

WHAT'S
YOUR STEP?



Now is the time to act.

Newham London

Newham Social Welfare Alliance Training Framework



People at the Heart
of Everything We Do

Newham Social Welfare Alliance Training Framework

We are continuing to offer a training development pathway for all frontline workers in the borough who are regularly having conversations with residents who are presenting with a range of social welfare issues. There are a number of themes with different session topics included delivered by our specialist tutors.

The purpose of this is to enhance the skills you already have! And facilitate you getting in touch with others having similar conversations across the borough. The training sessions are all delivered online and are free to attend, after attending a session we will recommend other sessions to support your learning, provide resources and useful contact information for you to refer back to.

The sessions are designed to be interactive so where possible attend via a laptop with your camera on, ready to participate. If you can no longer attend a session you have booked please cancel your booking via Eventbrite or let us know as soon as possible to allow someone else to take the place.

If you need any additional support to participate in the training session please contact us: helena.taylor@newham.gov.uk or agata.roszczynska@newham.gov.uk

We look forward to seeing you at the training, for more information and to check for the most update to date programme please visit www.newham.gov.uk/socialwelfarealliance

Timetable Sept - Nov 22 – Slides 10-16 to book on

Training module	September	October	November
Core Conversations	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Employment Support and Employment Rights Services in Newham	Tue 13, 10am-12pm	Tue 4, 10am-12pm	
Housing and Homelessness training sessions	Thur 29, 10am-12pm		Thur 17, 10am-12pm
Housing and Homelessness drop-in session		Thur 20, 10-11am	
Private Sector Housing Standards	Thur 22, 10-11.30am		Wed 23, 10-11.30am
Coping with Rising Cost of Living - Food, Fuel and Money	Fri 16, 10am-12pm	Thu 13, 1-2.30pm	
Financial Wellbeing	Wed 7, 10am-12pm		
Digital Inclusion	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		

Timetable Sept - Nov 22 – Slides 17-24 to book on

Training module	September	October	November
Children and Young People’s Mental Health and Wellbeing	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Introduction course - Adult Mental Health and Wellbeing		Tue 18, 10am-12pm	
Children Safeguarding Awareness	Fri 23, 10am-12pm		
Adult Safeguarding Awareness	Tue 20, 10-11.30am		Wed 16, 10-11.30am
Suicide Prevention	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Understanding the Role of Adult Social Care	Thur 8, 10-11.30		Mon 7, 10-11.30am
Introduction to Prevention and Early Help		Thu 6, 9.30am-12pm	
Introduction to Youth Safety and Exploitation		Fri 21. 9.30am-12pm	

Timetable Sept - Nov 22 – Slides 25-29 to book on

Training module	September	October	November
Domestic Abuse Awareness Workshop	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Female Genital Mutilation (FGM)		Tue 11, 10am-1pm	
Tackling Menopause at Work		Mon 10, 11am-12.30pm	
Tuberculosis (TB) Information and Training	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Carers Awareness	Fri 30, 10-11.30am		

Timetable Sept - Nov 22 – Slides 30-31 to book on Wellness and Resilience sessions

The ability to stay mentally & physically healthy and resilient in an ever-changing world are essential skills for frontline and primary health staff and ensures that they can best serve the service users and support themselves, especially having faced unprecedented demands since 2020 during the pandemic. We are providing two sessions below, one is for individuals and the other one is for those who manage teams.

Training module	September	October	November
Wellness and Resilience For You	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Wellness and Resilience For Your Team	Mon 12, 10am-12pm		

Timetable Sept - Nov 22 – Slides 33-35 to book on Working with Migrants - specific topics

Training module	September	October	November
Working with Migrants – Bitesize session	Mon 26, 10am-12pm		
No Recourse to Public Funds (NRPF)		Fri 7, 9.30am-1pm	
Asylum Entitlement & Support			Fri 4, 9.30am-1pm

Training dates for school staff only - Slide 36 to book on

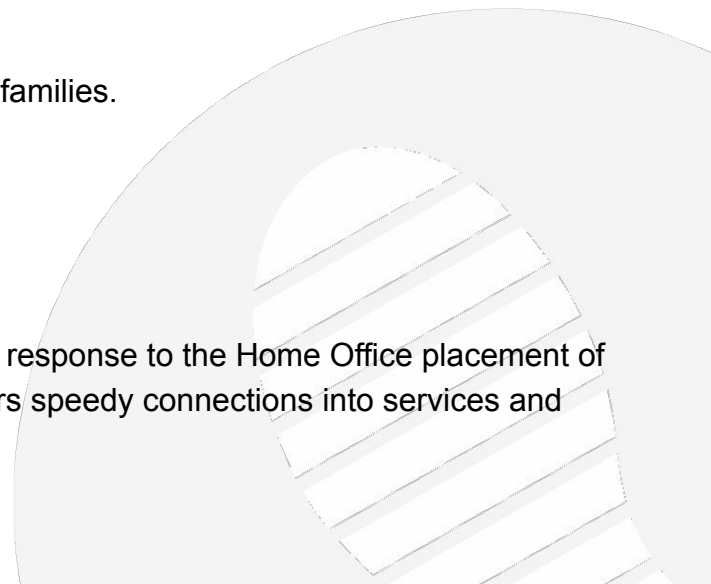
Training module	September	October	November
Working with Migrant Families	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		

Working with Migrant Families – for schools staff only

This short course is tailored specifically for schools when working with migrant families.

