

# Havelock Primary School, Nursery & ARP Newsletter



Monday 3<sup>rd</sup> February 2025

Dear Parents/Carers,

I hope you have had an amazing week!

We have had a brilliant week of learning and tests, where years 3-5 have been demonstrating their understanding and progress within the year, by completing tests in core subjects. Well done and good luck for your results!

We have continued to participate in sports tournaments as well. Congratulations to everyone who has participated and shown their brilliant skills!

Year 4, have also practiced their multiplication times tables this week. Hopefully, they are frequently practicing at home, and you can see the progress in their speed!

We also wanted to share some exciting news regarding one of our Year 5 classes. Ms Abbasi works with the NEU union and has been promoted to Assistant District Secretary. We congratulate Ms Abbasi on her achievements and her continued development within the education sector and wish her the best of luck in her additional new role.

Thank you for your continued support. We hope you have a wonderful weekend!

Kind regards,

Ms Abaeian

**We are a growth mindset school. Our job is to challenge our pupils and let them thrive.**



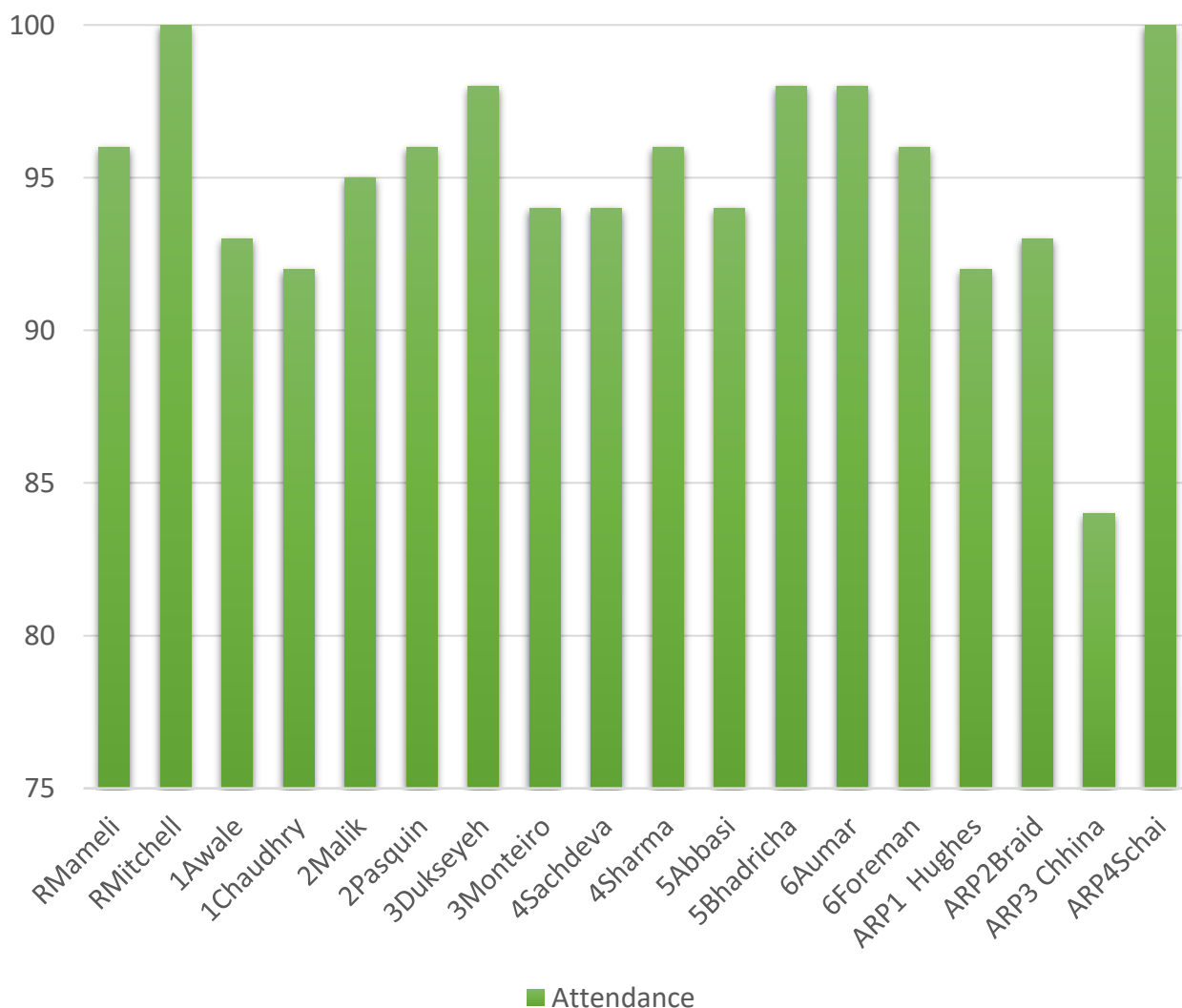
## Attendance at Havelock

Remember, good attendance is over 96%!  
Below are the figures for the Autumn Term for all classes.

Congratulations to:

ARP 4 and R Mitchell for

**100% attendance**



■ Attendance

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## Havelock is a Rights Respecting School



### Article of the week:

Article 2 - All children have all these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor, and no matter who their parents or families are or what their parents or families believe or do. No child should be treated unfairly for any reason.

### Reflection:

Talk to your child about ...

- **How Southall is diverse.**
- **How they can be an upstander for their friends.**
- **The importance of never leaving anyone out.**

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## Phonics

Please continue watching the phonics videos on class dojo that are sent by your child's phonics teacher. Try practising the below with your children.

