



WHERE CAN I GO  
FOR HELP

# Together We Can Find Solutions

## Parent Support Group Sessions

Raising children can be hard at the best of times, but especially when children may be facing their own issues. Many parents feel powerless when they see their children struggling; they simply don't have the tools and strategies to help their children. Parents' frustrations can lead to the development of their own mental health issues, exacerbating their problems, and passing these issues down to future generations.

**Parents and Supporting Hands** is a free parent-led support group, held in Hornchurch, bringing together parents and carers of troubled young people to learn from each other and from outside experts about how to create positive change within their families and communities.

The fortnightly group meetings will be a mix of facilitated group discussions and less structured time for more informal 1:1 and small group chats.

If you are interested, please contact You and Me Counselling on 01708 477663 or email us at [info@youandmecounselling.org.uk](mailto:info@youandmecounselling.org.uk).

Where can I  
go for help if  
my child is  
troubled?

Click on image below for  
web link



**You and Me Counselling**

Together We Can Find Solutions

## WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is thought to affect about 3 - 9% of school-age children in the UK, and about 2% of adults. It is a hereditary condition, with one or both parents likely affected but a large percentage of these are undiagnosed.

The traits of ADHD are:

- Short attention spans
- Impulsivity
- Hyperactivity

The impulsive side of ADHD often gets children incorrectly labelled as "naughty" or is seen as "bad parenting". In reality, children with ADHD are vulnerable, lack skills to manage everyday life and need help.

ADHD is a lifelong condition that impacts on the child's education, peer relationships and employment prospects.

ADHD is a disability that affects the entire family.

Children with ADHD are intelligent, very creative with a wicked sense of humour and a desire to achieve.

**Children are our future.**

**At Addup we believe that  
children with ADHD  
should not be  
disadvantaged in any way  
by their condition**

### Our values:

**We're non-judgemental  
We genuinely care  
We listen with compassion  
We NEVER give up**

**We truly understand – it's not  
about theory and jargon, we  
talk as parents.**

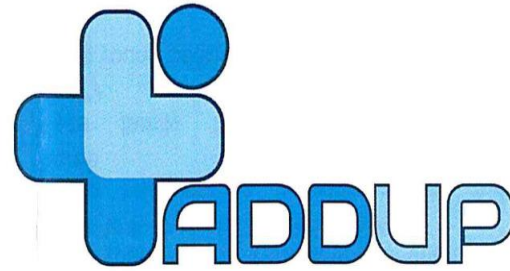
**We're tenacious – we're not  
afraid to go in guns blazing  
We laugh – we see the funny  
side where others may judge**

For further information please contact :

**ADDUP**  
59 Billet Lane  
Hornchurch  
RM11 1AX  
01708 454040  
addup@addup.co.uk  
www.addup.co.uk



Registered Charity No. 1091461



**We are a local ADHD  
support and action group for  
Havering  
Barking & Dagenham  
and surrounding areas**

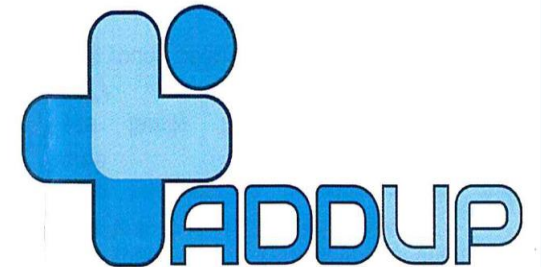
### Our purpose is:

**To empower parents and  
families of children with ADHD  
and challenging behaviour. We  
give our families hope, we  
celebrate our children's  
uniqueness and we join their  
fight, so that we improve their  
individual life chances**

Where can I  
go for help if

My child has ADHD

Click on image below for  
web link





## For more information...

Family Learning courses take place in schools, community venues and at Havering Adult College sites across the borough. To find out where your nearest accessible course\* is running, please contact us.

If you are a school or a community organisation working with parents and families, and would like to offer these courses to your families free of charge, please contact us to see how.

\*Please note that some courses are delivered in schools and are offered to targeted groups. Not all courses will be open to the general public. We will endeavour to identify other suitable courses that you will be able to join.

