



# **PARENTINGU COMMISSIONED PROGRAMMES**

We support families to strengthen relationships because every family matters.

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

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## OVERVIEW

Dear Service,

Over the years of working in many roles, we have worked with numerous communities from different beliefs, cultures, and family values. We have identified that all parents have their approach regarding child-rearing and distinctive parenting styles that can have an impact on children's development. We have also seen an exponential increase in complex issues and family dynamics needs emerging, as more and more parents often re-create with their children what they experienced with their parents. Thinking about your own cultural childhood experiences can help you become more aware of the meaning behind your reactions toward your child and this is exactly what the programmes are set up to do. Through educating families, we want to ensure that every family is learning and achieving change to build a strong, healthy relationship with their child. Helping families reunite with their loved ones is the heart of our service to families and services that refer to us. Making a positive impact on their parenting style is our key goal.

I look forward to meeting with you to discuss the next steps.

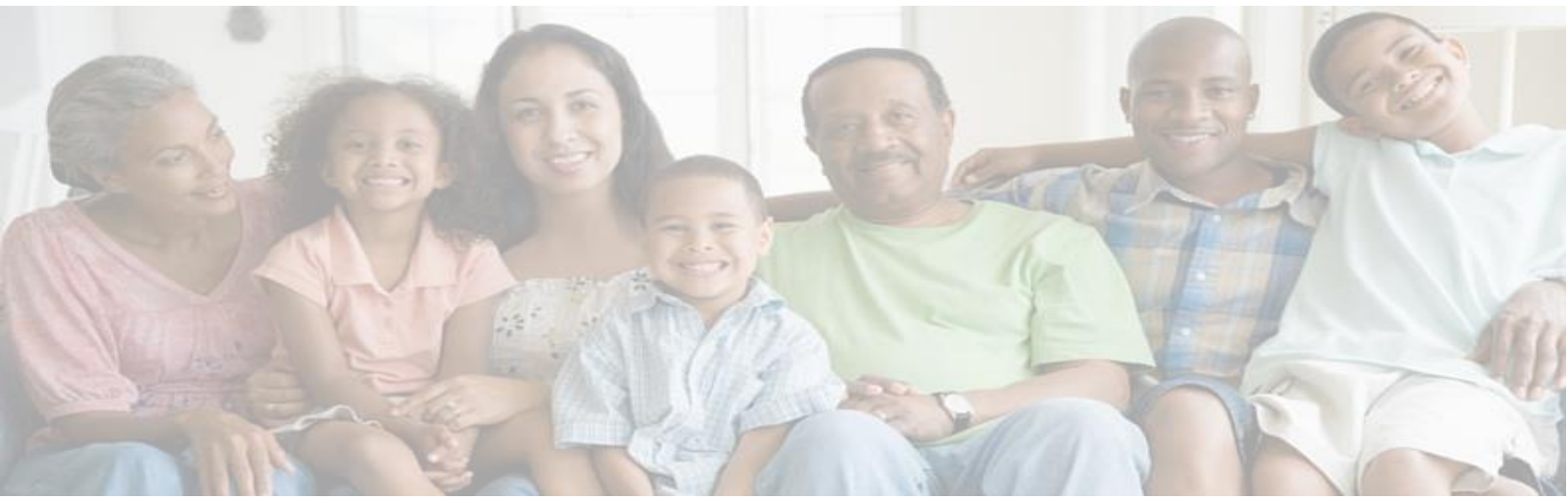
Sincerely,



Munaza Zaman

Service Lead Manager

ParentingU LTD



## **ABOUT US**

Welcome to our commissioning tour to training parents in your borough. ParentingU is a specialist organisation set up to increase awareness of best parenting practices and knowledge of the root causes of domestic violence. To promote and foster positive relationships within all communities; particularly Muslims, South Asian and BME communities. A team of dedicated professionals trained to empower families in understanding their children's development and develop appropriate parenting strategies for parenting children. We empower users of our service by providing a non-judgmental, confidential, and friendly atmosphere; increasing their knowledge of and access to programmes that promote emotional and physical well-being, and aid in the improvement of relationships and communication between parent and child.