Try saying the sound 'ay':

<https://schools.ruthmiskin.com/training/view/TLEK1GLJ/1ela3YH9>

Now try Fred talk, read the word and spell the word:

<https://schools.ruthmiskin.com/training/view/F9oeuFZb/iZW7K0mO>

<https://schools.ruthmiskin.com/training/view/F9oeuFZb/iZW7K0mO>

Can you hold a sentence and write all the words:

<https://schools.ruthmiskin.com/training/view/vmbDwnIV/jNA1MPcF> (Pink 1)

## EYFS

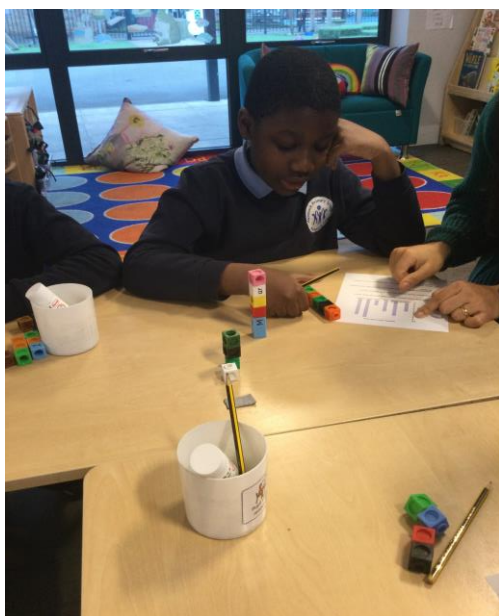
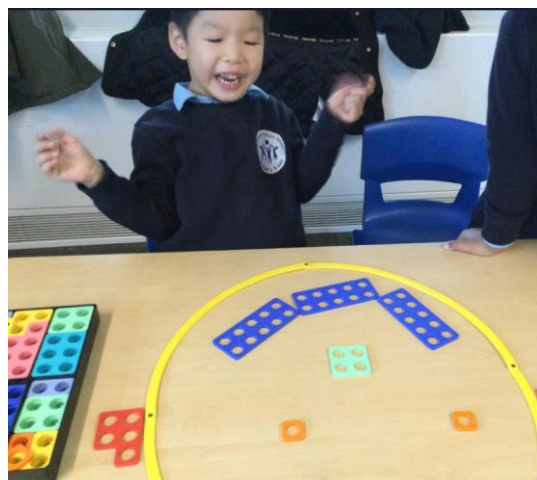
This week reception have been celebrating the Chinese new year! As part of this the children helped to cook and prepare stir fry noodles and vegetables. The children followed hygiene and safety rules well when chopping and preparing the vegetables. Afterwards, the children all agreed it tasted delicious!



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## ARP

**ARP 1** have been recapping numbers to 10 using numicon, to make a 'funny face' during bucket time. Cheng watched a demonstration by Mr Hughes and then attempted to make a replica from memory, which he did very well.



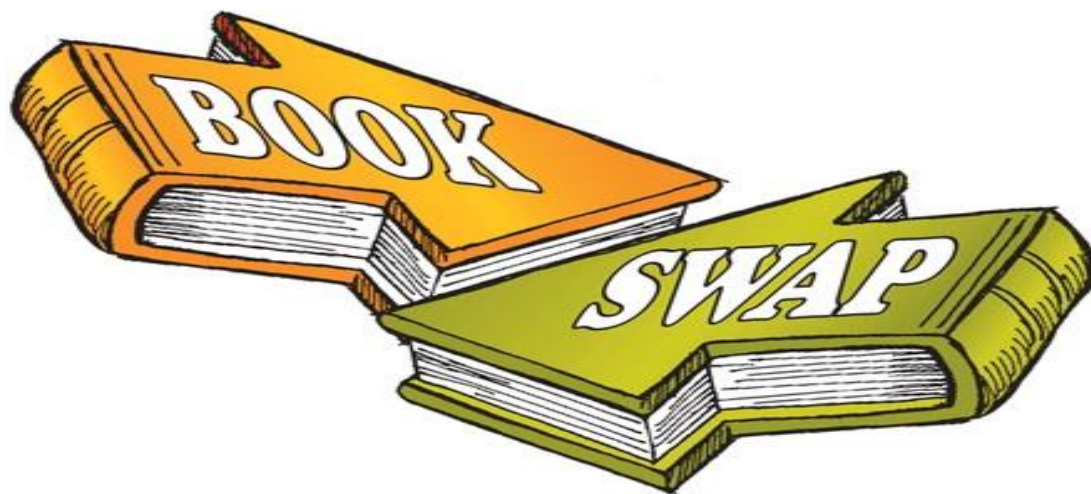
**ARP 3** have been learning about finding the difference using bar graphs. They were using their cubes to find the difference between the largest and smallest amount

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## Calling all bookworms!

Our school is hosting a Book Swap to celebrate the joy of reading and share our favourite stories. Students are encouraged to bring gently used books they've outgrown or finished to exchange for exciting new reads. Please bring books for the ages of between 4-11 and give to their teacher.

This is a wonderful opportunity to explore new genres, connect with fellow readers, and recycle your books in a fun and eco-friendly way. We can't wait to see what treasures you bring and discover!



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## Readathon

Readathon is back again this year. Children will be asking sponsors for donations to provide a regular supply of brand-new books and a resident storyteller to every major children's hospital in the UK.

Readathon ends on Friday 31<sup>st</sup> January.

20% of all the money we raise will be given in free books to our school!

Happy Reading!

The Readathon logo, which consists of the word 'Readathon' in a bold, orange, rounded font. The text is enclosed within a decorative orange outline that resembles a cloud or a series of connected arches. A small registered trademark symbol (®) is located at the bottom right of the outline.

