

# Parenting and adult education directory

Summer Term April-June 2024



# Welcome

The Parenting and Adult Education Team is part of the Early Help & Children and Families Service at Tower Hamlets. We co-ordinate everything from courses to job opportunities for families with children aged from 19 years old (up to 25 years for those with Special Educational Needs and Disabilities).

We help you take those early steps into parenting and education, including:

- resources to boost your understanding and knowledge
- access to education and training
- opportunities for better jobs

Most of our courses at Family Hubs & Children and Family Centres come with free crèche services. That means you can bring your child along and they'll be looked after by our experienced team, while you focus on learning. Just keep in mind that spaces are limited and given on a first-come, first-served basis, and the crèche is available for children aged 6 months to 5 years old.

Have a look at our directory for all the details on what we offer, including course content, schedules, eligibility, and how to sign up. We offer both in-person and online programmes and courses to fit your busy schedule. Our online programmes are perfect for those days when you can't make it to a specific time or place.

If you have any questions, don't hesitate to reach out to the Parenting Adult Education Team. We're here to help you and your family thrive.

PAE@towerhamlets.gov.uk



**All parents and children are welcome but if you or your child needs additional support please let staff know.**



We understand that family life can be a juggle, but don't worry, we've got your back! We offer both in-person and online programmes and courses to fit your busy schedule.

Our online programs are perfect for those days when you can't make it to a specific time or place. Check out the directory for more details on what's available online, and feel free to reach out to your local Family Hub for additional information.

Find your nearest Family Hub at: [www.towerhamlets.gov.uk/earlyhelp](http://www.towerhamlets.gov.uk/earlyhelp)

We're here to support you every step of the way!

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# Supporting you through pregnancy and preparing to become a parent

ONLINE

## Understanding Pregnancy, Labour, Birth, and your baby

This course is for parents-to-be, grandparents, carers, relatives, and friends – for everyone in the new baby's life. It combines the traditional information given on an antenatal courses such as looking after yourself in pregnancy, understanding how your baby grows and preparing for giving birth. It explains how and why you are important to the baby, whether you are the mother, father, partner, grandparent, or birth partner.

For parents with children 0-19 years old (25 years with SEND).

We also have this course online for women only couples.

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub.

IN PERSON

## Mellow bumps

Mellow Bumps is a six-week programme which will help you connect with your baby and relax. You will learn more about what your baby can already do and how you can prepare to make him or her welcome. You will also talk about common questions or worries that you may have about becoming a parent. Get together with other mums-to-be and share ideas in a supportive group. For parents pre-birth and with children 0-2 years old.

Once a week for 6 weeks.

To apply for this course complete the enquiry form link here [https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

# Supporting you and your baby/toddler

ONLINE

## Understanding your baby

This course is for anyone caring for a new baby: helping you and your little one from birth to 12 months. You'll discover how your baby's brain, body, and feelings grow. We mix classic postnatal advice with a fresh way to bond with your baby covering topics like your baby's sleep, feeding, tears, fun, and childcare choices.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub.

ONLINE

## Understanding your pre-term or sick baby in hospital

This online course is for parents of premature or sick babies who are in hospital. It is also for grandparents, friends and family...anyone who is involved with your baby/babies. The course looks at you and your baby's experience of being in hospital and how to find support in the middle of everything. It also helps you to prepare for the time when you will all return home.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub.

ONLINE

## Understanding your pre-term or sick baby at home

This online course is for families of premature or sick babies who have been discharged from hospital and are now at home. The course covers sleeping, crying, feeding, development and childcare, as well as the relationship between you and your baby/babies. It also has special sections for dads/partners.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub.

# Supporting you and your baby/toddler

ONLINE

## Understanding your child 0-19+ years

This is an online course for all parents, grandparents and carers of children aged 0-19 years (or up to 25 for those with SEND). It will help you to understand your child's development and feelings. It also considers different styles of parenting, and the importance of sleep and having fun together. It helps you reflect on how you and your child communicate with each other and how this can be key to moving forward when things are tough.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub.