In the last 11 years, we have been commissioned by many Local authorities pan London and delivered successful family support, coaching and parenting programmes with SAFE Ealing Parenting Service. Please check our website for further information [www.parentingu.co.uk](http://www.parentingu.co.uk)



## SERVICES

We provide a wide range of group and one-to-one support to families whose children are subject to a Child in Need, Child Protection Plan and PLO. Additional services are also available for families on Interim Care Orders and Supervision Order. We can offer our services face-to-face, hybrid learning and online. We work in line with Local Authority Policy and Procedures. Furthermore, we offer family support and coaching in different languages (subject to request) & bespoke tailored programmes.

Our parent programmes can be delivered in different languages for a specific targeted language group, but we would require at least 10 to begin. We can be commissioned in your borough to run any of these groups and offer you a package tailored to your needs:

### **1. Family Links Nurturing (Generic)**

**Duration:** 11-Weeks

**Suitable for:** Parents of children 3-12 years

The Nurturing Programme improves the emotional health of both adults and children and strengthens family relationships. It is a cognitive-relational programme, providing parents with new skills in listening and communicating

with their children and developing an understanding of behaviour in the context of relationships. It is based upon four constructs or building blocks: self-awareness, appropriate expectations, positive discipline, and empathy.

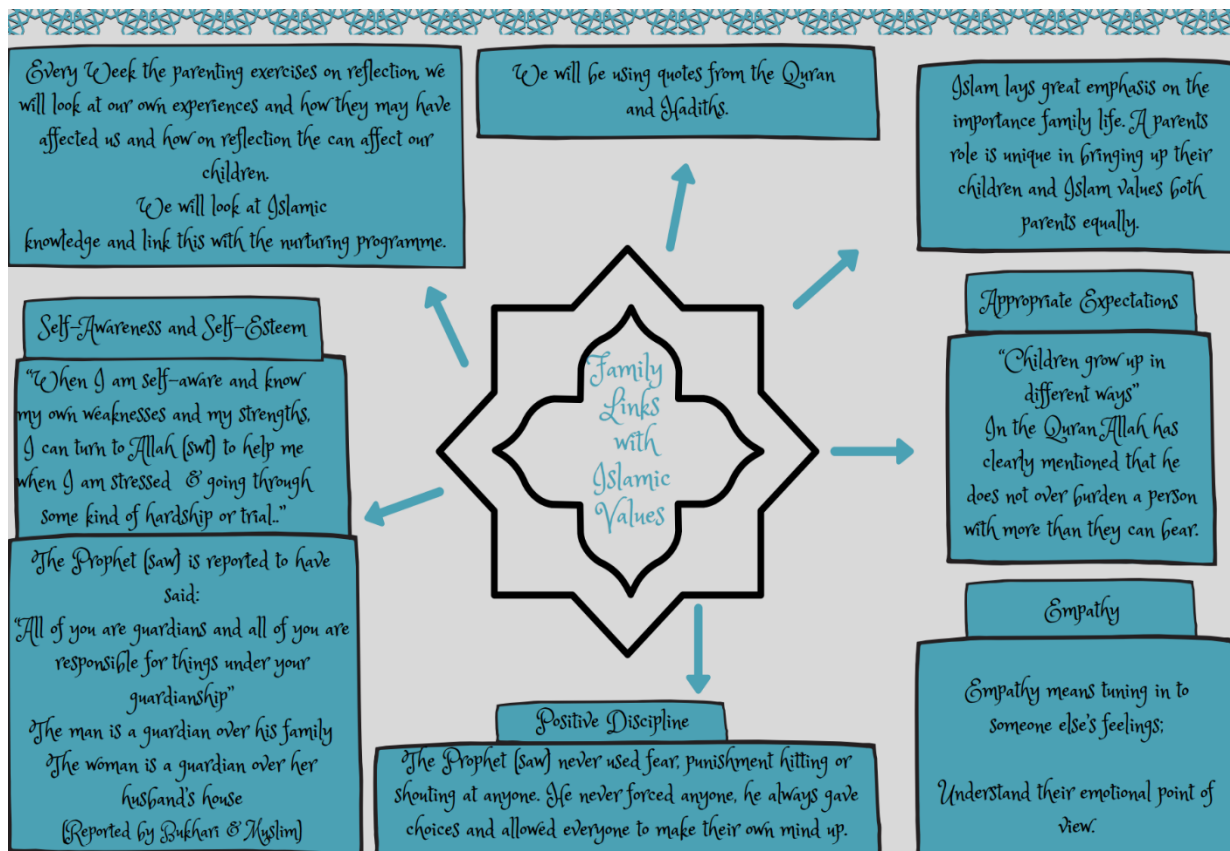


## 2. Family Links with Islamic Values

**Duration:** 11-Weeks

**Suitable for:** Muslim Parents of children 3-12 years

The Nurturing Programme that promotes emotional health, relationship skills and positive behaviour management strategies for Muslim parent/carer. It draws



on extracts from the Quran and sayings (Hadiths) of the Prophet Muhammad (Peace Be Upon Him) to demonstrate how Islamic religious values complement the Parenting Puzzle.

### **3. Family Links with Additional Needs**

**Duration:** 11-Weeks

**Suitable for:** Parents of children with Additional Needs

This course is for parents of children with additional needs such as ADHD and ASD and other learning and physical difficulties. The course helps parents understand children's feelings which are behind their behaviour and how to use different approaches to discipline and get children's co-operation.



