



Welcome back, we hope that you have had a good summer!

We are starting to plan a series of workshops following requests from parents to improve their understanding in certain areas.

If you have any questions or any suggestions of what workshops you would like us to put on, please let

**Meetal know on admin@brentpcf.org
[BRENT PARENT CARERS CIC \(brentpcf.org\)](https://www.brentpcf.org)**

November – December 2022

Health and wellbeing for parents - mental wellbeing and self-care. - join us and members of Brent Inclusion service WEST team

Tuesday 8th November 10-11.30am – Online

<https://www.eventbrite.co.uk/e/bpcf-hosts-health-and-wellbeing-for-parents-tickets-440629172717>

Wednesday 9th November 7-8.30pm – Online

<https://www.eventbrite.co.uk/e/bpcf-hosts-health-and-wellbeing-for-parents-evening-session-tickets-440643716217>

Emotional well-being, or emotional health or wellness, refers to how well people are able to accept and manage their emotions and cope with challenges throughout life. Emotional well-being can affect how well someone can function day to day or how they are able to deal with change or uncertainty.

Join us and members of the Wellbeing and Emotional Support Team (WEST) which is a targeted mental health service for vulnerable children and young people aged from four to 18 years old (up to 25 for people with special educational needs and disabilities).

In this session we will think with you about how as parents and carers you can look after yourselves:

For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life. This can be especially true if you are supporting a child or young person with their mental health. With the practicalities of day-to-day life, it can be easy to forget, or not to feel you have the time, to look after your own wellbeing needs, as well as those of your children, which can lead to feelings of stress or being overwhelmed. We will help you think about what you can do to hopefully allow you to enjoy the good moments in life more and to find strength during difficult times

Join Zoom Meeting

<https://us06web.zoom.us/j/3905806354>

Meeting ID: 390 580 6354

Parents Workshop Brent Outreach Autism Team (BOAT)

Monday 28th November 2022 10-12 Online

<https://www.eventbrite.co.uk/e/parents-workshop-boat-supporting-parents-year-5-children-who-are-autistic-tickets-445178389547>

The Brent Outreach Autism Team (BOAT) supports settings in their work with children and young people up to the age of 19 who have been diagnosed on the autism spectrum. The team supports children and young people attending Brent mainstream maintained schools, sixth forms and pre-school educational settings.

Presented by: Clare Henshaw and Deborah Ward

BPCF BOAT supporting parents of year 5 children who are autistic

<https://us06web.zoom.us/j/3905806354>

Meeting ID: 390 580 6354

December 2022

Parents Workshop Applying for an Educational, Health and Care Plan -EHCP

Thursday 1st December 10.30-12pm - online

<https://www.eventbrite.co.uk/e/parents-workshop-applying-for-a-educational-health-and-care-plan-ehcp-tickets-416605136177>

Tuesday 6th December 2022 7-8.30pm – Online

<https://www.eventbrite.co.uk/e/parents-workshop-applying-for-a-educational-health-and-care-plan-ehcp-tickets-416604353837>

Some children with special educational needs (SEN) in England need more help than a mainstream school, college or nursery would normally provide at the level of SEN support.

These pupils receive support through an Education, Health and Care (EHC) plan.

Children who needs are so complex may need to attend a Specialist setting which would require a EHC plan to be in place.

Join our workshop to hear in more detail about the process.

Join Zoom Meeting

<https://us06web.zoom.us/j/3905806354>

Meeting ID: 390 580 6354

Sleep Hygiene

Thursday 8th December 7-8.30pm

[SEND Parent Carers Workshop - Sleep Hygiene Getting a good nights sleep! Tickets, Thu 8 Dec 2022 at 19:00 | Eventbrite](#)

Tuesday 13th December 10-11.30am

<https://www.eventbrite.co.uk/e/send-parent-carers-workshop-sleep-hygiene-getting-a-good-nights-sleep-tickets-445240695907>

Join Ghada Karkotli - Lead Nurse and Clinical Team Lead - Brent CAMHS to hear about the different things you could try to ensure that you and your child/ren have a good night sleep

Sleep, rather than just being a time when the brain 'switches off', is actually an active process essential for wellbeing.

In children, sleep is important for growth, with certain stages of sleep associated with the release of growth hormones

Poor sleep can result in irritability the next day, as well as poor memory, low mood and impaired concentration in both children and adults

Equally, good quality sleep is important for ensuring good physical and mental health. join us to learn about sleep which is made up of four different stages, ask questions and learn about some of the possible strategies you could use depending on your child's age etc

Join us by registering for this session to receive further information and link for this session

Join Zoom Meeting

<https://us06web.zoom.us/j/3905806354>

Meeting ID: 390 580 6354

Bullying – Are you wondering about bullying and what signs to look for?

Tuesday 6th December 2022 10-11.30am

<https://www.eventbrite.co.uk/e/parents-workshop-bullying-what-are-the-signs-to-look-out-for-tickets-445245109107>

Wednesday 7th December 2022 7-8.30pm

<https://www.eventbrite.co.uk/e/parents-workshop-bullying-what-are-the-signs-to-look-out-for-tickets-445251307647>

Bullying is any form of unacceptable treatment, or discrimination or behaviour intended to hurt or harm the reputation of another.

There are many reasons why children bully other children. They may be struggling with personal problems at home. This behaviour may be the only way they know how to deal with a difficult situation in their personal life, such as parents divorcing, death of a relative, abuse or humiliation of some sort in their life. This does not mean that bullying behaviour is OK. Sometimes, a bully will pick on someone because they are jealous or because they think that they will be seen as bigger and tougher' and it boosts their sad ego. For the bully, behaving in this manner is seen as a way to win friends, but this is a myth. All forms of bullying and anti-social behaviour is unacceptable.

Join Zoom Meeting

<https://us06web.zoom.us/j/3905806354>

Meeting ID: 390 580 6354