ONLINE  
AND IN  
PERSON

## Triple P Baby / Triple P Baby online

This programme aims to prepare parents for a positive transition to parenthood and the first year with their baby, promoting sensitive and responsive care in the perinatal period. You will participate in a range of exercises to learn strategies to develop a positive relationship with your baby and help their development through new skills and behaviours.

This course is also available online if you cannot attend the face-to-face sessions. To apply for the online course please contact the PAE Team on **0207 364 2240** / [pae@towerhamlets.gov.uk](mailto:pae@towerhamlets.gov.uk)

For expectant parents or parents with children 0-12 months.

Once a week for 9 weeks.  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

IN  
PERSON

## Incredible Years Pre School-Age 1-6

This programme aims to make the bond between parents and kids stronger. It helps parents learn how to interact better with their children. It also helps with handling bad behaviour by using positive parenting and managing behaviour well. The programme also helps kids with their social and emotional skills. A particular focus is for children aged 1 to 6 years looking at emotional dysregulation, aggressive and oppositional behaviour (mild to severe) e.g. hitting, biting, kicking, hair pulling, non-compliance/difficulties following instructions, attention difficulties, relationship difficulties with parents or carers, separation or general anxiety.

For parents with children 1-6 years old.

Once a week for 12 weeks.  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

IN  
PERSON

## Mellow Parenting Babies/Toddlers

Mellow Parents Course helps parents who may struggle with the challenges of parenting. Here you will get the chance to watch films of interactions between parents and their child, learning about positive parenting. You will be given tasks to "Have a Go" at home, to practise new activities or skills that you have learned on the course. During the afternoon group session you will have the opportunity to discuss your 'Have a Go', successes from what you've learned. You will also be encouraged to try new solutions to your parenting challenges.

For parents and their baby/toddler aged between 6 - 24 months.

Once week for 14 weeks.  
Crèche available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

# Supporting you with understanding your child's/teenager's behaviour

ONLINE

## Understanding your teenager's brain (short course)

Find out what happens to the brain as a child hits adolescence in this short course. Gain insights into how these changes contribute to the shifts in behaviour commonly observed during this developmental stage.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub.

IN PERSON

## Being a Parent EPEC

This group will help you understand your child's behaviour and learn positive strategies to help you as a parent. These sessions are run by parent facilitators.

- Take time out for yourself
- Meet other parents
- Get practical support for day-to-day challenges of being a parent

For parents with children 2 - 11 years old.

Once a week for 12 weeks.  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



IN PERSON

## Incredible Years Age 3-12

This programme aims to make the bond between parents and the child stronger. It helps parents learn how to interact better with their children and handle bad behaviour by using positive parenting and behaviour management. A particular focus is on the age group of children 3-12 year old looking at Emotional dysregulation, Aggressive and oppositional behaviour (mild to severe) e.g. hitting, biting, kicking, hair pulling. Non-compliance/difficulties following instructions, attention difficulties, relationship difficulties with parents or carers, separation or generalised anxiety.

For parents with children 3-12 years old.

Once a week for 12 weeks.  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

IN PERSON

## Strengthening Families Strengthening Communities

This programme is for parents with children from birth-19 years old (25 years old with SEND) 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, as well as learning more about child development.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

# Supporting you with understanding your child's/teenager's behaviour



## Triple P group

Classes will help you to share common concerns about your parenting and deal with your child's behaviour. You will learn effective positive parenting strategies, gain skills to manage common behaviours and issues, learn how to understand and promote your child's development and get support from other parents.

For parents with children 2-11 years old.

Once a week for 8 weeks.  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



## Triple P teen

This programme is for parents who want to develop positive connections with their teenager or have worries about issues like non-cooperation, aggression, or want to stop behavioral problems before they start.

For parents with children 12-18 years old.