### **4. Fathers We ParentU**

**Duration:** 11-Weeks

**Suitable for:** All men



Fathers are welcome on all our programmes but this one is just for you to support the very important role of Fathers in the family, including research behind that role. This course (Family Links Nurturing) offers Fathers an opportunity to meet other Fathers, share experiences, learn from each other, and get some advice and strategies to help them to support their children.

## 5. Parenting Puzzle Workshops

**Duration:** 5-Weeks

**Suitable for:** Parents of children under 5 years

Raising children can be puzzling at times, but puzzles have solutions—and the Parenting Puzzle provides them. The workshops encourage parents and carers to enjoy bringing up children and get the best out of family life. It offers positive, practical ways of guiding children, so they learn to handle both their feelings and their behaviour. The course is informal, fun, and a great confidence booster.



## 6. Family Links with Islamic Values Workshop

**Duration:** 5-Weeks

**Suitable for:** Muslim Parents of children under 5 years



Islam lays great importance on family life and values both parents equally. Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. It looks at the way we raise our children in accordance with the

Quran and Sunnah. The programme helps us to reflect on our Islamic beliefs and values.

## 7. Playful Parenting workshops

**Duration:** 4-Weeks

**Suitable for:** Parents of young children aged 6-12 years

Playful Parenting means joining children in their world of play, focusing on connection and confidence, giggling and rough housing, and following your child's lead. Sometimes just reading about it isn't enough, and it helps to have some one-

on-one coaching. Through play therapy, our goal is to help parents and families rediscover the joy of playing and enjoying one another. The course highlights the importance of play and of building attachment through play. It focuses on understanding child



development, the brain, attachment and how play supports healthy development and explores the value and benefits of different types of play.

## 8. Talking Teens

**Duration:** 7-Weeks

**Suitable for:** Parents of teenagers aged 12-18 years (or from age 11 if a child has already started high school)

The programme was developed with Dr. John Coleman, to increase parents' understanding of teenagers' feelings and behaviour, and deliver key strategies for



maintaining and improving relationships. Based on the most recent research on adolescence, and consistent with the principles of the Nurturing Programme, the groups provide a positive view of teenage development and focus on relationships within the family, communication, negotiating, decision-

making and strategies to reduce conflict.