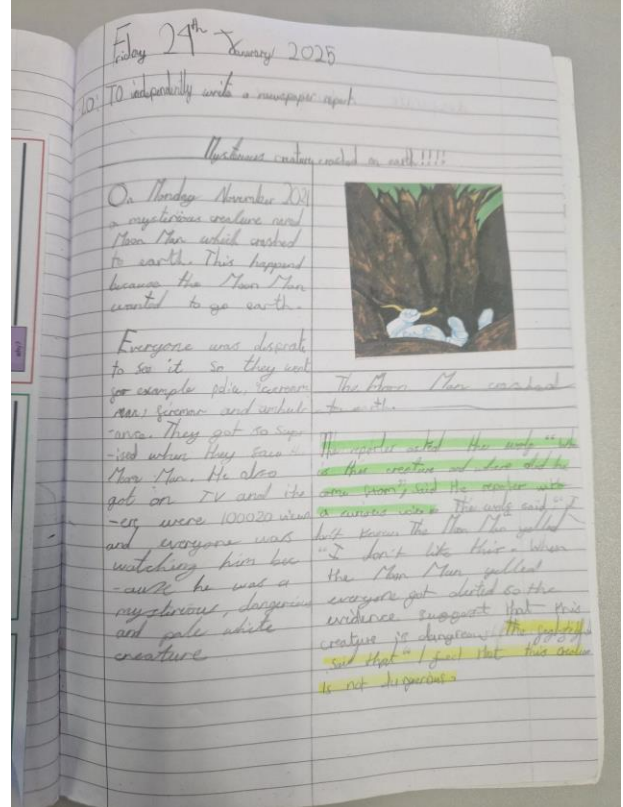
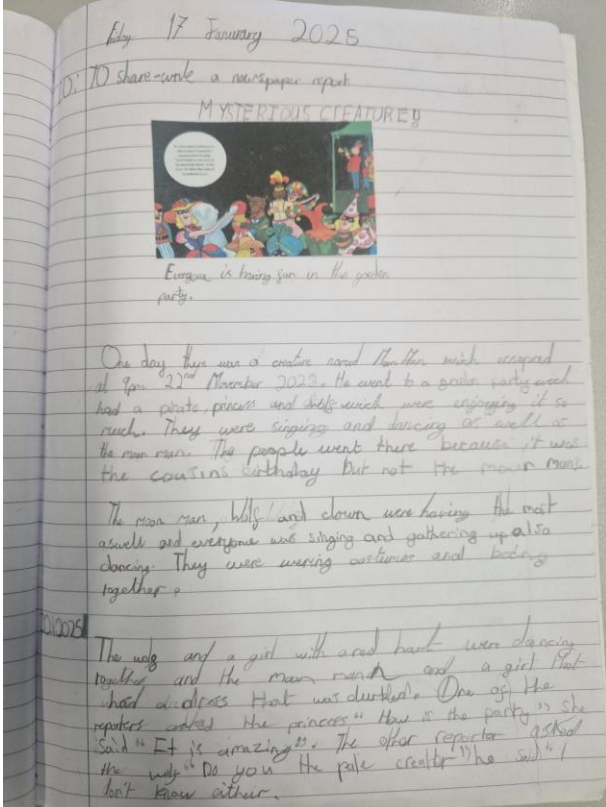
Reading to help children in hospital

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## English at Havelock Year 3

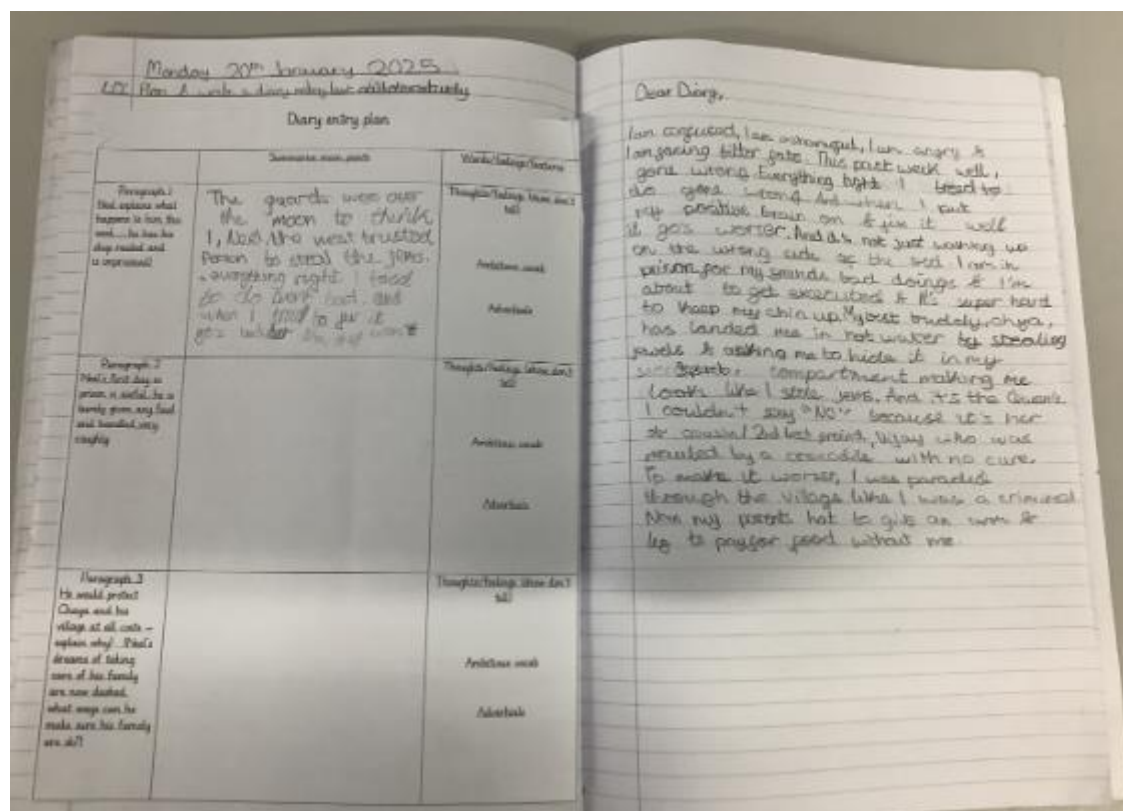
In Year 3, pupils are reading Mufaro's Daughter where they have been learning to compare and contrast characters' personalities by looking at their traits, actions, and feelings. They explored how characters are different and what their behaviour reveals about them.



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## English at Havelock Year 5

In English, Year 5 students have been writing diary entries from the perspective of Neel, one of the main characters in *The Girl Who Stole an Elephant*. They worked hard to include a variety of features in their writing, such as colloquial language, show, not tell techniques, and expressions of thoughts and feelings, as well as idioms. The children particularly enjoyed learning about idioms and finding creative ways to incorporate them into their work. Take a look at some examples below!