## Contact Us

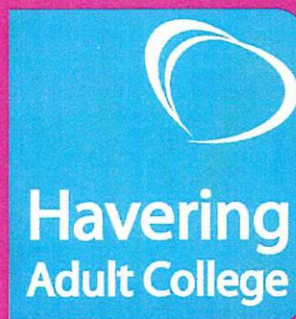
BowerPark Centre

472 Havering Road, Romford RM14HR

T 01708 434955 E [familylearning@haverling.gov.uk](mailto:familylearning@haverling.gov.uk)

[haverlingadultcollege.co.uk](http://haverlingadultcollege.co.uk)

 /AdultCollegeHavering  @Adult\_College  @HaveringAdultCollege



## Family Learning 2019/2020

*Free courses to support engagement of parents, carers  
and grandparents or parents and children together*



SUPPORTED BY  
MAYOR OF LONDON



## Where can I go for help if

I would like to go on a  
course about Family  
Learning.

Courses include:

Raising confident children

Understanding  
challenging behaviour.

Supporting families with  
ADHD, Autism, Anxiety,  
Emotional Wellbeing,  
Trauma.

Click on image below for  
web link





- ✓ **Talk to your child**
- ✓ **Get the family involved**
- ✓ **Safety starts with you**

**You can also use our handy  
Net Aware tool to explore  
what sites, apps and games  
are right for your child.  
[net-aware.org.uk](http://net-aware.org.uk)**

\* For advice and support on  
setting up parental controls,  
adjusting privacy settings,  
understanding social networks  
and more – call the O2 and  
NSPCC online safety helpline.

**0808 800 5002**



Where can I  
go for help if

Need some advice  
on online safety.

Click on image  
below for web link

**Net Aware**





## Working in communities

We have a strong presence in local communities: our offices are located across England. We offer tailored local services including drop-in sessions, face-to-face parenting courses, visits to schools and

groups and workshops on specific issues like bullying, handling difficult behaviour or boosting children's confidence. Visit our website at [www.familylives.org.uk](http://www.familylives.org.uk) to find out what's on offer where you live.


## Family problems? We can help.

 Free<sup>1</sup> confidential helpline on 0808 800 2222 for advice, information and support on any aspect of parenting and family life

 Or Skype us via our website – [www.familylives.org.uk](http://www.familylives.org.uk)

We offer advice and information as well as extended support for complex and difficult issues.

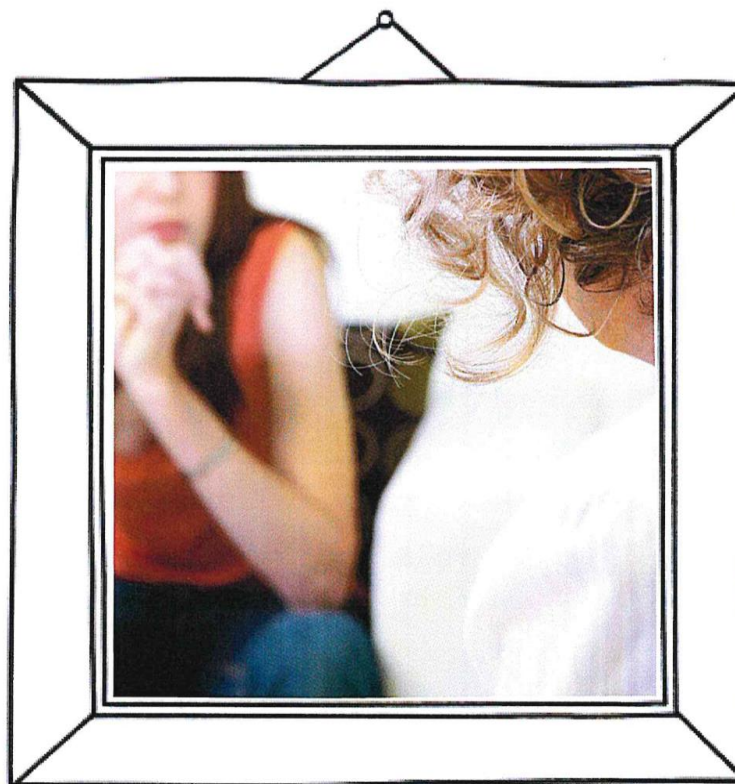
 Face-to-face support groups and workshops. Find out what is available in your area at – [www.familylives.org.uk/localsupport](http://www.familylives.org.uk/localsupport)

 Online advice and information on all aspects of parenting and family life

Give and receive support and advice from other parents and adult family members experiencing similar problems – [forum.familylives.org.uk/forum](http://forum.familylives.org.uk/forum)

Advice and information for professionals working with families at – [www.familylives.org.uk/professionals](http://www.familylives.org.uk/professionals)

<sup>1</sup>From landlines and most mobile networks.