## **9. Strengthening Families Strengthening Communities**

**Duration:** 13-Weeks

**Suitable for:** Parents of children and young people 3-19 years

The Strengthening Families, Strengthening Communities parent education programme is a community-based programme specifically designed to promote some of the protective factors associated with 'good parenting'. Parents are introduced to a range of strategies to help improve children's behaviour and build positive parent and child relationships. The programme explores the impact of family, culture and community influence and explores how to keep children and young people safe. Anger management and positive discipline approaches are integrated to enhance parents' ability to model and teach as a vehicle for fostering high self-esteem, self-discipline, and social competence.



## 10. The Freedom Programme for Women

**Duration:** 12-Weeks

**Suitable for:** All women



This is a rolling programme (women can join at any time), teaching self-awareness and education about domestic violence and abuse. This can support understanding the range of tactics used by abusive partners, shows how domestic abuse affects the children in the family and the family unit. It also

opens discussion about both abusive behaviour as well as the non-abusive behaviour.

## 11. Improvemen

**Duration:** 22 & 12-Weeks

**Suitable for:** All men

Improvemen is a combination is a course for the men who are unaware of the impact of their actions and behaviour on their loved ones. Many men who use domestic and family violence in their relationships can become conscious of their behaviour. While change can take time, this evidence-based programme will give you the tools and skills you need to better manage your emotions, communicate effectively, and build respectful, caring and non-violent relationships with the people you care about.

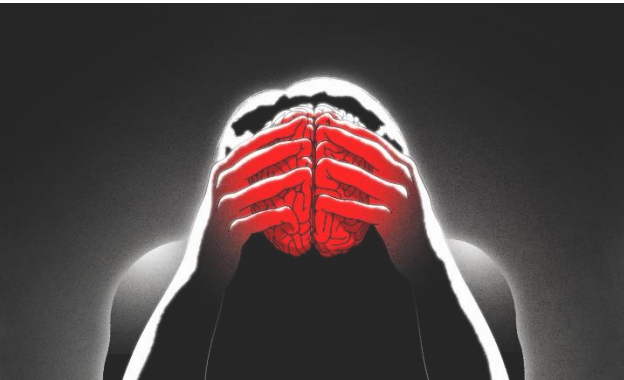


## 12. Managing Anxiety and Isolation Group Therapy

**Duration:** 20-Weeks

**Suitable for:** Everyone with anxiety

Does Chronic anxiety ruin your day-to-day life? Find yourself avoiding social life



and people. This group work can be for anyone to attend! How do we decide what manageable anxiety is and what's not? Do your symptoms destructive to your daily and social life, keep you isolated from social situations, and affect your relationships? If yes, exploring your anxiety with others can help you to

normalise your anxiety and let go of barriers you built for self-protection, which keeps you isolated and overwhelmed alone.

## 13. Community Wellbeing Café

**Duration:** Once a month from 10:30 am - 12:30 pm

**Suitable for:** Everyone

We will be hosting and inviting services and service users to build awareness of what services are accessible to help support their emotional health and well-being through our taster workshops. We will also provide a community well-being café. A warm safe welcoming space for all to attend relax, feel comfortable, meet new people, ask questions, share, and learn together about the communities we work with and our differences.





## **PRICING INFORMATION**

We are unique as we can offer programmes in different languages i.e., English, Arabic, Urdu, Punjabi, Hindi, Dari, Pashto, and Somali (other languages upon request). All programmes are delivered once a week, term time only. We need at least 10 people to start a group. An agency or organisation can commission a group on their premises or send us referrals. Please enquire for further details to [admin@parentingu.co.uk](mailto:admin@parentingu.co.uk)

Please note that the price includes resources, refreshments and a group data report to measure impact and outcomes. We also provide story catching, self-reflections and personal quotes.



