



Parenting Befriending Service

A bespoke parenting befriending service for parents / carers of children and young people aged 0-16 year who needs a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

- Befrienders are either trained children centre staff or Newham Parent Peer Facilitators
- **30 - 60 min's** session per week
- **1 - 8 weeks** with a clear transition process put in place for when the contact ends.
- **Group sessions** – will be developed where this would be helpful and appropriate.
- **Virtual Coffee Mornings-** Early Years / Primary and Secondary.
- Signposting and referrals to other support and services as and when appropriate.

If you would like to refer a family for the parenting befriending offer please email:

BSILFamilySupport@newham.gov.uk.