

**WE ARE  
FAMILIES.**

**WE ARE  
NEWHAM.**



**STRENGTHENING FAMILIES  
OFFER IS CHANGING**

Strengthening Families was developed by Newham's Early Help teams. In line with the relaxations of Covid-19 restrictions, we are making changes to the referral pathway. Professionals will now be advised to make direct referrals to each service area cutting out the need to make a referral via the Strengthening Families Inbox.

### **Family Money Matters (family finance, housing and work/training)**

One-to-one advice and guidance to all via phone or on-line or face to face.

1. Click for **Housing Advice and assistance** or the **homelessness prevention team**
2. For evictions, welfare benefits, tax credits and universal credit, immigration and employment law visit the **Community Links** website or **Shelter**
3. Financial support to access affordable credit, money and debt management and emergency support including access to food bank vouchers, supermarket and energy vouchers, please contact **Our Newham Money**
4. Employment/training support includes
  - Improving your CV

### **Your Time**

HeadStart and Youth Empowerment Service are working collaboratively to deliver Your Time for young people who are being adversely affected by the uncertainty the coronavirus pandemic brings to their daily lives.

- Befrienders are trained youth practitioners
- 30-60 mins session per week

- Identifying job/career options
- Advising on jobs to best suit your skills
- Good quality apprenticeships for all ages
- Bespoke training to enhance your existing skills including accredited qualifications
- Preparing you for attending assessment centres and interviews
- Advice on childcare options

Specialist teams such as Young People's Team (16 – 24 years old), Apprenticeships Team (all ages), Supported Employment Team (disabilities or long-term health conditions) and construction team, to support the requirements of our residents. Please visit our Family Information Service webpage for more information and the latest version of the **referral form**.

- 8 – 12 weeks with a clear transition process and ongoing support, if needed
- Group sessions will be developed where this would be helpful and supportive
- Welcome pack with an All About Me wellbeing journal to help you keep healthy and mentally well
- Collaboration working together with everyone to help you achieve your goals

Visit the HeadStart web page for further information and the **contact form**.

## Parenting Befriending Service

A bespoke parenting befriending service for parents/carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances, and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

- **Befrienders** are either trained children, centre staff or Newham Parent Peer Facilitators
- **30-60 mins** session per week
- **1-8 weeks** with a clear transition process put in place for when the contact ends
- **Group sessions** – will be developed where this would be helpful and appropriate

If you would like to refer a family for the parenting befriending offer please visit our parenting support [webpage](#).