## **Frequently Asked Questions**

### **How do I know it works?**

Family Links has been delivering training for 25 years. Many of our local authority customers have been using the Nurturing Programmes for decades because their practitioners love it and they have seen the impact on the families they support.

Find out more about our impact by visiting the Impact and Evidence section of the Family Links website [www.familylinks.org.uk](http://www.familylinks.org.uk) and we can send example data reports upon request.

### **What training can you offer to SEND families?**

The Nurturing Programme is broad and non-prescriptive and so it allows parents to think about their children wherever their children are and whatever their children's needs are, whether diagnosed or not e.g., on the autistic spectrum, very shy or lacking in confidence.

For practitioners who work with parents of children with disabilities or special needs, who train with us as a Family Links Parent Group Leader, we offer a handbook that we've developed in collaboration with clinical psychologists that enables them to use

the Nurturing Programme in an adapted format for parents of children with a wide variety and spectrum of disabilities. Family Links the Centre for Emotional Health is not an expert SEND organisation. We recognise that there are many different additional needs, and we believe that the broad nature of the Nurturing Programme makes it applicable to all.

### **Is your training accredited?**

Anyone who attends our training receives a certificate as proof of completion of the course. We encourage practitioners to attend refresher training and to extend their knowledge and practice by attending additional Continuous Professional Development (CPD) training.

### **How does the programmes and workshops make a difference?**

Running the program since 2011 as a charity first, then reopened ParentingU due to gap in providing parenting for the community in 2014. We have been working at the grass root levels with the community and we are convinced the programme makes a difference to all parents and affects real change. We can provide further evidence of storycatching upon request.

### **What is so different about your service?**

We are the only specialist service in London that provide culturally appropriate programs to support communities in different languages our trained facilitators understand barriers of engagement. We Invest in proper training and workshops to respond and develop awareness of mental health within communities so we can support families better.

### **I would like a tailored programme and workshop.**

Once you tell us your requirements, we can provide a bespoke tailored package.

**I am interested to commission your services.**

All you need to do is contact us and we will schedule a Zoom meeting to discuss your borough needs and your preferences.

## DATA AND IMPACT

We can provide reports and data once we complete programs. Here is an example of what we can provide. Further information can be request of a report.

The impact of the Family Links groups was assessed using Family Links and Ealing SAFE Parenting questionnaires which consisted of pre/post of Emotional Health and Well-being, Brief Parental Self-Efficacy Scale (BPSES) and the SDQ (both of which measure parenting self-efficacy). Alongside evaluating the impact of the programme, parents were asked to give qualitative feedback about their experiences of the programme via questionnaires such as general satisfaction and self-evaluation logs such as the mid-review.

Family Log 5-9 helped parents to reflect on what tools they felt they were implementing well, and to think about changes within the family and what they could improve on. It helped them to look at their objectives coming onto the course and reflect on their own progression, Results showed that there was a statistically

significant improvement in measures following the Family Links programme, showing significant improvements in parenting self-efficacy and aspects of family life.

Feedback from parents via questionnaires and the focus group showed that parents felt that they had benefitted from the programme. They reported improvements across a range of outcomes, including improved understanding of their development, increased repertoire of parenting strategies and reassurance that other parents were having similar experiences.



## MEET OUR TEAM

### MUNAZA ZAMAN

- B.A Early Childhood Studies
- PG Cert Child, Adolescent and Family Mental Well-being Multidisciplinary Practice
- Association For Family Therapy Accreditation
- Service Manager

### KATIE BRAZIL

- Family And Children's Practitioner
- Freedom Programme Lead Facilitator

### GHAZALA MALIK

- Senior Social Worker
- Family And Children's Practitioner
- Lead Freedom Programme Facilitator
- Specialist In Working with Asian Families