This course will cover:

- Immigration status issues, documents and lack of documents
- No Recourse to Public Funds – what is it, what is the impact?
- Free school meal entitlement
- Access to higher & further education
- Integration into school and community life - via a discussion on an all systems response to the Home Office placement of Section 95 asylum seekers in dispersal accommodation in Newham that triggers speedy connections into services and secures school admissions for children ASAP



Timetable Sept - Nov 22 – Slides 38-42 to book on Maternity and Early Years training

Training module	September	October	November
Supporting Families Affected By Parental Mental Illness	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Working in community with families with Children and Young People who may be non verbal and have disabilities	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Perinatal Mental Health	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		
Healthy Start			Wed 2, 10-11am
Why Feeding Babies Matters in Newham	Dates to be confirmed. To register an interest in this course, please complete this form: Registering interest for Social Welfare Alliance training		

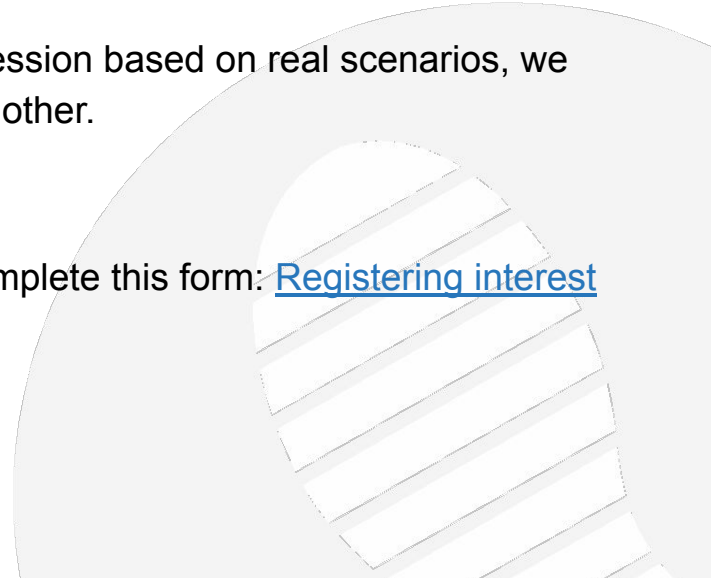
Sign up details

Core Conversations

This training module is not about learning the content of service details and how to refer, but instead it's about the practice of having a good initial conversation with people presenting with a range of welfare issues. The focus is on relationship and non-judgemental understanding; not a time bound service with standard output, but support that could be varied depending on the person and situation.

Instead of someone talking through slides, this is a practice oriented session based on real scenarios, we will be simulating conversations and practicing and learning from each other.

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



Sign up details

Employment Support and Employment Rights Services in Newham

The purpose of this workshop is to train frontline workers, both from council services and voluntary charity sector services, about Employment Support and Employment Rights services available within Newham. This will be a joint presentation by Our Newham Work, Our Newham Employment Rights and Citizens Advice.

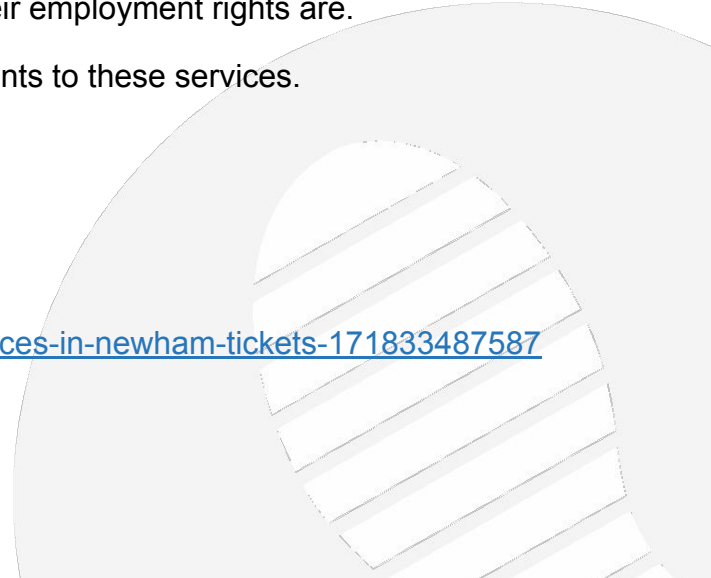
Get to know each service, discover the holistic support available helping Newham residents to overcome barriers into employment and support residents sustain the jobs they have and know what their employment rights are.