Once a week for 9 weeks.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



## Managing Challenging Behaviour

This programme looks at behaviour that may be challenging. Learn how to support positive behaviour and the importance of effective communication and management of challenging behaviour. You will also understand how to support those involved in incidents of challenging behaviour.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



## Generation Parent Management Training Oregon

Generation Parent Management Training Oregon is a US evidence-based intervention developed to design help parents strengthen their families at all levels. This model teaches parenting skills that encourage children's cooperation and positive social behaviour, preventing and reducing mild to severe behaviour problems in young people aged 8-14 at risk of getting involved in serious youth violence.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



# Supporting you with your child's wellbeing



## Understanding your child's feelings

This is a short course that will help you to understand more about your child and what they are feeling. If you like this you might like the bigger 'Understanding your child' or 'Understanding your child with additional needs' courses too.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub



## Understanding the impact of the pandemic on your child/teenager

These short courses are about understanding how the coronavirus pandemic may have affected your child/teenager emotionally. You may have noticed that your child/teenager's interests have changed since returning to school, or that your child/teenager is more anxious, or you might be worried about their social life. This course may help you to process the impact of the pandemic on your child/teenager.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub



## Emotional First Aid

This course offers an overview of mental health and wellbeing in relation to parenting. Learn strategies to manage anxieties, identify stress factors, gain a better understanding of ourselves and promote a healthier sense of wellbeing.

For parents with children 0-19 years old (25 years with SEND).  
Once a week for 6 weeks. Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

# Supporting your child with their wellbeing



## Children and Young People's Mental Health

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 mental health and emotional wellbeing. You will also learn about issues facing children and young people including depression, anxiety and conduct disorder, as well as factors that affect their mental health and the impact these can have on them and their lives.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



# Supporting you with your child's additional needs

ONLINE

## Understanding your child with additional needs 0-19+yrs

This course is for parents, relatives and friends of children who may have a physical or learning disability, or who may have autistic traits. In the UK, you may be within the SEND Special Educational Needs and Disabilities system. The course is in two sections. Level 1 helps you to understand your child. Level 2 looks at some particular aspects of parenting: sleeping and anger management, together with more about how we interact with each other. Understanding this can make it easier to work with your child's behaviour as well as supporting their development.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub

IN PERSON

## Understanding Autism

This programme is for parents who wish to increase their knowledge and understanding of autism. Find out what autism means and how it is diagnosed and learn more about the characteristics that may be present in people with autism.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here [https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

ONLINE

## Supporting Autistic Children and teens

Having a child or loved one receive an autism diagnosis can be worrying and unsettling. It's difficult to know how best to support autistic children's needs without external guidance. This course can teach you how to offer support to help autistic young people live healthy and fulfilling lives. This course is ideal for you if you have regular contact with autistic children or teenagers. It is aimed at parents, family members, community workers, or volunteers who interact closely with autistic kids. It can be useful both if you are going through diagnosis, and also if you feel you need extra resources to help support a developing autistic child.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks.  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here [https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



# Supporting your relationship

ONLINE

## Understanding your relationships (young people, adults, older adults course)

This course is for anyone who is in a relationship. You may want to celebrate your relationship, give it a bit of an MOT or you may feel your relationship is in need of some attention. Maybe you feel you are drifting, or perhaps things have been difficult lately and you're looking for a way forward. The course covers feelings, communication, conflict in relationships, anger, repair and more.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub



IN PERSON

## Family Transitions

For parents who are experiencing personal distress after separation or divorce, which is impacting on their parenting.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 6 weeks  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)





# Supporting you with domestic or family abuse

## Safer Together and Healthy Relationships

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 a healthy relationship is, and what the impact of domestic violence on survivors and their children has. We discuss the help seeking process and support range for survivors.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

## Positive Change

This programme is for mothers who have experienced domestic abuse. It supports mums to build on their relationship with their children and raise awareness of conflict within their home. Classes will give you 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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

## Early Repair Course

Early repair is a brief awareness 2 day 2-day group programme for fathers identified as using abuse (physical and/or emotional and/or coercive control). Early repair is for fathers who are assessed as being lower risk in accordance with the Tower Hamlets risk matrix. Professional referrals only.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks.  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

## Safeguarding and Prevent

This programme delves into various aspects of safeguarding, including identifying signs of abuse, understanding legal and ethical responsibilities, implementing effective reporting procedures, and ensuring the well-being of children and young adults including online safety.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks.  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

# Supporting you with your child's health

ONLINE

## Understanding your child's mental health and wellbeing

This is a short course designed to frame our courses Understanding your child: from toddler to teenager or understanding your child with additional needs. It provides a deeper understanding of mental health for parents who might be concerned about mental wellbeing or just want to learn more about it.