### FIONA DOLAN

- Family and Parent Support Worker

## CHLOE RUXTON

- Family And Children's Practitioner
- SEN Facilitator and Coach

## JAVERIA ZAMAN

- Family And Children's Practitioner
- Lead Freedom Programme Facilitator
- Specialist In SEN & Working with Asian Families

## JUSTINE TIMBOU

- Family And Children's Practitioner
- Family Support and Coach
- Parenting Facilitator
- Freedom Programme Facilitator
- Specialist In Working with Black-Caribbean Communities

## ULFAT ZARGAR

- Service Administrator
- Finance And Accounts
- Specialist In Working with Asian Males

## ELISSAR HARB

- Family And Children's Practitioner (Arabic)
- Lead Family Support Worker

## NADIA HAYAT

- Family And Children's Practitioner
- Family Support and Coach
- Specialist In Working with Asian Families

## JUNIOR REID

- Family And Children's Practitioner
- Male Youth Mentor and Coach
- Specialist In Working with Male Fathers in Parenting and Violence-abuse
- Freedom Programme for Men Lead Facilitator
- Specialist In Working with Black-Caribbean Communities

## FREELANCE CONTRACTORS

- Social Workers
- Counsellors
- Trauma-based
- Family Mediation Services
- Family Support Workers and Coaches
- Parenting Contractors



## **COMMISSIONERS TESTIMONIALS SINCE 2014-2023**

Chris Kolade

Deputy Team Manager

Ealing Parenting Services (EPS)

October 2022

Munaza Zaman

CEO ParentingU LTD

94 Wadham Gardens, Greenford London, UB6 OBS

Dear Munaza,

I would like to thank you and your team for all your hard work and delivery of the positive parenting programmes with regards to delivering specific targeted parenting programmes for parents in Ealing.

It has been amazing to see that the need of our diverse community is being met by your services through the delivery of multiple programmes in different languages.

In addition, the community groups have engaged well with parents, as you are able to deliver the programmes in many other languages. More importantly, the delivering of programmes with the Islamic values really capture what is needed for

significant number of parents to commit to groups that understand their cultural values and religious beliefs. I have really valued our partnership in this area over the last few years.

You have regularly produced the quarterly report that has contributed to our overall service delivery report. Your reports give objective evaluation of the programmes, we have been able to use to showcase the outcomes of our service, which I believe has kept us funded up until now.

Ealing Parenting Service have had an amazing experience and partnership with your company and with you as individuals, and really appreciate the support and partnership work with the Early Start Team which was significant in upskilling of their staff to deliver Family Links, a target parenting programme.

We have had a unique experience in that we have had several years to really improve on our delivery and evaluate the positive outcomes for parents and encourage a parenting workforce to deliver strategies, which really have shown to increase family relationships and to support parents with emotional intelligence and to build better relationships with their children and families. Your company has also delivered the much-needed Freedom programme which support women that are victims of domestic violence over the years.

Thank you for your continuous support and I believe our partnership will continue.

Yours sincerely,

Chris Kolade



Deputy Team Manager  
Ealing Parenting and Counselling Services

Ealing Parenting Services  
Perceval House 2<sup>nd</sup> Floor  
14-16 Uxbridge Road  
Ealing  
W5 2HL  
Date: 21/11/2014

Ms. Munaza Zaman  
94 Wadham Gardens  
Greenford  
UB6 OBS

Dear Munaza,

I would like to thank you and your team for all your hard work and delivery of the positive parenting programmes with regards to delivering specific positive parenting programmes for parents. It has been amazing to see the attendance and how the community groups have engaged well with parents, as you can deliver in many other languages and also by delivering the Islamic values really capture what is needed for parents to commit to groups that understand their culture and beliefs. I have really valued our partnership over the last few years.

I really do appreciate the hard work and effort that you put in to make the workshops beneficial for children's parents and their families. This has enabled us to reach our target of receiving 200+ referrals for the service this year alone.