Come and join the session and see how you can play a role by referring your clients to these services.

1. Tuesday 4 October, 10:00-12:00

Please sign up via this link:

<https://www.eventbrite.co.uk/e/employment-support-and-employment-rights-services-in-newham-tickets-171833487587>



Sign up details

Housing & Homelessness training sessions

Homelessness, or the threat of homelessness, continues to be an issue that affect many of our service users. In an area like Newham, where demand is high and accessing housing often comes with barriers, the solutions can sometimes seem complex. The session is intended to help identify these obstacles and how to overcome them. Homelessness can be resolved, but will only be achieved by building stronger partnerships and understanding the landscape in which we operate.

1. Thursday 29 September, 10:00-12:00
2. Thursday 17 November, 10:00-12:00

Please sign up using this link: <https://www.eventbrite.co.uk/e/housing-and-homelessness-tickets-170400490454>

Housing and Homelessness drop-in sessions

For everyone who has already attended the Housing and Homelessness Training run by the Newham Social Welfare Alliance, this drop-in session allows you to raise any queries you may still be unable to resolve or feel uncertain about. The session will run as an open Q&A event.

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)

Sign up details

Private Sector Housing Standards (PSHS) training session

Private rented housing (i.e. direct from a private landlord or managing agent) now makes up over half of all housing in Newham, well above the national average of 15%. Typically private rented properties are in worse condition, more unaffordable and less secure than other tenures, such as council housing, other social housing or owner occupation. This session will cover what rights and responsibilities landlords and tenants have and how PSHS can help when things go wrong. Additionally it will cover the proactive work that the team carries out, which generally seeks to improve housing conditions by a range of methods. These include enforcement, encouraging grant uptake (particularly for energy efficiency) and education.

1. Thursday 22 September, 10:00-11:30
2. Wednesday 23 November, 10:00-11:30

Please sign up via this link: <https://www.eventbrite.co.uk/e/private-sector-housing-standards-pshs-tickets-260956516967>

Private Sector Housing Standards (PSHS) drop-in sessions

For anyone who attended the training session these Q&A drop in sessions will give you the opportunity to discuss any specific queries that you might have. If you have a particular case or example that you wish to bring these can be reviewed and discussed in detail; obviously any sensitive information will not be discussed, so cases should be anonymised.

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)

Sign up details

Coping with Rising Cost of Living - Food, Fuel and Money

The Cost of Living Crisis has already begun to affect people and will continue to do so, this session will provide an overview of support available and practical tips for Newham residents on how to cope with the rising cost of living focusing on food, fuel and money. Brought to you by Our Newham Money, Newham Food Alliance, and Public Health.

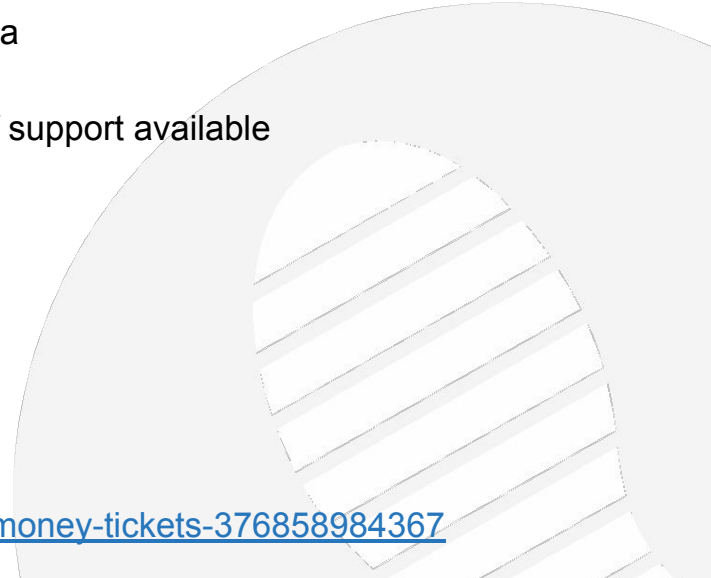
This session will cover:

- How to access Grants and Schemes available including eligibility criteria
- Benefit and income maximisation
- How to refer residents to access food support and the different types of support available
- Energy and utility bill saving tips
- Case studies

1. Friday 16 September, 10:00-12:00
2. Thursday 13 October, 13:00-14:30

Please sign up via this link:

<https://www.eventbrite.co.uk/e/coping-with-rising-cost-of-living-food-fuel-and-money-tickets-376858984367>



