require you to have lived in the UK for three years or more and either be unemployed, in receipt of benefits or require your household income to be less than £21,157.50 per annum.

Further information on this is available in the [how to apply](#) section.

Parenting Programmes

Below is a list of information for all scheduled parenting programmes due to be delivered at your local Children and Family Centre. If you would like to apply for any of the programmes, please follow the instructions in the **how to apply** section.

Programme:	Delivery:	Venue:	Crèche:	Duration:	Enrolment:	Session times:	Dates:
Understanding Autism	Classroom	MO - CFC	Yes	12 Weeks	23rd September 2022	Fridays 9:30am-2:30pm	30th September - 23rd December
*Positive Change	Classroom	JS - CFC	Yes	12 Weeks	-	Thursdays 10am-12pm	15th September - 8th December
Managing Challenging Behaviour	Classroom	JS - CFC	Yes	12 Weeks	22nd September 2022	Tuesdays 9:30am-2:30pm	27th September - 20th December
Children and Young Peoples Mental Wellbeing	Classroom	OV - CFC	Yes	12 Weeks	19th September 2022	Mondays 9:30am-2:30pm	26th September - 19th December
*Change for Good	Classroom	ME - CFC	No	12 Weeks		Tuesdays 10am-12pm	12th September - 29th November
*Change for Good	Classroom	CW - CFC	No	12 Weeks		Wednesdays 10am-12pm	13th September - 30th November
*Triple P	Classroom	OG - CFC	Yes	6 Weeks		Mondays 10am-12:30pm	12th September - 7th November
*SFSC English	Classroom	JS - CFC	Yes	13 Weeks		Mondays 10am-1pm	12th September - 12th December
*SFSC Bengali	Classroom	OC - CFC	Yes	13 Weeks		Thursdays 10am-1pm	15th September - 15th December
Safer Together and Healthy Relationships	Classroom	AP - CFC	Yes	4 Weeks		Tuesdays 10am-12pm	3rd - 24th November
*Mums Matter	Classroom	SH - CFC	Yes	6 Weeks		Monday 10am-12pm	12th September - 17th October

Paediatric First Aid is delivered on a termly basis within your locality. We schedule four programmes per term across the borough which enables you to access the course at your local Children and Family Centre with creche provision. For further details on the venue, time and how to enrol please contact the PAE team.

*Please note when booking onto these parenting programmes, you will be advised to complete a Provider Referral Form subject to meeting the eligibility criteria. Further information is available in the **how to apply** section.

Parenting Programmes



The information provided below gives you a brief overview of each programme. This is to enable you to decide which programme is best suited for you to apply for, based on your needs.

Programme:	Duration:	Learning hours:	Course content:
Positive Change	12 Weeks	3 hours per week	Programme is for mothers who have experienced domestic abuse. It supports mums to build on their relationship with their children. Raise awareness of conflict within their home. Classes will give mothers the opportunity to meet and share with other mums who have had similar experiences. You will explore the impact of conflict and strengthen the bond between you and your family.
Strengthening Families Strengthening Communities (SFSC)	13 Weeks	3 hours per week	Programme is for parents with children 0-18 years old and is designed to promote effective behaviour management with children. As well as encouraging community involvement with parents. You will learn new skills for communicating with children. You will discuss and practice positive discipline and setting boundaries. You will explore ways to reduce conflict and challenge behaviour. You will also learn about child development.
Understanding Autism	12 Weeks	4 hours per week	Programme is for all parents who wish to increase their knowledge and understanding of autism. You will learn what autism means and how it is diagnosed. Understand the characteristics that may be present in people with autism. Learn about conditions that commonly co-occur with autism and understand common misconceptions surrounding autism.
Incredible Years	12 Weeks	3 hours per week	Incredible Years programme aims to strengthen the relationship and bond between the parent and the child, improve parent - child interaction, reduce behavioural difficulties through increasing the use of positive parenting and behaviour management strategies and build and promote the child's social and emotional skills
Managing Challenging Behaviour	12 Weeks	4 hours per week	Programme looks at behaviour that challenges. Learn how to support positive behaviour. You will learn the importance of effective communication and management of challenging behaviour. Understand how to support those involved in incidents of challenging behaviour.
Made of Money	4 Weeks	2 hours per week	This workshop covers topics on how to spend and save money and explores how to manage debt and different types of finances.