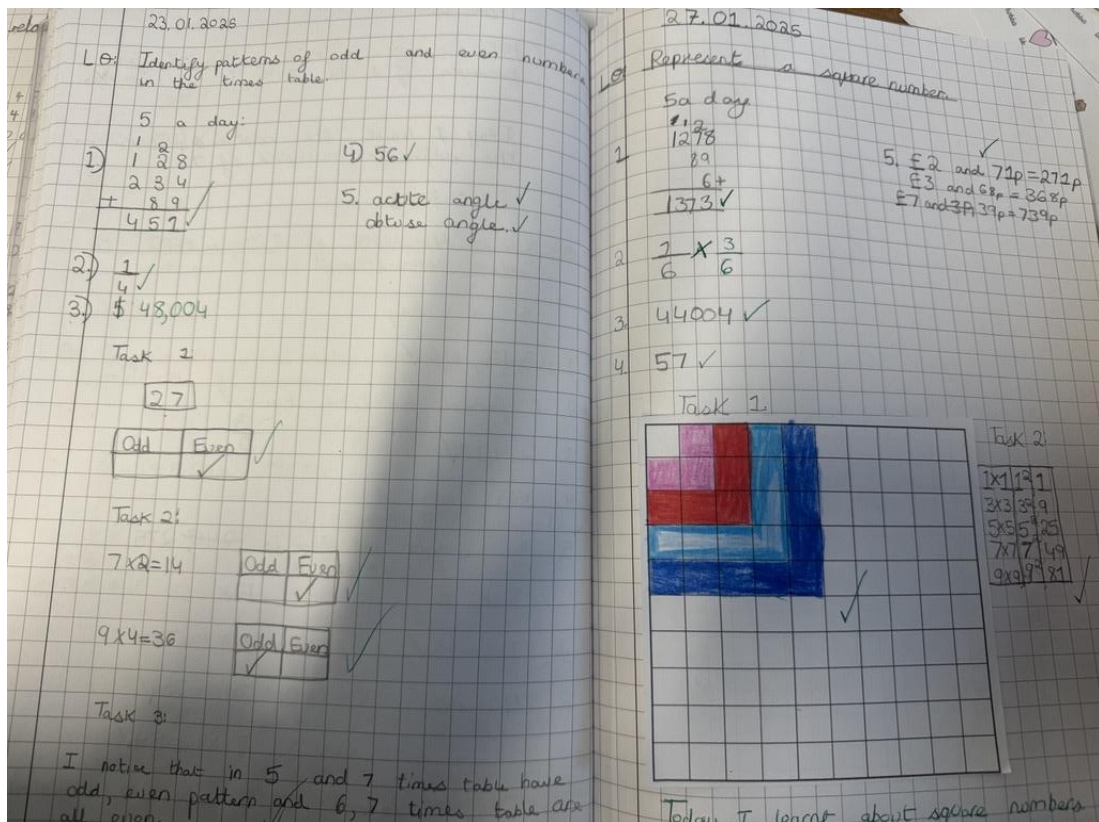


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## Maths at Havelock Year 4

This week in Maths, year 4 pupils have been exploring fascinating patterns of odd and even numbers in the times tables which helps them to recognise and explain trends.

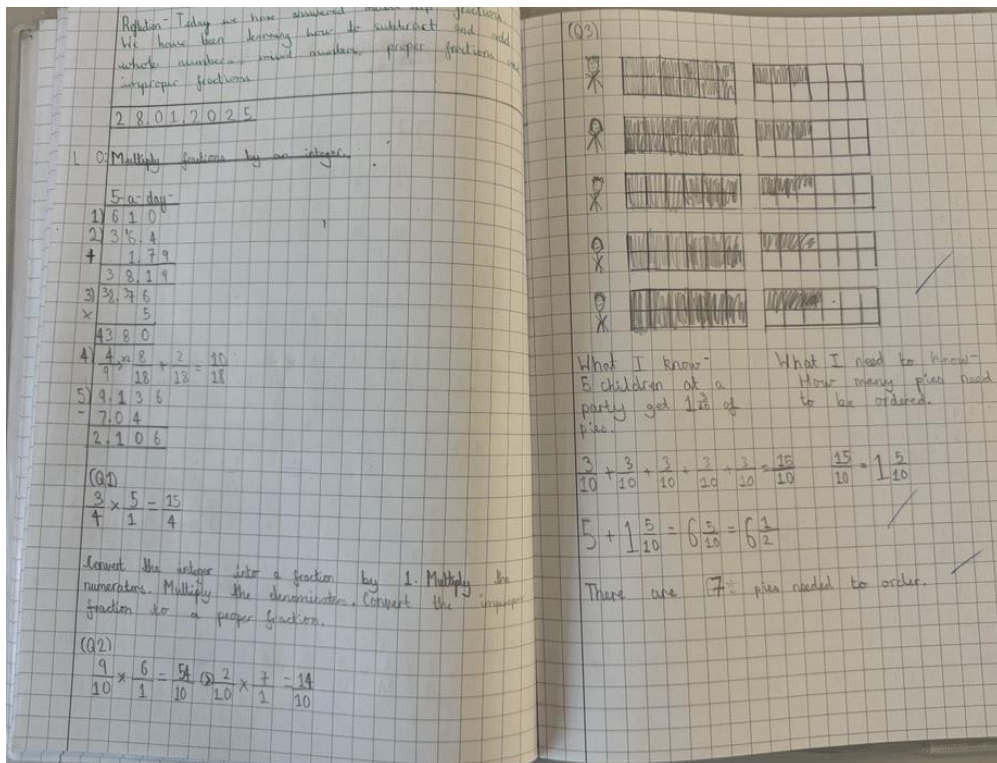
They also have been identifying and representing square numbers through visual grids.