Sign up details

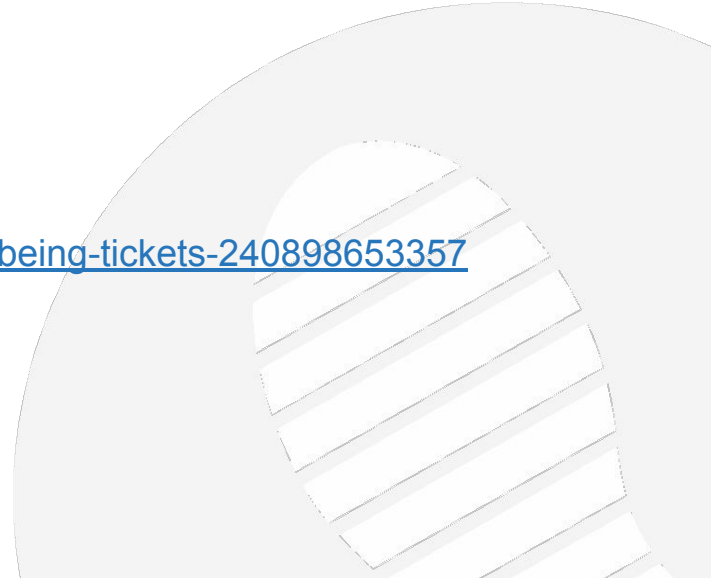
Financial Wellbeing

The purpose of this workshop is to train frontline workers, both from council services and voluntary charity sector services, about Financial Support Services available within Newham. Support such as Budgeting, Debt and Benefits, Financial Emergency Support and Financial Education.

This will be a joint presentation by Our Newham Money, Citizens Advice, Money A&E and Community Links.

1. Wednesday 7 September, 10:00-12:00

Please sign up via this link: <https://www.eventbrite.co.uk/e/financial-wellbeing-tickets-240898653357>



Sign up details

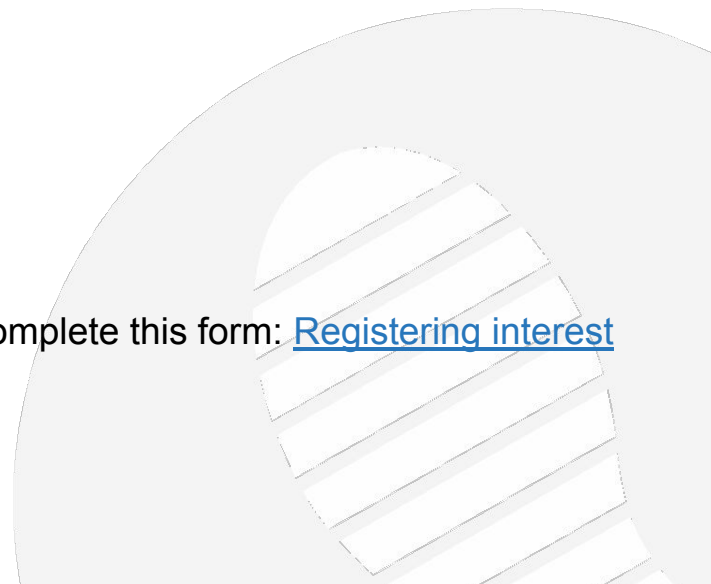
Digital Inclusion

Digital inclusion is a major issue in Newham – access to the digital world is a ‘must have’ as part of the range of everyday basics that residents need to enable them to meet their immediate needs and create better opportunities for themselves. This short session will help frontline workers in Newham support residents to become digitally able and provide information on how and where to refer to for additional support.

This session will cover:

- The importance of Digital Inclusion & Wellbeing
- How we can all be Digital Buddies
- Newham Digital Hubs & online learning resources

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



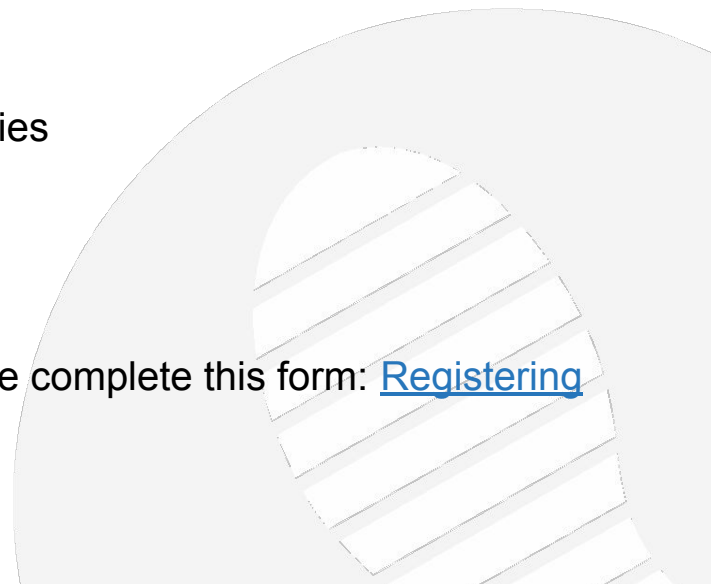
Sign up details

Children and Young People's Mental Health and Wellbeing

This session will cover:

- Introduction to mental health, wellbeing and the impact of Covid
- Your role as a frontline worker; talking about mental health and wellbeing- activity in breakout rooms
- The Signs to look out for. What might you see and hear
- Challenging scenarios and difficult conversations; Case studies
- Referral Pathways and signposting
- Future recommended training- BounceBack online

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



Sign up details

Introduction course - **Adult Mental Health and Wellbeing in the context of Social welfare challenges**

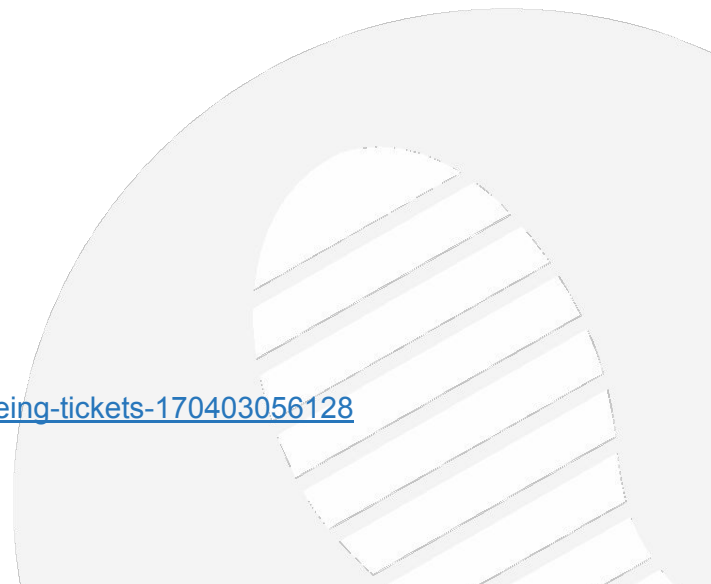
A session to support you to understand when individuals may be struggling with their mental health, the signs to look out for, and how to signpost them to the right place.

This session will cover:

- Introduction to mental health and wellbeing and the impact of Covid on escalating issues in a social welfare context
- Case studies
- The Signs to look out for - what might you see and hear
- Referral Pathways
- Your role as a frontline worker
- Future recommended training

1. Tuesday 18 October, 10:00-12:00

Please sign up via this link: <https://www.eventbrite.co.uk/e/adult-mental-health-and-wellbeing-tickets-170403056128>



Sign up details

Children Safeguarding Awareness

This session will cover:

- What is safeguarding – types of abuse and how to recognise the possible signs.
- When should a safeguarding concern be raised?
- What to do if you receive a disclosure or observe something which may indicate that someone has experienced or is at risk of abuse. What should you do if the person does not wish for any further actions to take place?
- How to make a safeguarding referral? What needs to be considered and included.
- What happens after the referral is made? A discussion regarding the safeguarding process.
- Safeguarding Case Studies
- A look at some potential scenarios, and discussion around what actions could/should be taken.
- Questions and plans for the future
- What will you do differently as a result of this session
- Information and relevant links

1. Friday 23 September, 10:00-12:00

Please sign up via this link: <https://www.eventbrite.co.uk/e/childrens-safeguarding-awareness-tickets-184323676077>

Sign up details

Adult Safeguarding Awareness

This session will cover:

- What is safeguarding - types of abuse and how to recognise the possible signs.
 - When should a safeguarding concern be raised? What to do if you receive a disclosure or observe something which may indicate that someone has experienced or is at risk of abuse. What should you do if the person does not wish for any further actions to take place?
 - How to make a safeguarding referral? What needs to be considered and included.
 - What happens after the referral is made? A discussion regarding the safeguarding process
 - Safeguarding Case Studies - A look at some potential scenarios, and discussion around what actions could/should be taken.
 - Questions and plans for the future - What will you do differently as a result of this session
 - Information and relevant links
-
1. Tuesday 20 September, 10:00-11:30
 2. Wednesday 16 November, 10:00-11:30

Please sign up via this link: <https://www.eventbrite.co.uk/e/adult-safeguarding-awareness-training-tickets-170418466220>