Understanding your child's mental health and wellbeing will help you to tune into how you can help your child or teenager process their emotions effectively and also understand mental health difficulties such as depression, anxiety and self-harm. Your child's mental health and wellbeing is for all parents, grandparents and carers of children aged between six months to 19 years.

The resources are tailored so that whatever their age, you can use the ideas and techniques to help better understand your child, their mental health and how to nurture them.

For parents with children 0-19 years old (25 years with SEND).

For more information and to sign up for this go to [www.inourplace.co.uk/towerhamlets](http://www.inourplace.co.uk/towerhamlets) or speak to a member of staff at your local Family Hub

IN PERSON

## Paediatric First Aid

Paediatric first aid course 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 which will be covered.

This course is offered non accredited over half a day and accredited over 2 full days or 4 half day sessions.

For parents with children 0-19 years old (25 years with SEND).  
Crèche is available.

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)

IN PERSON

## Ministry of Food Healthy Eating/ Cooking Course

Jamie Oliver's Ministry of Food learn to cook programme combines practicalities of cooking and teaching with fun tips, tasting, nutrition and activities to really bring healthy eating and cooking to life. The course includes Jamie Oliver recipes that have been nutritionally analysed and developed to provide a healthy balance of meals, based on the UK's nutritional guidelines.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 8 weeks.  
Crèche is available

To apply for this course complete the enquiry form link here  
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)





# Supporting your personal development



## English for Speakers of Other Languages (ESOL)

ESOL (English for Speakers of Other Languages) is aimed at non-native English speakers looking to take up a new language or develop 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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 4 weeks.  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



## Childcare

This qualification will help you 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 child care 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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)



# Supporting your personal development



## Teaching Assistant

This short course will explore how literacy and numeracy is fundamental in primary schools. You will learn how to manage behaviour and develop your knowledge and understanding of working in a school and college. The course will cover areas such as children and young people's development, safeguarding, communication, equality, and diversity.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

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## Functional Skills English

This course is a GCSE equivalent accredited qualification for those learners who are looking to gain English accreditation. Levels on offer are 1 and 2.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
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To apply for this course complete the enquiry form link here

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## Functional Skills Maths

This course is a GCSE equivalent accredited qualification for those learners who are looking to gain their maths accreditation. Levels on offer are 1 and 2.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

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## Community Interpreting

This session is aimed at learners who speak fluent English and another community language, and want to develop their linguistic skills and knowledge to develop a career as a community interpreter.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

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# Supporting your personal development

IN PERSON

## Health and Social Care

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.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
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IN PERSON

## Business Administration

This qualification covers a wide range of administrative functions for individuals looking to develop their skills and knowledge to work in an office.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

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IN PERSON

## Customer Service and Retail

This qualification provides the underpinning knowledge required by employees to work in a range of customer service roles. You will gain essential knowledge on how to carry out tasks such as managing information and supporting events.

For parents with children 0-19 years old (25 years with SEND).

Once a week for 12 weeks for Level 1 (Other levels the number of weeks increases)  
Crèche is available.

Eligibility criteria for this course, you must:

- Have lived in the UK 3 years or more and either be:
- Unemployed; or have
- Household income less than 21,157.50; or
- In receipt of out of work benefits