Parenting Programmes



The information provided below gives you a brief overview of each programme. This is to enable you to decide which programme is best suited for you to apply for, based on your needs.

Programme:	Duration:	Learning hours:	Course content:
Mums Matter	6 Weeks	3 hours per week	Programme aimed at any mother who has become unwell with mental health during the post-natal period. This programme is early intervention care for those in need teaching them resilience and ways to manage their wellbeing and development. Cognitive Behavioural Therapy techniques are used as part of each session.
Safeguarding and Prevent	12 Weeks	3 hours per week	The purpose of this qualification is to increase learner's knowledge and awareness of their duty and safeguarding. This includes online safety. By completing this qualification, learners will develop knowledge of safeguarding in an environment where they have a duty of care.
Children and Young People's Mental Health	12 Weeks	3 hours per week	If you want to learn about mental health issues to support children and young people that you work with, or those you care for in your own life, this course is perfect for you. It will teach you about supporting children and young people's mental health and emotional well-being. You will learn about issues facing children and young people like depression, anxiety and conduct disorder, as well as factors that affect their mental health and the impact mental health problems can have on them and their
First Aid	2 Weeks	3 hours per week	This is a non-accredited paediatric first aid course which covers various kinds of serious injuries and how to assess them before getting medical attention. Choking, cardiopulmonary resuscitation (CPR), head trauma, bleeding and broken bones are some of the topics covered.
Change for Good	10 Weeks	2 hours per week	These courses are for people who would like to learn to cook healthy, tasty, and budget friendly meals using minimum equipment. The different workshops touch on cultural differences, sharing good practice and advice on how to improve standards of health at home. If you have little or no cooking experience, you will learn basic techniques. There will be many resources for you to access recipes, nutritional and health related information.
Triple PPP	6-9 Weeks	3 hours per week	Programme is for parents of children between the ages 1-12-year-old. Classes enable parents to share common concerns about their parenting and deal with their children's behaviour. You will learn effective positive parenting strategies, gain skills to manage common child behaviours and issues, learn how to understand and promote your child's development and gain support from other parents.
Safer Together and Healthy Relationships	4 Weeks	2 hours per week	This workshop explores the types of and risk factors of domestic violence and abuse, the physical and psychological effects and the behaviours displayed by an abusive person. It explores what is a healthy relationship, what is the impact of domestic violence on survivors and their children. We discuss the help seeking process and support range for survivors.

Adult Education



Below is a list of information for all scheduled adult learning courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions in the [how to apply](#) section.

Programme:	Delivery:	Venue:	Crèche:	Duration:	Enrolment date:	Session times:	Dates:
*Childcare L1	Classroom	CW - CFC	No	10 Weeks	22nd September 2022	Thursdays 9:30am-2:30pm	29th September - 8th December
*Childcare L2	Classroom	MO-CFC	No	12 Weeks	22nd September 2022	Thursdays 9:30am-2:30pm	29th September - 22nd December
*Support Work in Schools	Classroom	CS - CFC	No	10 weeks	22nd September 2022	Thursdays 9:30am-2:30pm	29th September - 8th December
*Functional Skills English E3-L1	Classroom	MG - CFC	No	22 Weeks	20th September 2022	Tuesdays 9:30am-12:30pm	27th September - 20th December
*Functional Skills Maths E3- L1	Classroom	MG - CFC	No	22 Weeks	20th September 2022	Tuesdays 9:30am-12:30pm	27th September - 20th December
*Helping in Schools L1	Online	Online	No	10 Weeks	13th September 2022	Tuesdays 9:30am-12:30pm	20th September - 6th December
*Community Interpreting L1	Online	Online	No	10 Weeks	16th September 2022	Fridays 9:30am-12:30pm	23rd September - 2nd December

*Please note when booking onto these adult education courses, you will need to ensure you meet course entry requirements and an eligibility criteria to qualify for free funding. Further information is available in the [how to apply](#) section.