Sign up details

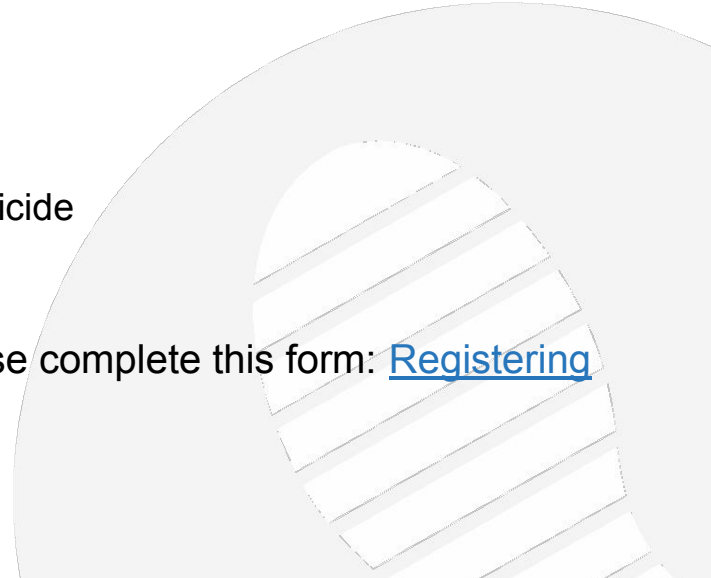
Suicide Prevention

This 2 hour training is suitable for anyone interested in learning about suicide.

Topics covered will include:

- Increased understanding of suicide
- Skills to promote supportive communication
- Increased awareness of the needs of a suicidal person
- Essential practical knowledge
- Skills to effectively and confidently support a person at risk of suicide

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



Sign up details

Understanding the Role of Adult Social Care (ASC)

The aim of the session is to provide an overview of Adult Social Care and services it provides.

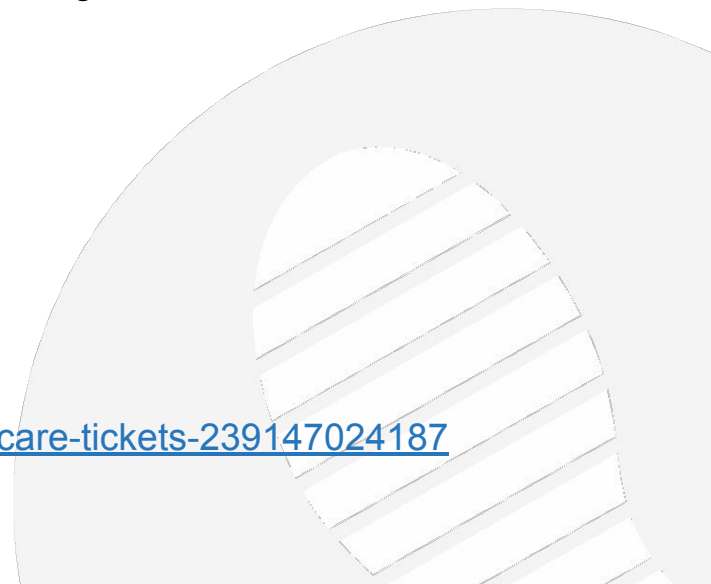
This session will cover:

- Role of Adult Social Care and available support
- How to report a safeguarding concern or refer to ASC
- Signposting residents to the services available via ASC, advice and guidance
- Case studies

1. Thursday 8 September, 10:00-11:30
2. Monday 7 November, 10:00-11:30

Please sign up via this link:

<https://www.eventbrite.co.uk/e/understanding-the-role-of-adult-social-care-tickets-239147024187>



Sign up details

Introduction to Prevention and Early Help

Early Help is about accessing the right support at the right time for your child and your family. All families are able to request support as and when they need it from services from within their local community and this support is available to all children and young people from pre-birth to 19 years of age (up to 25 for SEND).

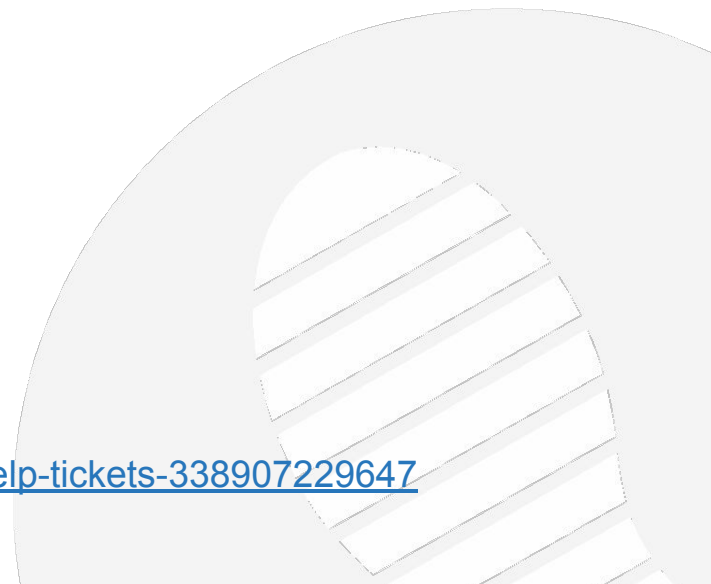
This session will cover:

- What is prevention and early help?
- Early Help in Newham
- Types of Support Needs
- Pathways to help and support

1. Thursday 6 October, 9:30-12:00

Please sign up via this link:

<https://www.eventbrite.co.uk/e/introduction-to-prevention-and-early-help-tickets-338907229647>



Sign up details

Introduction to Youth Safety and Exploitation

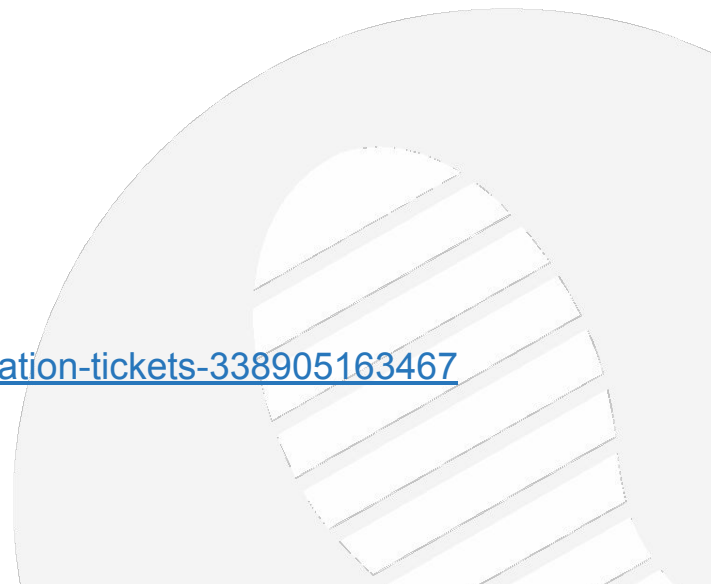
This session will cover signs of young people at risk of exploitation and how to keep youth safety at the forefront of all interventions

- How do children become exploited?
- The Grooming Process
- Signs and Indicators of exploitation
- Serious Youth Violence and Contextual Safeguarding

1. Friday 21 October, 9:30-12:00

Please sign up via this link:

<https://www.eventbrite.co.uk/e/introduction-to-youth-safety-and-exploitation-tickets-338905163467>

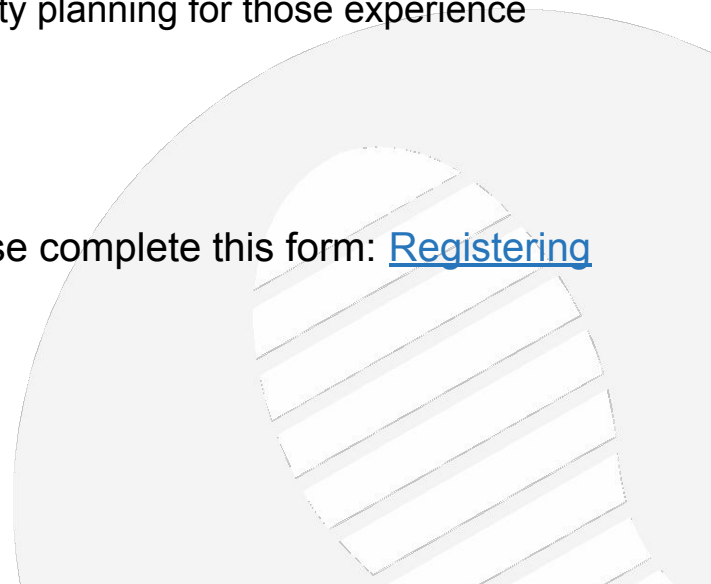


Sign up details

Domestic Abuse Awareness

Awareness workshop focusing on key issues surrounding domestic abuse and gender based violence as well as taking a look at the Domestic Abuse Act 2021. Participants will explore different forms of abuse and the impact these will have on those experiencing domestic abuse. The session will explore case studies and encourage participants to think in depth about risk assessing and safety planning for those experience domestic abuse.

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



Sign up details

Female Genital Mutilation (FGM) Training for Frontline Workers

The aim of the course is to introduce professionals to the practice of Female Genital Mutilation (FGM) in girls and women, exploring why it is practiced, the different types of FGM, its prevalence and its acceptance, along with how to recognise the signs and indicators. The World Health Organisation estimates that 3 million girls undergo some form of Female Genital Mutilation (FGM) each year. Female Genital Mutilation is illegal in the UK but still affects a significant number of British girls and foreign nationals from a variety of cultures.

By the end of the training attendees will be able to:

- Describe what FGM is and the different types of FGM
- Understand the prevalence of FGM and identify high risk communities
- Understand the law in relation to FGM
- Explain the reasons why FGM is practiced and accepted in some communities
- Be aware that FGM in young women below the age of eighteen is 'child abuse' a violation of the child's right to life, their body integrity as well as their right to health
- Be able to recognise what the signs and indicators of FGM are and to make appropriate referrals to safeguard children and young people
- Be aware of the support services for women who have undergone FGM

1. Tuesday 11 October, 10:00-13:00

Please register via this link: <https://www.eventbrite.co.uk/e/female-genital-mutilation-fgm-training-tickets-170410943720>

Sign up details

Tackling Menopause at Work

This session will raise awareness of the menopause, provide definitions of the various stages and symptoms of the menopause, highlight interesting facts and figures, it's impact on the workplace - giving practical advice on how to approach employers for support and how employers can make adjustments for employees who are going through the menopause.