15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ

Family Lives is a company limited by guarantee registered in England and Wales.  
Registered Company Number: 3817762. Registered Charity Number: 1077722.

# Where can I go for help if

We have family problems.

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Se você não fala inglês em casa, não sabe ler ou falar inglês, ou outro idioma, por favor peça a um membro do pessoal. (Portuguese)

আপনি যদি এই তথ্যটি ব্রহ্মে, বড় হরকে, অন্য ফরমাটি বা অন্য ভাষাতে পেতে চান, অনুগ্রহ করে, কোন কথিকে তা বলুন। (Bengali)

در صورت تمایل به دریافت نسخه‌ای از این اطلاعات به صورت بریل، با چاپ درست، یا به فرمت یا زبانی دیگر، لطفاً درخواست خود را با یکی از کارکنان ما مطرح کنید. (Farsi)

Jeśli chciałby Państwo uzyskać niniejszą informację zapisaną w alfabecie Braille'a, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polish)

Si vous souhaitez obtenir ces informations en gros caractères Brai ou dans une autre langue, veuillez le demander à un membre de l'équipe. (French)

நீங்கள் இந்த தகவலை ப்ரெய்ல், பெரிய எழுத்துக்கள், வேறு :பார்க்க. அல்லது வேறு மொழியில் பெற விரும்பினால், ஊழியரிடம் கேளுங்கள். (Tamil)

إذا أردت الحصول على هذه المعلومات بطريقة برايل، أو بصيغة أو لغة أخرى، يرجى طلب ذلك من أحد أعضاء فريق العمل. (Arabic)

Если вы хотите получить эту информацию на языке Брайля, напечатанную крупным шрифтом, в другом формате или на другом языке, пожалуйста, обратитесь к любому сотруднику. (Russian)



This leaflet is adapted from original work by Carol-Ann Regan, Library and Knowledge Services Manager, Musgrove Park Hospital