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## Maths at Havelock Year 6

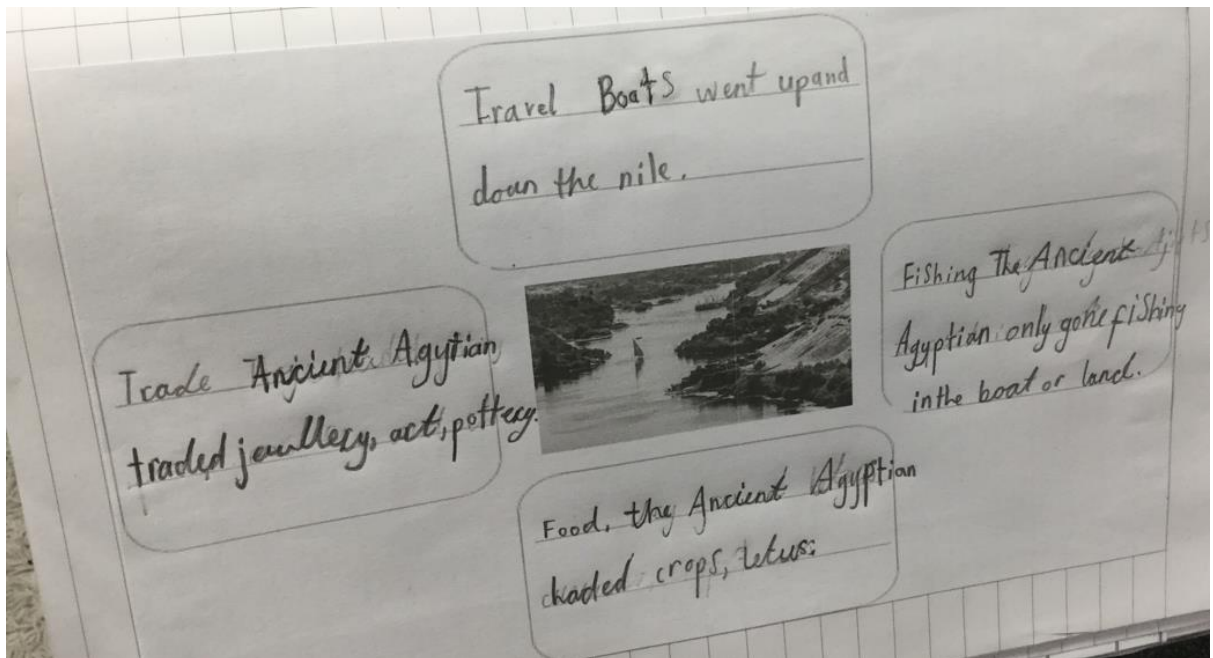
This week in Maths, year 6 have been diving deep into the world of fractions! They've explored adding and subtracting mixed fractions and are now multiplying fractions with other fractions and integers. To demonstrate their understanding, they tackled problem-solving tasks by drawing pictorial representations of multiplying fractions which has helped solidify their grasp of this mathematical concept.



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## History at Havelock Year 2

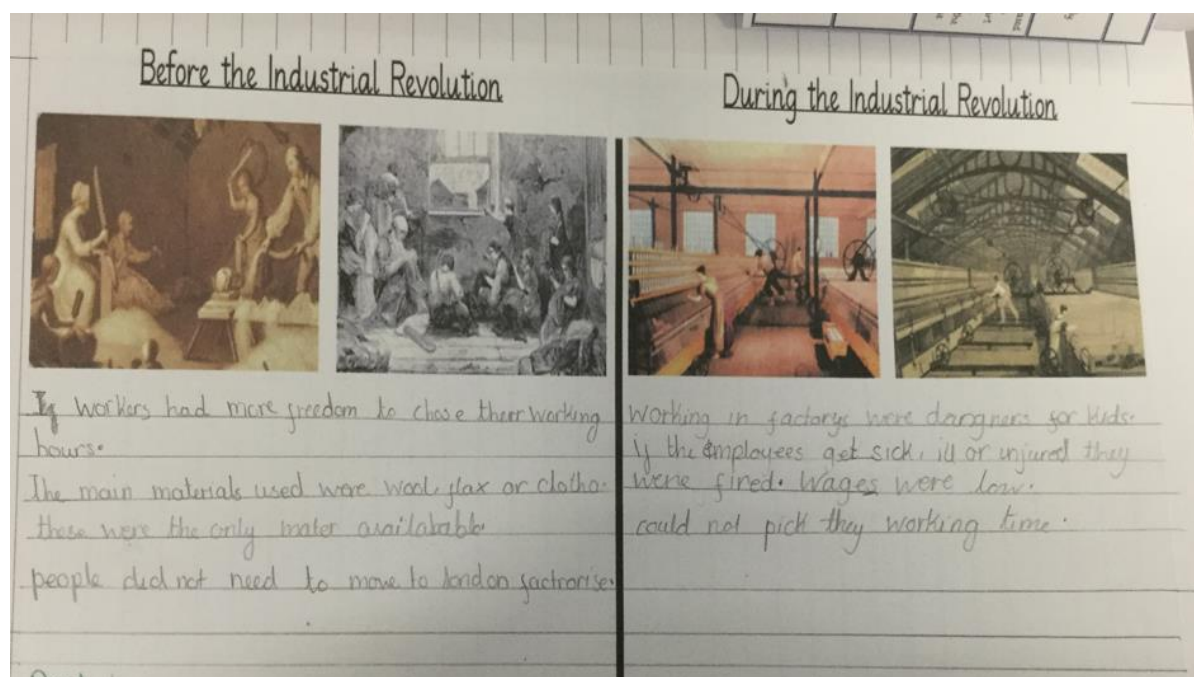
This term in history, year 2 have been exploring What were people's lives like during the Ancient Egyptian civilisation? The children have spent time identifying the impact the River Nile had on civilians at the time such as it being used for transportation and trade purposes.



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## History at Havelock Year 5

Year 5 have spent time this term considering how trade and the industrial revolution shaped Georgian Britain. They have compared what life was like for workers prior to the industrial revolution and after, as well as, identifying which trade routes were set up with Britain.



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## Crash Course

Join us this February Half Term for our **4 day** intensive holiday course here at Seahorse Swim School!

**From: 17<sup>th</sup>- 20<sup>th</sup> February**

TIME	MEL	DHIRAJ
09:00	STAGE 1	STAGE 3
09:35	PRE SCHOOL	STAGE 2
10:10	STAGE 1	STAGE 4
10:45	STAGE 1	STAGE 3
11:20	PRE SCHOOL	STAGE 2
11:55	STAGE 1	STAGE 5 & 6

**Price: £40**

There are limited spaces available so please book on as soon as you can.

To book please scan the below:



We look forward to seeing you soon!!

**For any enquiries contact us**

**Email:** [swim@horsenden.ealing.sch.uk](mailto:swim@horsenden.ealing.sch.uk)



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# Havelock Primary School, Nursery & ARP Newsletter



## TALKING TEENS *with* ADDITIONAL NEEDS

Help parents of teenagers with SEN, including ASD and ADHD, improve relationships and understanding through support and guidance.