To apply for this course complete the enquiry form link here

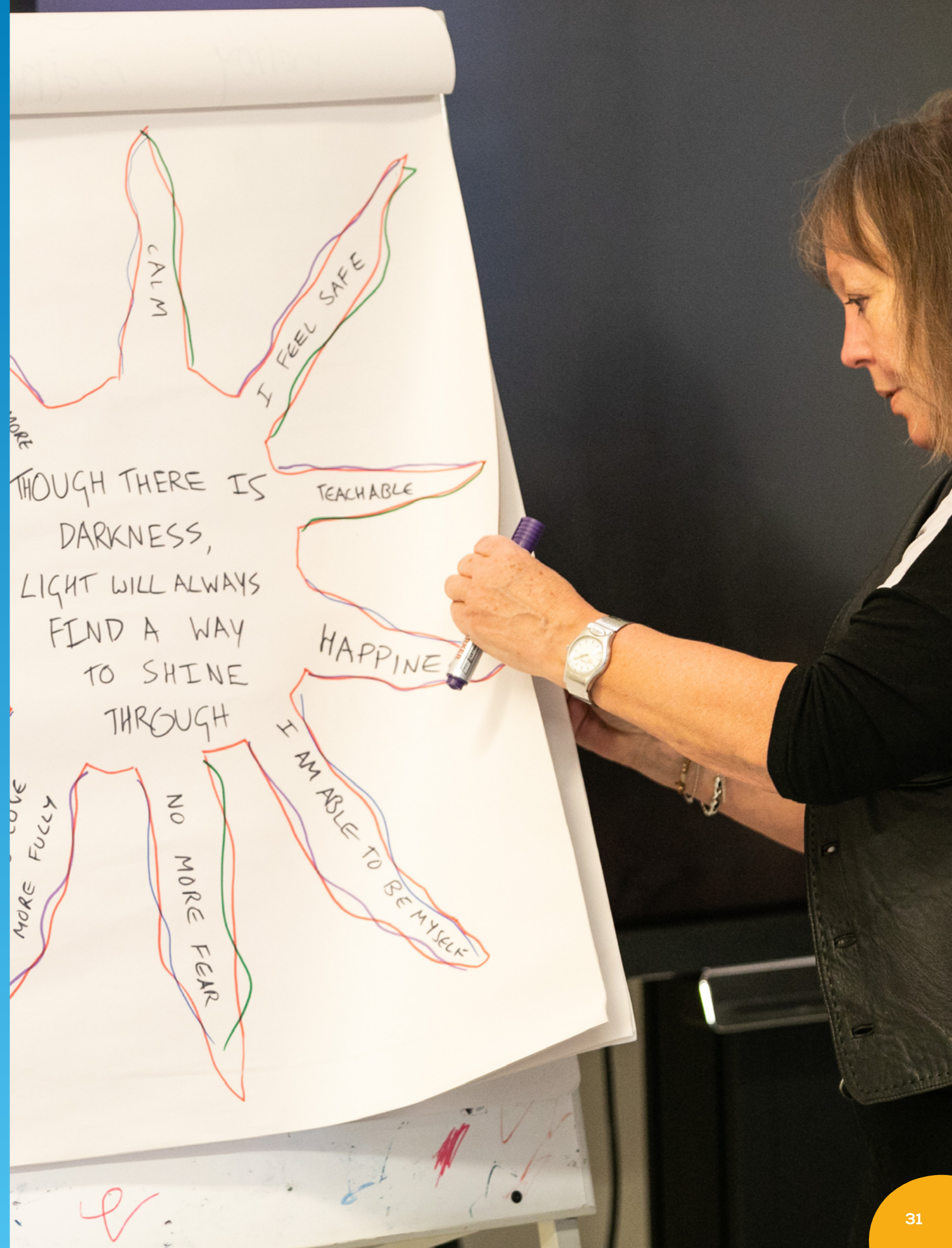
[https://forms.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form)