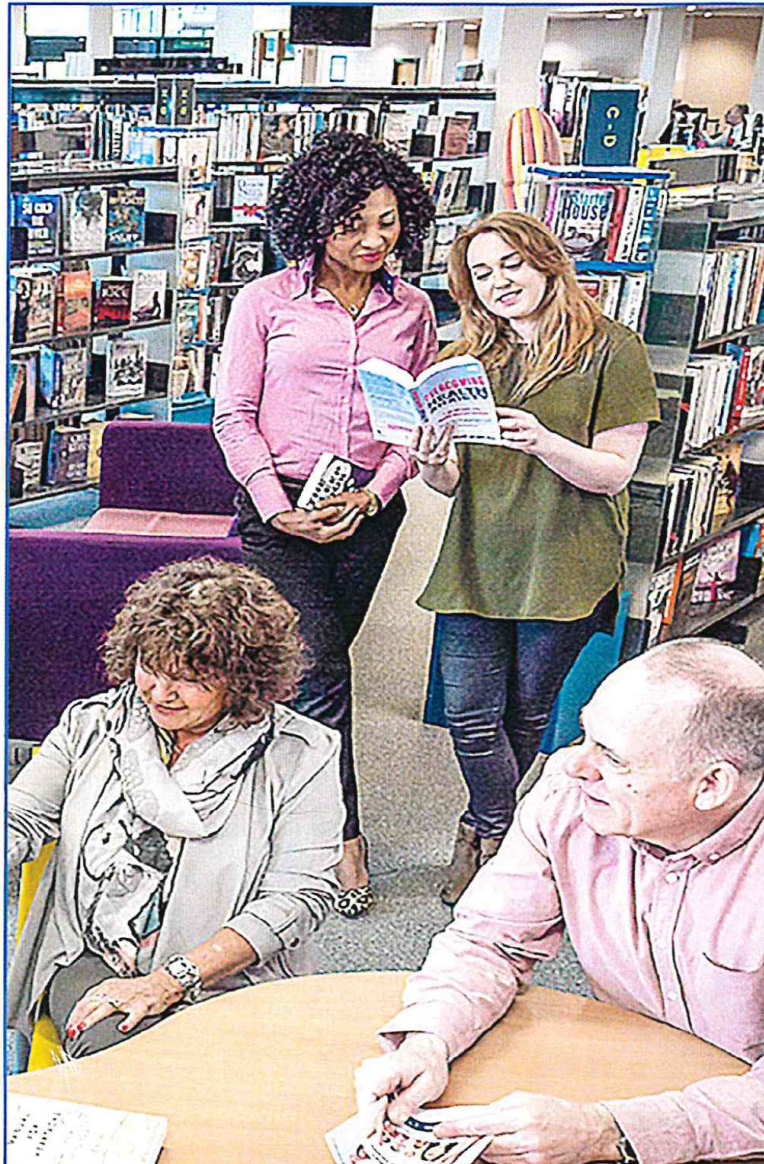
## Get in touch

Still looking for the health-related information you need? Just ask us! We can look for information on your behalf and send it to you for further discussion with your health professional.

## Contact us

Aubrey Keep Library, NELFT  
Goodmayes Hospital, Barley Lane,  
Ilford IG3 8XJ

# Finding High-Quality Health Information



## Where can I go for help if

Advice on health problems

Click on image below for web link

**NELFT** **NHS**  
NHS Foundation Trust





## SNAP happy to help

Special Needs And Parents - is an Essex charity that helps families with children and young people who have any special need or disability.

From its Brentwood base, SNAP offers a helping hand to thousands of families who need support in a variety of ways.

No formal diagnosis or professional referral is necessary to access SNAP services, available to families of children and young people aged 0 to 25. Facilities at the centre include a training room, a multi-purpose activity hall, multi-sensory room and specialist IT suite.

"When parents first come to The SNAP Centre they often feel isolated and don't know where to turn, but with SNAP's support they grow in strength and knowledge and become better equipped to give the best possible help to their children," says Karen Boath, Director - Family Services.

"Parents and their children use our facilities and services in a number of ways, and they all value the support they receive from us."

### SNAP Services

#### Parent Advice and Support

- Helpline (email and telephone)
- Face to Face Parent Support
- Specialist Talks and Training Courses
- Library of Specialist Books and DVDs
- Website with SNAP Directory of useful contacts
- Online Information Network



**SNAP (Special Needs And Parents)** [www.snapcharity.org](http://www.snapcharity.org)

Telephone: 01277 211300 • Email: [info@snapcharity.org](mailto:info@snapcharity.org)

The SNAP Centre • Pastoral Way • Warley • Brentwood • Essex • CM14 5WF

Registered Charity No. 1077787

"Your specialist knowledge, kindness and professionalism helped us to find a way forward"

# Where can I go for help if

my child has Special Educational Needs.

Click on image below for web link



Special Needs  
And Parents



## **PARENT SURGERY**

### **A FREE SERVICE FOR HAVERING PARENTS AND CARERS**

Parenting can be a complex business, from pre-school through to late teens. The reality is that we manage.

However, sometimes we could all do with a little advice and support surrounding our children's behaviour.

Therefore, Havering are offering FREE one-to-one parenting advice and support sessions.

**Every Thursday**

**Every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month**

**Every 2<sup>nd</sup> and 4<sup>th</sup> Monday**

St Kilda Children's Centre  
90 Eastern Road  
Romford RM1 3QA

Rainham Village Children's Centre  
Upminster Road South  
Rainham RM13 9AA

Hilldene Children's Centre  
Straight Road  
Harold Hill RM3 7DU

**To arrange a FREE hourly APPOINTMENT from 10am to 7pm  
Please call**

**Email: [Parenting@haverling.gov.uk](mailto:Parenting@haverling.gov.uk)**

**Telephone – 01708 432636**

Where can I  
go for help if

Need some 1-1 guidance  
on parenting.



[enquiries@sycamoretrust.org.uk](mailto:enquiries@sycamoretrust.org.uk)

## Where can I get help

To support with Autistic Spectrum disorder.

Click on image below for web link