Adult Education



The information provided below gives you a brief overview of each course. This is to enable you to decide which course is best suited for you to apply for, based on your needs.

Course:	Levels:	Duration:	Learning hours:	Course content:
Community Interpreting	1, 2, 3	L1-8 Weeks L2- 12 Weeks L3- 22 Weeks	3 hours per week	Aimed at learners who speak fluent English and another community language. Learners who want to develop their linguistic skills and knowledge to develop a career as a community interpreter.
Health and Social Care/Adult Social Care	1, 2	L1- 12 Weeks L2- 12 Weeks	5 hours per week	Health and social care qualifications provide learners with the knowledge and skills needed to work with some of society's most vulnerable people including the elderly, children, and adults with learning difficulties.
Childcare	1, 2, 3	L1-12 Weeks L2- 12 Weeks L3- 22 Weeks	5 hours per week	This qualification is to help learners to build the knowledge and skills needed when working with children and young people from birth to 19 years of age. It covers a diverse range of job roles and occupational areas working in children's settings including early years and social care. Levels on offer are 1 and 2. Level 3 requires learners to apply for an Advanced Learner Loan.
Helping in Schools (Teaching Assistant)	1, 2	L1- 10 Weeks L2- 12 Weeks	4 hours per week	A short course to explore how literacy and numeracy is fundamental in primary schools. How to manage behaviour. Develop knowledge and understanding that all those working in a school and college will need. Cover areas such as children and young people's development, safeguarding, communication, equality, and diversity. Understanding the school and college context.
Functional Skills English	E3- L1	22 Weeks	3 hours per week	GCSE equivalent accredited qualification for those learners who are looking to gain English accreditation. Levels on offer are 1 and 2.
Functional Skills Maths	E3- L1	22 Weeks	3 hours per week	GCSE equivalent accredited qualification for those learners who are looking to gain their maths accreditation. Levels on offer are 1 and 2.

Adult Education



The information provided below gives you a brief overview of each course. This is to enable you to decide which course is best suited for you to apply for, based on your needs.

Course:	Levels:	Duration:	Learning hours:	Course content:
Personal Development/ Aspirations	-	4 weeks	2 hours per week.	Short workshops on gaining confidence and understanding employment setting protocols. Discuss career plans and how to achieve goals and targets.
Business Admin	1, 2	L1- 12 Weeks L2- 12 Weeks	5 hours per week.	This qualification covers a wide range of administrative functions. For individuals looking to develop their skills and knowledge to work in an office.
Customer Service	1, 2, 3	L1-12 Weeks L2- 12 Weeks L3- 22 Weeks	5 hours per week.	This qualification provides the underpinning knowledge required by employees to work in a range of customer service roles. Learners will gain essential knowledge on how to carry out tasks such as managing information and supporting events.
Information Advice and Guidance	1, 2		5 hours per week.	If you give information, advice, or guidance as part of your role, this course can help you brush up on your skills and make sure you're aware of the fundamental rules for successful information sharing. This course covers communication techniques, interpersonal skills, and group interactions, as well as how to store and retrieve information in a way that complies with the law.
Leadership and Management ILM	2, 3		3 hour per week	ILM Leadership and Management Course is for individuals who have management responsibilities but no formal qualifications and are serious about developing and improving their skill set and ability.
Qualification in teaching ESOL	3	Flexible	Flexible	Build your confidence as a teacher in ESOL so you can help adapt materials for different learner levels, address issues for lower-level learners and those with literacy issues, integrate low level technology in your lessons and gain a recognised Level 3 Award in English for Literacy and Language Teaching.

We have access to a wider range of courses offered by local providers and organisations. To discuss these options and find out more please contact the PAE team for further details.

English for Speakers of Other Languages (ESOL)

Below is a list of information for all scheduled ESOL courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions in the [how to apply](#) section.

