

**Welcome to the Family Hub Bulletin!**

This provides details of Family Hubs services and training opportunities for professionals. For any further information please contact [familyhubs@croydon.gov.uk](mailto:familyhubs@croydon.gov.uk) .

Services for Families	Training for Professionals
<p><b>0 to 5 services</b> Please see timetable: <a href="#">the-south-childrens-centres-timetable-november-to-december-2024.pdf</a></p>	<p><b>Lunch and Learn sessions</b> Tuesday 10<sup>th</sup> December 12pm to 2pm Tuesday 21<sup>st</sup> January 12pm to 2pm  <b>Email to book:</b> <a href="mailto:FamilyHubs@croydon.gov.uk">FamilyHubs@croydon.gov.uk</a></p>
<p><b>Infant feeding advice and support</b> <b>Free drop-in sessions at:</b> Woodlands Family Hub - Fridays 10am to 11:30am  Thornton Heath Library - Wednesdays 11:30am to 1:00pm  Winterborne Children centre - Mondays 9:30am to 11:30am  Castle Hill Academy - Tuesdays 10:00am to 11:30am</p>	<p><b>Perinatal Mental Health and Parent-Infant Relationship Training</b> Tuesday 4<sup>th</sup>, Wednesday 5<sup>th</sup>, Monday 10<sup>th</sup> and Monday 17<sup>th</sup> February 9:30am to 4:30pm  <b>Booking link:</b> <a href="#">Reserve tickets – Croydon Family Hubs Supporting Perinatal Mental Health &amp; Parent-Infant Relationship Training Course – Croydon Town Hall, Room F9</a></p>

<p>Selhurst Children’s Centre – Wednesdays 2:00pm to 3:30pm</p> <p>Parent and Infant Relationship Service (PAIRS) - Fridays 1:30pm to 3:30pm</p> <p><b>Find out more:</b> <a href="https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information">https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information</a></p>	
<p><b>Antenatal Classes</b> <b>Antenatal education classes</b> - Thornton Heath Library, Brigstock Road, CR7 7JB (Wednesday -11:45am to 1:15pm)</p> <p><b>Find out more:</b> <a href="https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information">https://www.croydon.gov.uk/children-young-people-and-families/family-hubs#:~:text=Additional%20information</a></p> <p><b>Now I’m expecting</b> – Parenthood brings a range of emotions, and whether it's your first or third baby, join Selhurst Children’s Centre to explore topics like infant first aid, breastfeeding, baby care, and essential services for new parents.</p> <p><b>For more information on how to book your place please call Selhurst on 0208 684 3777</b></p>	<p><b>Attending to Culturally Sensitive Practice – Supporting Direct Work with Families.</b></p> <p>The next cohort of training takes place Thursdays 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> November with follow up dates in the new year. 9:30am to 4:30pm.</p> <p><b>Booking link:</b> <a href="#">Select tickets – Croydon Family Hubs - Attending to Culturally Sensitive Practice – Supporting Direct Work with Families – TBXH Sunley House, 4 Bedford Park, Croydon, Surrey</a></p>

<p><b>Perinatal mental Health / Parent infant relationship</b> <b>Breathe Melodies</b> – a singing programme for new mothers and their babies to support and boost emotional and mental wellbeing. Starting 7<sup>th</sup> October 2024 (10-week course) at two sites:</p> <p>Woodlands Family Hub - Wednesdays 1:00pm to 2:00pm Samuel Coleridge Taylor Centre - Mondays 10.30am to 11.30am</p> <p><b>Register here:</b> <a href="#">Registration Form - Breathe Melodies for Mums Croydon - Breathe</a></p>	<p><b>HENRY Project</b></p> <p>Parenting Programme Practitioner Training.</p> <p><b>Referral link:</b> <a href="#">Support for Practitioners   HENRY</a></p>
<p><b>Parenting</b> Future Dads programme for new and expectant fathers – details to follow</p> <p><b>Find out more:</b> <a href="#">Future Dads - Future Men</a></p> <p><b>Family Transitions Triple P Online</b> Family Transitions Triple P Online is a positive parenting programme especially for parents and carers going through separation or divorce.</p> <p><b>Register here:</b> <a href="#">Triple P Parenting in Croydon   Triple P</a></p>	<p><b>Introduction to Trauma Informed Practice – offered by J3MS.</b></p> <p><b>Click here:</b> <a href="#">Trauma Informed Croydon Training: Empowering Recovery</a></p>

<p><b>Triple P Babies Online</b> Supporting parents with babies aged 0-2 years.</p> <p><b>Self – referral link:</b> <a href="#">Triple P Parenting in Croydon   Triple P</a></p>	
<p><b>Home Learning Environment</b> Join us for a FREE Communication, Language and Literacy series designed for children aged 2.5 to 4 years.</p> <p>This is a fantastic opportunity to support your child's early language skills and connect with our Croydon Family Hubs Home Learning team for valuable home learning tips.</p> <p><b>📍 Locations &amp; Dates:</b></p> <ul style="list-style-type: none"><li>• Norbury Library (Upstairs Community Room), SW16 4UW Thursdays: Nov 7, 14, 21, 28 &amp; Dec 5, 12, 19 11am to 12:30pm</li><li>• Woodlands Family Hub, Farnborough Avenue, CR2 8HD Tuesdays: Nov 12, 19, 26 &amp; Dec 3 11:30am to 1pm</li></ul> <p><b>Booking forms:</b> <b>Norbury Library</b> <a href="https://buytickets.at/croydonfamilyhub/1451890">https://buytickets.at/croydonfamilyhub/1451890</a></p>	<p><b>Family Hubs Open Days</b> Croydon Family Hubs will be holding open days for partners to visit the family hub to have a tour of the building.</p> <p><b>Please book your preferred timeslot here:</b> <a href="#">Wednesday 4 December</a></p>

<p><b>Woodlands Family Hub</b> <a href="https://buytickets.at/croydonfamilyhub/1451955">https://buytickets.at/croydonfamilyhub/1451955</a></p>	
<p><b>DWP Employment and Benefits Service. Every alternative Friday between two sites.</b> Call to book a 1 to 1 appointment. Sessions run from 9:30 am to 2pm. <b>Woodlands Family Hub - <a href="tel:02089160543">020 8916 0543</a> – Next session on Friday 15<sup>th</sup> November</b>  <b>Selhurst Children’s Centre - <a href="tel:02086843777">020 8684 3777</a> – Next session on Friday 21<sup>st</sup> November</b></p>	
<p><b>SEND support</b> <b>Portage</b> <b>Link: <a href="#">Croydon Early Years SEND Service   National Portage Association</a></b>  <b>You’re Never Alone</b> <b>Link: <a href="#">YOUR'E NEVER ALONE CIC</a></b>  <b>SENDiass workshop arranged for parents and carers</b> <b>Link: <a href="#">Croydon SENDIASS - Kids</a></b></p>	
<p><b>Nutrition and weight management</b> Henry workshop - <a href="#">Parents   HENRY</a></p>	

## Family Hubs Bulletin – Nov 24 to Dec 24