# Schedule for April-July

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Triple P</b></p> <p>8 weeks</p> <p>29th April -15th July 10:00am-12:30pm</p> <p><b>John Smith CFC</b> Crèche available</p>	<p><b>Triple P Baby</b></p> <p>8 weeks</p> <p>30th April -25th June 10:00am-12:30pm</p> <p><b>Wapping CFC</b> Crèche available</p>	<p><b>Emotional First Aid</b></p> <p>6 weeks</p> <p>1st May-12th June 10:00am-12:30pm</p> <p><b>CFC</b> Crèche available</p>	<p><b>SFSC Bengali</b></p> <p>5 weeks</p> <p>25th April -30th May 10:00am-12:00pm</p> <p><b>Mowlem CFC</b> Crèche available</p>	<p><b>ESOL</b></p> <p>10 weeks</p> <p>Assessment 26th April</p> <p>3rd May-12th July</p> <p><b>Collingwood CFC</b></p>
<p><b>ESOL</b></p> <p>10 weeks</p> <p>Assessment 22nd April</p> <p>29th April -8th July 1:00pm-3:00pm</p> <p><b>John Smith CFC</b> Crèche available</p>	<p><b>EPEC Parent Training</b></p> <p>12 weeks</p> <p>30th April -23rd July 10:00am-12:00pm</p> <p><b>Mile End CFC</b> Crèche available</p>	<p><b>Triple P Teens</b></p> <p>9 Weeks</p> <p>1st May-3rd July 10:00am-12:30pm</p> <p><b>Overland CFC</b> Crèche available</p>	<p><b>Positive Change</b></p> <p>12 weeks</p> <p>25th April -18th July</p> <p><b>John Smith CFC</b> Crèche available</p>	<p><b>Incredible Years</b></p> <p>10 weeks</p> <p>19th April -28th June 10:00am-12:15pm</p> <p><b>John Smith CFC</b> Crèche available</p>
<p><b>SFSC English</b></p> <p>12 weeks</p> <p>22nd April -15th July 10:00am-1:00pm</p> <p><b>Olga CFC</b> Crèche available</p>	<p><b>Supporting Autistic Children and Teens</b></p> <p>4 weeks</p> <p>18th April -9th May 9:30am-11:30am</p> <p><b>Online</b></p>		<p><b>ESOL</b></p> <p>10 weeks</p> <p>Assessment 25th April</p> <p>2nd May-11th July</p> <p><b>Marnier CFC</b> Crèche available</p>	<p><b>SFSC English</b></p> <p>12 Weeks</p> <p>26th April -19th July 10:00am-1:00pm</p> <p><b>Olga CFC</b> Crèche available</p>
<p><b>Keeping Children Safe Online</b></p> <p>2 Weeks</p> <p>1st July &amp; 15th July 10:00am-12:30am</p> <p><b>Overland CFC</b> Crèche available</p>				





# How to apply

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

YES

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

NO

Contact 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.towerhamlets.gov.uk/service/Parenting\\_adult\\_education\\_enquiry\\_form](https://forms.towerhamlets.gov.uk/service/Parenting_adult_education_enquiry_form) or scan the QR code. Once completed and submitted your information will be sent to team to process and add to the relevant waiting list.

## If you don't have access to ICT, attend your local and book your name onto the course.

Once you attend a Family Hub, a member of the team will take your EISi ID number and support you apply for the relevant programme course online. If you cannot do this they will take your details to share with team. Staff at the centres will confirm your personal details to ensure our information is up to date and you can also 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 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. You will remain on the waiting list until we deliver the course again and you will be contacted then. You can contact the to discuss further and to check your status.



## 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. However,, 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	Map key	Address	Contact
AP-CFC	10	Around Poplar, 115 Three Colt Street, London E14 8AP	020 7364 0540
CS-CFC	11	Chrisp Street, 45 Kerbey Street, London E14 6AW	020 7364 2856
IOD-CFC	12	Isle of Dogs, Millwall Park, Stebondale Street, London E14 3BX	020 7364 1179
MA-CFC	5	Marner, Devas Street, London E3 3LL	020 7364 3534
ME-CFC	6	Mile End, 9 Bede Square, Joseph Street, off Bow Common Lane, London E3 4GY	020 7364 7557
OV-CFC	4	Overland, 60 Parnell Road, London E3 2RU	020 7364 1925
OG-CFC		Olga, 25 Medway Road, London E3 5DS	020 7364 3100
JS-CFC	8	John Smith, 90 Stepney Way, London E1 2EN	020 7364 0537
OC-CFC	9	Ocean, Whitehorse Road, London E1 0ND	020 7364 6605
SH - CFC		Shadwell, 418-412 Cable Street, London E1 0AF	020 7364 0544
WA-CFC	7	Wapping, 15 Richard Street, London E1 2JP	020 7364 0423
MG-CFC	1	Meath Gardens, 1 Smart Street, London E2 0SN	020 7364 0349
MO-CFC	2	Mowlem Children's Centre, Wadeson Street London E2 9DL	020 7364 7935
CW-CFC	3	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:

**Syeda Pasha**  
020 7364 0421  
07984 277 662

**Zubair Ahmed**  
020 7364 2240  
07773 384 947

[PAE@towerhamlets.gov.uk](mailto:PAE@towerhamlets.gov.uk)