### What You'll Gain:

- Insights into your teenager's unique developmental needs
- Practical tools to reduce conflict and build stronger connections
- Strategies for healthier communication with your teenager
- A deeper understanding of SEN, particularly ASD and ADHD
- A supportive space to share experiences and challenges with other parents

**Duration:** 7 weeks  
**Language:** English  
**Schedule:** 2 hours per week (Online)

**REGISTER NOW**

For more details, please contact [info@parentingu.co.uk](mailto:info@parentingu.co.uk)

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emPOWER  
HER

## Discover the Hidden Effects

**WORKING TOWARDS  
FREEDOM FROM  
DOMESTIC ABUSE**

*We eagerly anticipate your active participation*

Join us for a captivating and enlightening 12-week freedom programme, only designed for women to have a better understanding of healthy and unhealthy relationships

**FREEDOM  
PROGRAMME**

EALING

FUBDED BY  
**ESP**

[zuhra@parentingu.co.uk](mailto:zuhra@parentingu.co.uk) | 02089301081

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# Havelock Primary School, Nursery & ARP Newsletter



## Our Aims

- To help women to understand the beliefs held by abusive men and in doing so, recognize which of these beliefs they have shared.
- To show the effects of domestic abuse on children.
- To help women to recognize Potential future abusers.
- To help women to gain self-esteem and the confidence to Improve the quality of their lives.
- To introduce women to other agencies and resources that offer support.

## Programme Details

**Venue** Greenford

**Tuesday** **Day**

**Time** 10.30 AM to  
12.30 PM



For more information or to book a free consultation regarding your specific case, please contact Munaza Zaman at [munaza@parentingu.co.uk](mailto:munaza@parentingu.co.uk)

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**BREAK FREE  
FROM THE CYCLE  
OF ABUSE!**

*empower*  
**HER**



Explore the empowerment strategies rooted in the cultural context, gain valuable insights and practical tools to break free from the cycle of abuse and reclaim your independence,

 GREENFORD, EALING

**ENQUIRE**

**COST**

Join Us Engage in our 10-week program, meeting for 2 hours each week, designed to help women explore their cultural mindset and examine beliefs that drive their behavior.

*For referrals with other languages,  
please arrange a translator*

**FREEDOM  
PROGRAMME**

**FOR HINDI-URDU-  
PUNJABI SPEAKERS**

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## TARGET AUDIENCE

Women from South Asian and Muslim communities, who are looking to develop self-awareness through knowledge and understanding of the root causes of violence and abuse.


## KEY TOPICS COVERED


- Exploring cultural mindsets as a woman in your society
- Examining beliefs that influence your behavior and actions
- Developing self-awareness and understanding the root causes of violence and abuse
- Register Now and Start Your Journey to Empowerment


**ENROLL  
NOW**

Collecting referrals for online and face-to-face sessions. In face-to-face, a brief summary report will be provided at the end.

## Contact Us

 [www.parentingu.co.uk](http://www.parentingu.co.uk)

 [zuhra@parentingu.co.uk](mailto:zuhra@parentingu.co.uk)

 02089301081

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## Feeling anxious or low?

Free mental health support is available for pregnant people and new parents with children aged 0-2.

Sending a message with the word 'HUG' to 85258 will start an anonymous text conversation with a trained Shout Volunteer.

They can help with issues such as:

- Stress
- Worry
- Loneliness
- Relationship problems
- Self-harm
- Panic attacks
- Suicidal thoughts
- Feeling depressed

*"Shout helped turn a night of worry and guilt into a peaceful, calming evening for myself and my partner."*

Shout texter feedback



Get free confidential support  
24/7 by texting 'HUG' to 85258

**shout**  
here for you 24/7

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# Havelock Primary School, Nursery & ARP Newsletter



**NHS**  
West London  
NHS Trust

**Ealing Mental Health Support Team**

**WORKSHOPS FOR  
PARENTS/CARERS**

**SPRING TERM 2025**



Over the Spring term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.



<https://forms.gle/Q6bY3bpc3FeB7kMh7>



If you have any questions, please do email us on:  
Ealing.mhst@nhs.net

## PRE AND POST-ATTENDANCE GUIDE

### Step 1

Use our QR code to sign up for a workshop(s) of your choice

### Step 2

You will be emailed a Microsoft Teams link several days before the workshop

### Step 3

You'll receive another email reminder on the morning of the workshop

### Step 4

All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

### Step 5

To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session

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## TEEN LOW MOOD AND SLEEP

This workshop is aimed at parents/carers of **secondary**-aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood and sleep.

**Date: 16th January 2025**  
**Time: 9am - 10am**

## SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents/carers of children attending **Primary** and **Secondary** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence.

**Date: 20th January 2025**  
**Time: 12pm - 1:30pm**

## AN INTRODUCTION TO AUTISM

This workshop is aimed at parents/carers of children attending **Primary** and **Secondary**, who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed.

**Date: 30th January 2025**  
**Time: 12pm - 1:30pm**

## UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers of children attending **Primary** and **Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children.

**Date: 7th February 2025**  
**Time: 11am - 12:15pm**

## SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents/carers of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

**Date: 18th February 2025**  
**Time: 1pm - 2:30pm**

## UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents/carers of **secondary**-aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health.

**Date: 25th February 2025**  
**Time: 12pm - 1:30pm**

## ADOLESCENT EXAM STRESS

This workshop supports parents/carers of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

**Date: 11th March 2025**  
**Time: 12pm - 1:30pm**

## AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents/carers of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

**Date: 14th March 2025**  
**Time: 12pm - 1:30pm**

## SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN AND YOUNG PEOPLE

This workshop supports parents/carers of **primary**-aged and **secondary**-aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person.

**Date: 17th March 2025**  
**Time: 11:30am - 1pm**

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## MINDFULNESS

### Workshop for SEND Parents

Location: Viking Community Centre

Date: Tuesday 21st January

Time: 10 -12

By Ealing CAMHS



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# Havelock Primary School, Nursery & ARP Newsletter



January 2025

## Ealing Mental Health Support Team



Your termly newsletter!

### Who are we?

We are the Ealing Mental Health Support Team (MHST). Our Wellbeing Practitioners support the wellbeing of children and young people in education settings (Primary and Secondary) across the Ealing borough.