You have been pivotal in administrating the courses which has made my job so much easier and where you have evaluated the programmes we have been able to feed into the annual parenting report to directors to show the outcomes of our service which I believe has kept us funded up until now.

This year has been a tough time for parenting support as we had to maintain budget savings with regard to training and supporting commissioned in projects.

I have had an amazing experience and partnership with your company and with you as individuals, and really appreciate the time and consideration you have given to providing very important services to parents and children who live and work in Ealing.

We have had a unique experience in that we have had several years to really improve on our delivery and evaluate the positive outcomes for parents and encourage a parenting workforce to deliver strategies which really have shown to increase family relationships and to support parents with emotional intelligence and to build better relationships with their children and families. We have been pivotal in providing groups for parents in their own language and I have been asked to give testimonials to Family Links with regards to the Southern Asian groups and Islamic Values.

Your company details will still be held on the approved supplier list of Ealing Council and if funding changes in the future I will be in touch.

Yours sincerely,



Kate Subanney  
Parenting Commissioner  
Perceval House  
2/SE/15  
14 – 16 Uxbridge Rd  
Ealing  
W5 2HL



## **Parent's Feedback:**

“Yes, I will always recommend this programme to other parents because this programme is very helpful for your family, and you will get helpful guidance towards your situations like how to deal with your child who has additional needs. This programme is worth your time.”

“The atmosphere in the group was great with a great bunch of mums with different experiences. There was a lot of information. All the facilitators were nice. I can't remember her name but the young English lady with dark hair and who has a daughter as an only child was good at connecting with the group. I felt like I could relate to her and her experiences and the way she spoke about them.”

“The atmosphere of parenting program was very welcoming, and I felt respected, eased, and great sense of relief throughout every session I had. I felt like there is someone who understands my problem without judging me and my child.”

“Very nice, friendly, and helpful hosts who want to help. Helpful and interesting course.”

“I can see that it might be useful for some parents who might have had poor experiences of being parented themselves. But I didn’t find it useful in terms of the everyday life with my child. The issues are still there. It hasn’t cured him. but it was a good chance to meet other mums in similar situations and not feel alone. This was the most useful bit of the course think. Meeting amazing mums.”

“This program gives perspective support and makes you feel less alone. Very good group I recommend to everybody should do this course.”

“I feel very comfortable with the other parents and professionals who run the group sessions and confident. I would recommend this group to other parents as it is very helpful and interesting and builds up your confidence as a parent as well as helps with understanding your child with special needs and the staff members are always helpful and very good at listening and giving advice.”

“Yes, this course helped me realise that am not alone. I learnt different ways of approaching things.”

“I have learnt how to talk to my children. It has helped me to get close to my children, especially my oldest daughter.”

“I have found the course very helpful. I am more confident. I have a better understanding of my son’s behaviour. We were able to share the information we

learnt with our son. The course has helped me understand that his behaviour is because of feelings and that I need to try and break cycles.”

“I found it useful, I learnt to calm down, step back and refer to the manual and I learnt to talk calmly instead of shouting. I realised that am not alone.”

“I have learnt to be more patient with my children. Although I am patient with my children, I feel that both of us as parents need to be on the same page.”


“This course is very helpful, I have enjoyed the course, getting to know the other parents, learning that we have similar problems, I did not feel judged, my parenting style has changed, and I felt supported. I would like to do another course.”



## **Service Level Agreement**

If you are interested to commission our services, we can set up SLA. It's important to us that everything is transparent and understood from the beginning so that we lay a solid foundation for a great working relationship.

If you have any further questions at all, please let us know. We're happy to clarify any points and there may be some items that we can sort out together. We're committed to finding the best way to work together!



Our specialism is that we understand the culture and language barriers of the communities we work with, in accessing services. We are registered and regulated by the UK Information Commissioners Office (ICO) to ensure clients' private information is safeguarded in accordance with EU and UK data protection laws.

#### **CONTACT US**

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