# Venue map

**1 Meath Gardens,**  
1 Smart Street,  
London, E2 0SN

**2 Mowlem,**  
Wadeson Street,  
London, E2 9DL

**3 Collingwood,**  
St Bartholomew Gardens,  
Buckhurst Street, London, E1 5QT

**4 Overland,**  
60 Parnell Road,  
Bow, London, E3 2RU

**5 Marner,**  
Marner Centre,  
Devas Street, London, E3 3LL

**6 Mile End,**  
9 Bede Square, Joseph Street, Off  
Bow Common Lane, London, E3 4GY

**7 Olga Centre,**  
25 Medway Road, London, E3 5DS

**8 Wapping and Bigland,**  
15 Richard Street, London, E1 2JP

**9 John Smith Family Hub,**  
90 Stepney Way, London, E1 2EN

**10 Ocean,**  
Whitehorse Road, London, E1 0ND

**11 Ocean (Shadwell),**  
418 Cable Street, E1 0AF

**12 Around Poplar,**  
115 Three Colt Street, London, E14 8AP

**13 Chrisp Street,**  
45 Kerbey Street, London, E14 6AW

**14 Isle of Dogs,**  
Millwall Park, Stebondale Street, London, E14 3BX

# Partner organisations



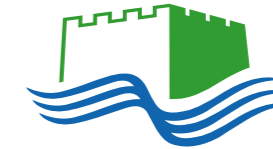
**The WEA**  
London and Southern Regions  
4 Luke Street  
London, EC2A 4XW  
  
0300 303 3464  
www.wea.org.uk



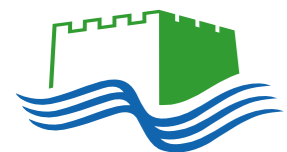
**ELATT**  
260 Kingsland Rd  
London, E8 4DG  
  
0800 0420 184  
www.elatt.org.uk  
hello@elatt.org.uk



**DOCKLANDS OUTREACH**  
**Docklands Outreach**  
St Matthias Community Centre,  
113 Poplar High Street,  
London, E14 0AE  
  
www.dockout.org.uk



**TOWER HAMLETS**  
**The Positive Change Service**  
Eva Armsby Family Centre  
6 Glamis Road, Shadwell  
London, E1W 3EG  
  
020 7364 3015  
eafc.referrals@towerhamlets.gov.uk



**TOWER HAMLETS**  
**VAWG and Hate Crime Team**  
Directorate of Health, Adults and Community  
London Borough of Tower Hamlets Council  
Tower Hamlets Town Hall  
160 Whitechapel Road  
London E1 1BJ  
  
020 7364 6211  
www.towerhamlets.gov.uk



**Learning Curve Group**  
Dunelm Rise, Durhamgate,  
County Durham, DL16 6FS  
  
01388 777129  
www.learningcurvegroup.co.uk



**idea**  
Library Learning Information  
**Idea Store Learning**  
London Borough of Tower Hamlets  
www.ideastore.co.uk



**FamiliesMatter**  
Tower Hamlets Parental Engagement Team  
**The Parent and Family Support Service**  
London Borough of Tower Hamlets  
Parent Advice Centre  
30 Greatorex Street  
London, E1 5NP  
  
0207 364 6398  
Parenting@towerhamlets.gov.uk



**The Toyhouse Centre**  
92, St Paul's Way, London, E3 4AL  
  
020 7987 7399  
07497 112 268  
info@toyhouse.org.uk  
www.toyhouse.org.uk



**eTraining**  
131 Hayes Lane, Bromley, Kent, BR2 9EJ  
  
0800 3288331  
0208 462 7745  
clair.petit@etraining-uk.com  
www.etraining-uk.com

Early Help and Children and Families Service  
1st Floor,  
Tower Hamlets Town Hall  
160 Whitechapel Road  
London, E1 1BJ

[PAE@towerhamlets.gov.uk](mailto:PAE@towerhamlets.gov.uk)

[www.towerhamlets.gov.uk/parenteducation](http://www.towerhamlets.gov.uk/parenteducation)