### Is your child :

Demotivated? Anxious?  
Stressed? Worried? Sad?  
Irritable? Low? Experiencing  
Panic? Tired or lack of energy?



### Who can we support?

In Primary schools, we offer 1:1 support to parent's whose children feel:

#### anxious

- specific phobias
- excessive worrying
- separation anxiety
- avoiding places/situations

#### or have behaviours that challenge

- emotional/physical outbursts
- difficulties with siblings/relationships
- difficulties following routines/instructions

In Secondary Schools, we support young people who sometimes feel:

#### anxious

- stress about school/exams
- worries about social situations
- specific fears or phobias

#### low mood

- feeling sad or tearful
- not wanting to do activities they usually enjoy
- low motivation or sleep difficulties.

We also support children and young people with learning disabilities and/or autism, their families and school staff.

### Dates to remember:

Children's Mental Health Week - 3rd-9th Feb  
Eating Disorders Awareness Week 2025 -  
Monday 24 February to Sunday 2 March  
2025.  
Time to Talk Day 2025 - Thursday 6th  
February.

### You asked, so we did! We Heard You, Parents!

You told us you wanted practical support to help your child sleep better and manage healthy tech use at home—and we've got you covered!  
We're excited to introduce our two new workshops topics, '**Supporting appropriate technology use**' and '**Sleep and low mood**'. Don't miss out—sign up today.



Promoting hope & wellbeing together



**ELP**  
Ealing Learning Partnership

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## Exams Don't Have to Be Stressful—Here's How to Help

Exams can feel overwhelming for kids and parents alike. While we all want our children to succeed, focusing on support over pressure makes a huge difference. Let's turn exam season into an opportunity to build resilience and confidence.

### Top Tips

- Listen up! Make space for their concerns without judgment.
- Balance is key. Encourage breaks, exercise, and time with friends.
- Spot stress signs. Pay attention to changes in mood or behaviour.
- Walk in their shoes. Try to see things from their perspective.
- Team up with school. Don't hesitate to seek guidance or resources

Remember, your encouragement can be their superpower! For more insights, check out [Parent kind's guide to Exam Stress and Failure](#).

## Low Mood and Depression: Small Steps, Big Changes

Sometimes, our kids feel stuck in a cycle of sadness or lack of motivation—and that's okay. The first step toward feeling better? Action. Even small changes can have a big impact on their mental well-being.

### Ways to Support Your Child:

- Help them rediscover hobbies and activities they enjoy.
- Talk about their values and dreams for the future.
- Encourage turning their values into meaningful, everyday actions.
- Support them in doing more of what brings them joy and purpose.

Together, we can help our kids move from "stuck" to unstoppable! Approach the Link worker at your child's school for more information.

## What you have to say about us:

'The work MHST is doing is brilliant, it's such an amazing opportunity for parents to learn more about their children'. **School Governor.**

'I have learned how to deal with situations in a calm way and manage difficult behaviour'. **Parent accessing a MHST online workshop.**



West London  
NHS Trust

## Upcoming Workshops

[Sign up here!](#)

### January

- Child Anxiety
- Sleep and Low Mood.
- An Introduction to Autism

### February

- Supporting Friendship In Children
- Understanding Behaviours in SEND
- MH In Adolescent Boys

### March

- Exams Stress
- Supporting appropriate technology use
- ASC Adolescence

## Let's Empower Our Kids: Children's Mental Health Week 2025



1 in 5 children faces mental health challenges—but together, we can make a difference! This year's theme, 'Know Yourself. Grow Yourself,' is all about helping kids and teens build self-awareness to grow into their best selves.

### How You Can Help Your Child Thrive:

- Start a journaling habit to encourage self-expression.
- Create a safe, judgment-free zone for open conversations.
- Use visuals like charts or mood trackers to explore feelings.
- Practice mindfulness as a family to reduce stress.
- Keep communication open and supportive.

Let's help our children grow stronger, together! Explore resources like the [CMHW Schools Pack \(cmhw-schools-pack-digital.pdf\)](#) to get started.



Promoting hope & wellbeing together



ELP  
Scaling Learning Partnership

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## EMPLOYMENT AND CAREERS WORKSHOPS OVER 4 WEEKS

20th, 27th January & 3rd, 10th February 2025  
9:30am - 11:30am



Skills Builder  
UNIVERSAL FRAMEWORK



The ReWork  
PROJECT



Member of  
Skills Builder  
PARTNERSHIP

### Workshop Topics

#### Week 1

Overcoming challenges in finding a successful job or career. Introduction to the EASE ReWork Project and its resources

#### Week 2

The Essential Skills: Skills Builder and The Skills Builder Framework and Tools

#### Week 3

Interviewing Master Class, an Interactive Session

#### Week 4

A Career Talk on all things Childcare



To book on these workshops, please email  
[administrator@empowering-action.org.uk](mailto:administrator@empowering-action.org.uk)  
or call 020 8575 6139



[www.empowering-action.org.uk](http://www.empowering-action.org.uk)

EASE (Empowering Action & Social Esteem) Ltd  
Hanwell Community Centre  
Westcott Crescent, Hanwell, W7 1PD  
Charity No: 1098965  
[www.empowering-action.org.uk](http://www.empowering-action.org.uk)



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# Havelock Primary School, Nursery & ARP Newsletter



## Parenting Workshops - Spring Term 2025

To book your place, please email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk)  
with your full name, email and mobile number

### Date

### Workshop Details

#### Understanding Your Teenager

21st January  
10:30am-12:30pm

The session will cover:  
Child and adolescent emotional development  
Understanding your child better  
Empathising with your child  
Adolescent emotional and mental health.  
The session is aimed at parents/carers of young people aged 12-18

#### Domestic Abuse, Parenting & You

28th January  
10am-12pm

This session aims to support parents and carers to recognise domestic abuse, and to better understand the impact that abusive relationships can have on children and young people. We will discuss how experiencing domestic abuse can affect parenting, and where you can find support locally. This workshop offers a confidential space to have your questions answered.