Programme:	Delivery:	Venue:	Crèche:	Duration:	Assesment date:	Session times:	Dates:
ESOL	Classroom	JS - CFC	Yes	10 Weeks	19th September 2022	Mondays 1pm-3pm	26th September - 5th December
ESOL	Classroom	OG - CFC	Yes	10 Weeks	21st September 2022	Wednesdays 9:30am-11:30am	28th September - 7th December
ESOL	Classroom	CW - CFC	No	10 Weeks	23rd September 2022	Fridays 9:30am-11:30am	30th September - 9th December
Pre-Entry ESOL	Classroom	CS - CFC	Yes	10 Weeks	20th September 2022	Tuesdays 12:30pm-3pm	27th September - 6th December
Pre-Entry ESOL	Classroom	OC - CFC	Yes	10 Weeks	21st September 2022	Wednesdays 10am-12pm	28th September - 7th December
ESOL for Refugees Entry Level	Classroom	IOD - CFC	No	10 Weeks	-	Tuesdays 9:30am-11:30am	27th September - 6th December
ESOL for Refugees Intermediate Level	Classroom	MO - CFC	No	10 Weeks	-	Mondays 12:30pm-3:00pm	26th September - 5th December



English for Speakers of Other Languages (ESOL)



Below is a list of information for all scheduled ESOL courses due to be delivered at your local Children and Family Centre. If you would like to apply for any of the courses, please follow the instructions in the [how to apply](#) section.

Course:	Levels:	Duration:	Learning hours:	Course content:
ESOL	E1-L1	10 Weeks	2 hours per week	ESOL stands for English for Speakers of Other Languages. It's aimed at non-native English speakers looking to take up a new language or confirm their skills. If you would like to improve your speaking, listening, and writing skills but struggle, ESOL is the best starting point. Levels on offer are E1, E2, E3 and L1. Please note the level for each course is set following results from the assessments.
Pre-Entry ESOL	PE-E1	10 Weeks	2 hours per week	Pre-Entry ESOL is the most basic entry level ESOL aimed at those learners with no or very little knowledge and understanding of speaking, listening, and writing English. This course is an introduction level enabling learners to access entry level courses. ESOL stands for English for Speakers of Other Languages. It's aimed at non-native English speakers looking to take up a new language or confirm their skills. If you would like to improve your speaking, listening, and writing skills but struggle with English now, Pre-Entry ESOL is the best starting point.
Conversation Clubs	E1-E3	6 weeks	2 hours per week	Conversation Club will provide language practice to parents/ carer's who couldn't access ESOL classes (due to long waiting list or COVID-19 restrictions). Sessions will provide English practice and some basic English teaching together with quite a lot of orientation, cultural input. We encourage communication in the group and provide advice to parents about support and services provided by Integrated Early Years Service and the council. Along with developing English skills this course will fight isolation and ease the building of network in the community.

How to apply

All our programmes and courses are delivered at your local Children and Family Centres in partnership with training providers and organisations. As a result of which for some there may be a set application process, a selection criteria or entry requirements which you will need to meet to be eligible. For details on eligibility please see the detailed chart below.



To access any of our parenting programmes you will need to meet all the criteria in section 1 in blue:

Section 1

Tower Hamlets resident

Have a child birth - 19 years old

Registered with a Children and Family Centre

Most of our parenting programmes are free to attend providing you live in Tower Hamlets and have a child birth - 19 years old (25 Years old if Child has SEND). Parenting programmes highlighted with a * will require you to consent to completing a Referral Form at the Children and Family Centre which is mandatory. Depending on the programme the relevant referral form will be provided at the centre when you apply.

All other parenting, adult education and ESOL courses are fully funded, providing you meet all the criteria in blue in section 1 and 2 in addition to one of the set criteria's below in orange.

Section 2

Lived in the UK 3 years or more

Unemployed

Household income less than £21,157.50 per annum

In receipt of Out of Work Benefits

Please note for some programmes you are also required to meet entry requirements which are course dependent and vary accordingly. If you have any questions in relation to your criteria status or to discuss this further, please contact the Parenting Adult Education Team.

How to apply

Do you meet the relevant criteria above for your selected programme/course?

Yes Follow instructions below on how to apply for your chosen programme or course.

No Contact the PAE team to discuss your individual circumstances and receive further guidance and support.

