



November Edition

Parenting Programme



strengthening families
strengthening communities

A 13-week programme that supports parents to:

- Build better relationships with your children
- Improve communication with your child and family members
- Motivate your child to do well at school
- Keep your child safe
- Learn more about community resources
- Learn strategies to improve positive behaviour

There are lots of venues offering this programme; however, our closest is:

Thames View Community Hub Bastable Avenue Thames View Barking IG11 0LG	Starting Wednesday 8th January 2025 10:00 – 1:00 To book, contact Jade Briant 07841903289 or Jade@racefound.org.uk
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Please see Emma if you have questions.

Warm Spaces

Warm Spaces are relaxed places where anyone is welcome! They are inclusive and accessible for anyone & are friendly spaces that offer a little something extra for people to enjoy during the day.

This could be a space that offers arts and crafts, board games, toddler zones, computers, Wi-Fi access and snacks and refreshments. It's a space where visitors can come and go as they please with no need to pre-book and free access.

For a list of Warm Spaces in Barking and Dagenham, please visit the [LBB website](#).



London Zoo- Reduced Price Tickets

To help people who might find it costly visiting London Zoo, the Universal Credit tickets provide entry at a reduced price- from as little as £3!

They have made reduced price tickets available for those currently receiving Universal Credit, Working Tax Credit, Child Tax Credit, Income Support & Jobseekers Allowance.

You will need to provide a proof of benefit letter on your arrival to the zoo on the day of your visit.

Tickets are only available online and must be booked in advance.

For more information and to book tickets, please click [here](#).

Family Navigators



Just a reminder of some support available in Barking & Dagenham.

The 'Family Navigators' are people who help families find, and refer to services they need. This can include-

- Pointing you towards the support you are looking for such as food bank vouchers.
- They can help with childcare, healthcare and housing options.
- They can work with families and help them get the support they need.

You will find them at one of three Family Hubs-

- Dagenham Library
- Barking Learning Centre
- Marks Gate Hub

Please see Emma if you'd like more information.





'Barking Library of Things', is a place where you can borrow useful things for your home, projects and adventures – making them more affordable and more convenient.

Things you can borrow include:

- Carpet cleaner
- Cordless drill
- Wallpaper stripper
- Garden tools
- Ice- cream & waffle makers
- Games consoles
- Travel cot
- Sewing machine

Plus, lots more!

You can find them at Barking Learning Centre, 2 Town Square, Barking, IG11 7NB

For costs and other information, please click the [link](#).



ESOL Classes

If English isn't your main language, you can study a course with [The Adult College](#) to help you improve your English skills.

ESOL (English for Speakers of other Languages) courses will help you to improve your speaking, listening, reading, and writing skills.

You will first complete an introductory course which will determine the right level for you.

Developing these skills can help you to:

- communicate in everyday life
- support your children with homework
- access wider employment
- benefit from education opportunities
- apply for residency
- socialise with English speaking friends and family

They offer a range of day, evening and online courses throughout the week at both college sites.

To speak to someone about the course options please call- 020 8270 4722 or email adultcollegeenquiries@lbbd.gov.uk

SEND & AUTISM FRIENDLY SESSIONS



[Vue](#) cinemas host autism-friendly screenings on the last Sunday of every month. These autism-friendly film screenings are sensory friendly with the sound reduced, lighting dimmed and no adverts or trailers. It is okay for guests to move around and make a noise.

[Futurebility](#) is an exclusive club for young people with additional needs up to the age of 25. There is so much going on – boxing, basketball, football, arts and crafts, cooking, gaming, plus lots more! Sessions are adapted for young people with additional needs, from mild learning difficulties to more complex needs.

Futurebility is open every Sunday between 10am and 2pm – come and join the fun!

SEND/ Inclusion Jump Session-
Barking Sports House

This indoor trampolining session is for adults and children with disabilities, so everyone can enjoy the facilities in a fun, but safe way. There is reduced noise during the session, and staff on hand to support. Please click [here](#) for more info!