#### Fatherhood and emotions

4th February  
10am-12pm

**Men's only workshop**  
Join us for an empowering workshop designed for fathers to explore the connection between emotional openness and strength. Learn how embracing your emotions can deepen your relationships, enhance your parenting, and create a positive legacy for your children. Together, we'll challenge outdated stereotypes, build emotional resilience, and celebrate the power of vulnerability in fatherhood. Step into your full potential as a father and a man.

#### Self-harming awareness

11th February  
10:30am-12:30pm

It can be hard for parents and carers to know how to respond to self-harm. This session aims to offer an understanding of what self-harm is and why young people self-harm, while also supporting your own wellbeing.

The session is aimed at parents/carers of young people aged 12-18

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## Parenting Workshops - Spring Term 2025

To book your place, please email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) with your full name, email and mobile number

### Date

### Workshop Details

#### Impact of parental relationships on parenting

25th February  
10am-12pm

This workshop offers the opportunity to look at what makes and breaks relationships and the impact of these relationships on parenting.

This session is aimed at parents/carers of children and young people of all ages.

#### Fatherhood and Identity

4th March  
10am-12pm

#### Men's only workshop

This workshop invites fathers to reflect on how becoming a dad transforms identity and self-perception. Discover how fatherhood reshapes your priorities, relationships, and sense of self. Together, we'll explore ways to embrace these changes and align them with your personal values, fostering growth and fulfilment. Celebrate the journey of fatherhood and connect with others navigating similar paths.

#### Parental conflict and tips to reduce conflict

18th March  
10am-12pm

Conflicts are a regular occurrence in family lives. It's often a normal part of everyday life. However, studies have shown that incidents of conflict that are frequent, intense, and poorly resolved, can have a significant negative impact on mental health. This workshop would explore types of conflict, causes of conflicts in families and the impact of parental conflict on children, as well as tips that parents/carer can take to reduce conflict.

#### Managing the Stresses of Fatherhood

1st April  
10am-12pm

#### Men's only workshop

Fatherhood is rewarding, but it can also bring significant stress and pressure. This workshop offers practical tools and strategies to recognise, manage, and reduce stress while maintaining your well-being. Learn how to balance responsibilities, build resilience, and stay connected with what matters most—your family and yourself. Empower your journey as a father with confidence and calm.

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# Havelock Primary School, Nursery & ARP Newsletter



For Women & Girls Living in the  
London Borough of Ealing

## We are The Ealing Survivors Group

HAVE YOU EVER EXPERIENCED EMOTIONAL, PHYSICAL,  
SEXUAL, PSYCHOLOGICAL, FINANCIAL OR VERBAL ABUSE?

ARE YOU OR HAVE YOU EVER BEEN HURT OR FRIGHTENED  
BY A PARTNER OR FAMILY MEMBER?

WE OFFER A SAFE AND CONFIDENTIAL GROUP WHERE YOU CAN GAIN  
SUPPORT, UNDERSTANDING & IMPROVE YOUR CIRCUMSTANCES

**Assessments on the 14th January (In  
person)**

**Group starting 21st January 2025**

To book onto the next course - call/text the ESG mobile  
number on

**07903 228993**

Please leave your name, number and a suitable time for us to  
call you back if there is no one available to take your call

**Please note we will be closed from 19th December until 7th  
January 2025 but please leave a text and we will contact you**

**as soon as we return**

or email us on:

**[esg.ealing@gmail.com](mailto:esg.ealing@gmail.com)**



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**FREE**

**online parenting workshop**



## Domestic Abuse, Parenting and You

28th  
JAN  
2025  
via MS Teams

*This session aims to support parents and carers to recognise domestic abuse, and to better understand the impact that abusive relationships can have on children and young people.*

*We will discuss how experiencing domestic abuse can affect parenting, and where you can find support locally.*



*This workshop offers a confidential space to have your questions answered*

delivered by  
**Pat Chapman**  
Family Safety Worker  
SAFE Plus

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info



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ACTION FOR  
FAMILIES IN**



**EALING  
PARENTING  
SERVICE**

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## Managing the Stresses of Fatherhood: Coping with Pressure and Finding Balance

Fatherhood is rewarding, but it can also bring significant stress and pressure. This workshop offers practical tools and strategies to recognise, manage and reduce stress, while maintaining your wellbeing.

Learn how to balance responsibilities, build resilience, and stay connected with what matters most - your family and yourself.

Empower your journey as a father with confidence and calm.

Tuesday, 1st  
April 2025  
10am-12pm  
via MS Teams



Delivered by:  
Chris Kolade &  
Derek Willis  
Ealing Parenting  
Service

**Please note: This is a targeted workshop for men only.**

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place



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## **FATHERHOOD AND EMOTIONS: IS OPENING UP EMOTIONALLY A VULNERABILITY OR A STRENGTH?**

Join us for an empowering workshop designed for fathers figures to explore the connection between emotional openness and strength.

Delivered by:

Chris Kolade  
& Derek Willis

Ealing Parenting Team

Tuesday, 4th  
February 2025  
10am-12pm  
via MS Teams

Learn how embracing your emotions can deepen your relationships, enhance your parenting, and create a positive legacy for your children.

Together, we'll challenge outdated stereotypes, build emotional resilience, and celebrate the power of vulnerability in fatherhood. Step into your full potential as a father and a man.

**Please note: This is a targeted workshop for men only.**

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place



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## **PARENT RELATIONSHIPS AND HOW THEY CAN IMPACT ON PARENTING**



This workshop offers the opportunity to look at what makes and breaks relationships, and the impacts of these relationships on parenting.

This session is aimed at parents/carers of children and young people of all ages

**Tuesday, 25th  
February 2025**  
10am-12pm  
via MS Teams

**Delivered by  
Chris Kolade**  
- Ealing Parenting  
Service

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place



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## UNDERSTANDING PARENTAL CONFLICT AND TIPS TO REDUCE CONFLICT

Conflicts are regular occurrence in family lives. It's often a normal part of everyday life. However, studies have shown that incidents of conflict that are frequent, intense, and poorly resolved, can have a significant negative impact on mental health.

Tuesday 18th  
March 2025  
10am-12pm  
via MS Teams



This workshop would explore types of conflict, causes of conflicts in families and the impact of parental conflict on children, as well as practical steps that parents/carer can take to reduce conflict

Delivered by  
Chris Kolade  
- Ealing Parenting Service

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register



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