Complete an online Parenting Adult Education Course Enquiry Form?

You can access our enquiry form here <https://forms.office.com/r/GLiv8sDXnt>
Once completed and submitted your information will be sent to the PAE team to process and add to the relevant waiting list.

If you don't have access to ICT, attend your local Children and Family Centre and book your name onto the course?

Once you attend a Children and Family Centre, a member of the team will take your EISi ID number and add you onto the relevant programme/course booking waiting list which will be shared with the PAE Team. In the instance this is a parenting programme, you will be required to provide consent to complete a Parenting Referral Form. Staff at the centres will confirm your personal details to ensure our information is up to date and you also can highlight any support needs. Please don't forget to mention if you will need the use of crèche.

How will I know I have been offered a place?

A member of staff from the Early Help and Children and Family Service will contact you one or two weeks before the programme/course assessment or start date to invite you in and confirm your place on the course.

What should I do if I have not received a call or been offered a place?

If you do not receive a call it may mean you do not have a place on the course due to our long waiting lists, nonetheless you will remain on the waiting list until we deliver the course again and you will be contacted then. You can contact the PAE team to discuss further and to check your status.

How to apply

What happens if I turn up to a programme/course without booking or confirmation?

It is your responsibility to ensure that you have a place before you arrive at one of our programmes/courses. Our venues hold a specific number of people and these are allocated via our booking system. If they are overfilled, we are in breach of health and safety regulations. People turning up on the day without prior booking may be turned away.

Waiting list

For all our programmes/courses we have a waiting list. If you are not offered a place for your preferred date, you will remain on the list until the next date becomes available. In certain cases, places may become available due to cancellations and we will make every effort to contact you to book you in. Please note in cases where we have long waiting lists, we make every effort to arrange more programmes/courses to meet the needs of our families.

Refreshments

Refreshments are not provided as part of our programmes/courses. But, certain venues have their own arrangements. We request families to make their own arrangements in relation to refreshments for themselves and their children (if they are placed in the crèche).

Parking

The venues we use do not have parking facilities. Centres may have resident/pay-and-display on-street parking. Please plan well ahead when travelling to the venues.

Venue information and contact details

Below is a list of addresses and contact details for all the Children and Family Centres in Tower Hamlets.

Key code	Address	Contact
AP-CFC	Around Poplar, 115 Three Colt Street, London E14 8AP	020 7364 0540
CS-CFC	Chrisp Street, 45 Kerbey Street, London E14 6AW	020 7364 2856
IOD-CFC	Isle of Dogs, Millwall Park, Stebondale Street, London E14 3BX	020 7364 1179
MA-CFC	Marnar, Devas Street, London E3 3LL	020 7364 3534
ME-CFC	Mile End, 9 Bede Square, Joseph Street, off Bow Common Lane, London E3 4GY	020 7364 7557
OV-CFC / OG-CFC	Overland, 60 Parnell Road, London E3 2RU Olga, 25 Medway Road, London E3 5DS	020 7364 1925 020 7364 3100
JS-CFC	John Smith, 90 Stepney Way, London E1 2EN	020 7364 0537
OC-CFC / SH - CFC	Ocean, Whitehorse Road, London E1 OND Shadwell, 418-412 Cable Street, London E1 OAF	020 7364 6605 020 7364 0544
WA-CFC	Wapping, 15 Richard Street, London E1 2JP	020 7364 0423
MG-CFC	Meath Gardens, 1 Smart Street, London E2 0SN	020 7364 0349
MO-CFC	Mowlem Children's Centre, Wadeson Street London E2 9DL	020 7364 7935
CW-CFC	Collingwood, St Bartholomew Gardens, Buckhurst Street, London E1 5QT	020 7364 0539

If you would like to discuss our courses or to receive information and advice, please contact:

