



Building Relationships for Stronger Families



This service is provided by Tavistock Relationships. Courses are free and, where possible, support will be offered in your home or in your local community. Parents are encouraged to commit fully to the course in order to gain the most benefit. Sessions cover individual, one-on-one, and group sessions for between 6 and 12 parents depending on need. Crèche facilities are not routinely available but may be offered if there is enough demand. Programmes are open to all eligible parents, mothers and fathers, and same-sex parents. These opportunities are for couples who are together in a relationship or those who are separated. For general enquiries telephone 020 7641 3523 or email rpreferals@westminster.gov.uk.

Relationships matter: Being a parent when your relationship with your partner or ex-partner isn't going well is even tougher. Whilst conflict is part of normal family life, sometimes it can become destructive and get in the way of managing everyday life. How parents interact with each other, regardless of whether they are together or separated, has a big impact on their children.

How they can help: The 'Building Relationships for Stronger Families' programme may be able to help you if you feel that stress and conflict in your relationship is affecting your family. The programme offers parents support to suit their circumstances to address conflict within their relationship as well as strengthening your parenting skills to bring up your children.

How to get help: If you are interested in the programme let us know as you will need to complete a questionnaire which asks you for details about your relationship and your circumstances. Your questionnaire is sent to the programme and a parenting practitioner will be in touch to arrange a meeting at a time and place that is suitable.

What to expect: Support that is proven to improve relationships. Support that is tailored to you. A supportive and experienced professional. Delivered at a time and place to suit you.

Virtual Parenting Seminars

The Positive Parenting Programme by Total Family Coaching was developed in Australia and has been proven to enhance parents' abilities when managing their children's behaviour. It does this by promoting understanding of children's development and gives tools and strategies on increasing respectful behaviour and how to manage misbehaviour.

Triple P courses: Join one of their virtual/online seminars suitable for parents of children from 2 to 18 years old. The seminars are free for all parents of children resident of RBKC. If you are interested in joining then speak to your volunteer about it. You can also email info@totalfamilycoaching.co.uk or text 07735383846 and Total Family Coaching will send you the meeting link. For more info go to www.totalfamilycoaching.co.uk.



For borough specific news visit



London Borough of Brent
www.brent.gov.uk/coronavirus



The Royal Borough of Kensington & Chelsea
www.rbkc.gov.uk/health-and-social-care/coronavirus-covid-19/coronavirus-covid-19



London Borough of Hammersmith & Fulham
www.lbhf.gov.uk/health-and-care/coronavirus-covid-19-latest-information-and-advice



For up to date government guidance visit



Helping Families to Help Themselves

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Registered office: 73 St Charles Square, London W10 6EJ

Ideas For Activities...

Summer Reading Challenge:

The **Summer Reading Challenge** encourages children aged 4 to 11 to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun as well as preventing the summer reading 'dip'. It will support parents and carers with children already at home. The Challenge will run from 5 June to mid-September. For more information visit <https://summerreadingchallenge.org.uk/>

How to make a Chatterbox:

This quick and easy origami **chatterbox** is the perfect idea to introduce children to the art of paper folding. The best part is they can turn it into a game when they have made it, for hours of entertainment. All you need is one sheet of A4 Paper and some coloured pens. You can follow the steps to making the chatterbox on www.cleverpatch.com.au/ideas/by-product-type/paper-and-card/chatterbox. Once you have made the chatterbox decide on your four colours and of course, the all important questions or challenges that you write underneath.

Natural History Museum—The Urban Nature Project

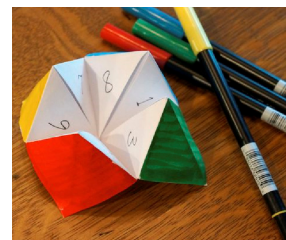
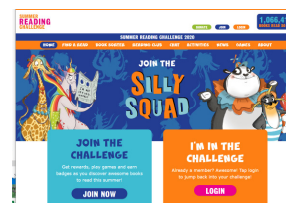
Natural History Museum are looking at how they can transform the gardens of the Museum as part of a project called the [The Urban Nature Project](#). As part of an exciting project, the Natural History Museum wish to talk to 8 parents about their experiences of nature in the city, offering each participant one £40.00 high-street voucher as a thank you. This can be used online at a variety of stores or be exchanged for groceries vouchers.

Who: Parents of children aged 5-12

When: Friday 31st July 10:00-11:30

How: Via a Zoom call with two museum staff members

Before the session, you may be asked to complete a small task with your children; this is likely to involve creating a picture together. If you are interested in taking part in the session, please email Laura Davidson at the Natural History Museum on l.davidson@nhm.ac.uk.



Goodbyes

After four years with Family Friends we are sad to see Natalie Rubio leave. Her last day is Friday 17th July. We would like to express our gratitude and appreciation of the tremendous work Natalie has done over the years and wish her all the best with her new career in teaching.

Sweetcorn fritters with eggs & black bean salsa by BBC GoodFood

Ingredients

For the fritters & eggs

- ◆ 1 tsp rapeseed oil
- ◆ 1 small red onion, finely chopped
- ◆ Red pepper, deseeded and finely diced
- ◆ 100g wholemeal self-raising flour
- ◆ 1 tsp smoked paprika
- ◆ 1 tsp ground coriander
- ◆ 1 tsp baking power
- ◆ 325g can sweetcorn, drained
- ◆ 6 large eggs

For the salsa

- ◆ 1 small red onion, finely chopped
- ◆ 4 tomatoes, chopped
- ◆ 2 x 400g cans black beans, drained
- ◆ 1 lime, zested and juiced
- ◆ 1/2 x 30g pack coriander, chopped

Method

1. Heat the oven to 200C/180C fan/gas 6 and line a large baking tray with baking parchment.
2. Heat the oil in a small pan and fry the onion and pepper for 5 mins until softened. Meanwhile, mix the flour, spices and baking powder in a bowl. Add the onions, pepper, corn and 2 of the eggs, then mix together well.
3. Spoon eight mounds of the mixture onto the baking tray, well spaced apart, then flatten slightly with the back of the spoon. Bake for 20 mins until set and golden.
4. Meanwhile, mix together the salsa ingredients and poach 2 of the remaining eggs to your liking. Serve four fritters topped with half the salsa and the poached eggs. Chill the remaining fritters for another day. Reheat them in a pan or microwave and serve with 2 more poached eggs and the remaining salsa.



Please call or e-mail Graham (info@familyfriends.uk.com) with any suggestions/contributions