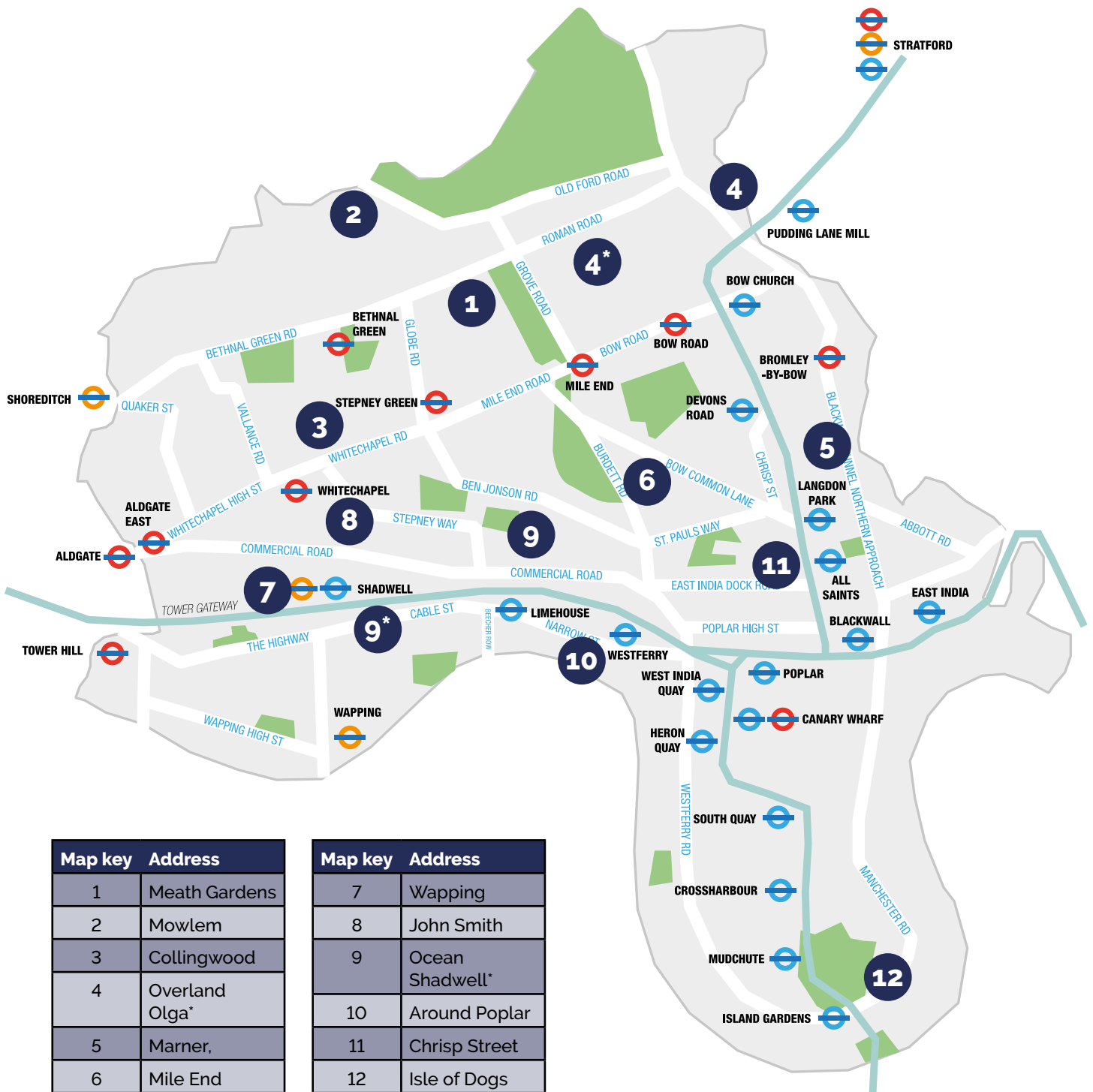
Zubair Ahmed
020 7364 2240
077 7338 4947

Syeda Pasha
020 7364 0421
079 8427 7662

PAE@towerhamlets.gov.uk

Venue information and contact details

Below is a map of all the Children and Family Centres in Tower Hamlets.



**Parenting and Adult Education Team
Early Help, Children and Family Service,
4th Floor Mulberry Place,
5 Clove Crescent, E14 2BG**

PAE@towerhamlets.gov.uk