1. Monday 10 October, 11:00-12:30

Please sign up via this link:

<https://www.eventbrite.co.uk/e/tackling-menopause-at-work-tickets-427246835787>

Sign up details

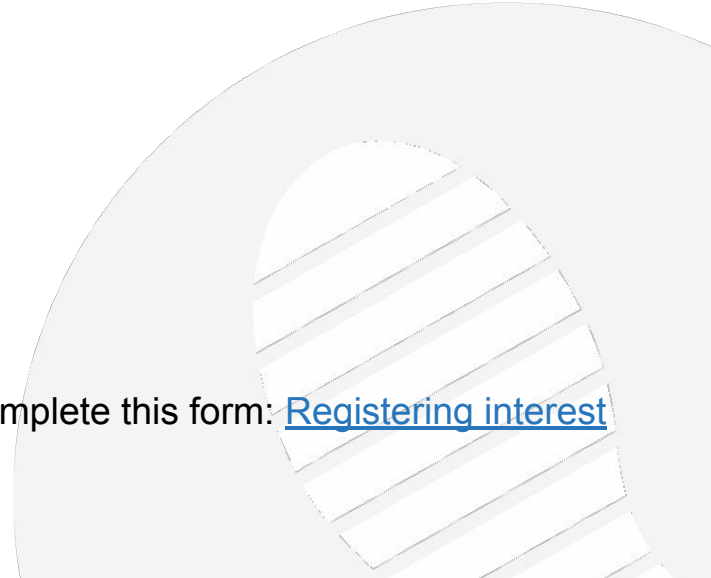
Tuberculosis (TB) Information and Training

Newham has one of the highest rates of TB in the country. Delivered by a Lead TB nurse for Barts Health, this TB information and training session will help you understand the identification, prevention and treatment of TB.

This session will cover:

- The epidemiology of TB
- How TB spreads
- The symptoms of TB
- The importance of early diagnosis
- Treatment of TB
- Preventing and screening for TB
- TB risk factors

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



Sign up details

Carers Awareness

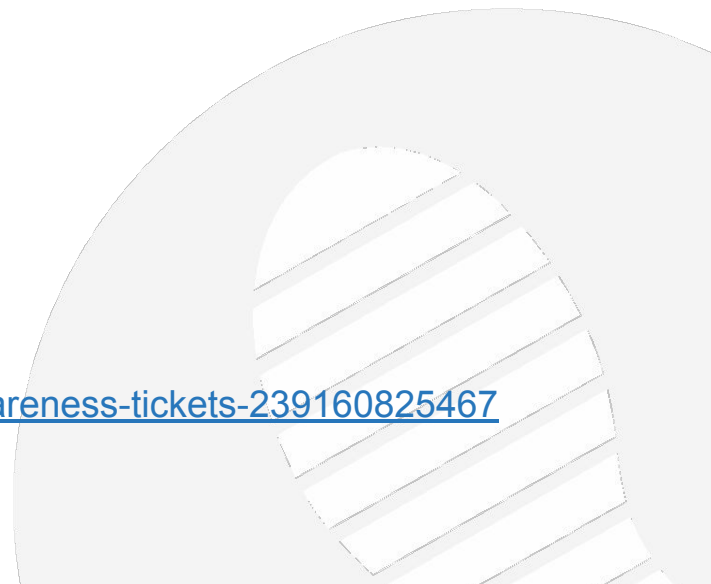
The aim of the session is to help professionals gain knowledge and understanding to enable them to identify and support a carer.

This session will cover:

- Carers who are they and what do they do?
- Impact of the caring role
- Why do we need to support carers?
- What can I do to support a carer?
- What services are available to support carers.

1. Friday 30 September, 10:00-11:30

Please sign up via this link: <https://www.eventbrite.co.uk/e/carers-awareness-tickets-239160825467>



Sign up details

Wellness and Resilience For You

This introductory 2-hour session will provide a safe (virtual) space for your team to explore what wellbeing means to them, the concept of resilience and how they are already able to do this, when they set themselves up for success.

This workshop aims to meet the following objectives:

- What is wellbeing and resilience?
- What are they like when they are 'well' at work, what do people see/hear from them and how do they think?
- What are they like when they're 'not well'? What do people see and hear and how do they think?
- What are the warning signs between being 'well' and 'not well', what are the triggers?
- How can they increase their resilience and mitigate or address those trigger points?
- How drama affects our resilience and why mis-communication also causes a lot of stress... and what to do to avoid drama and misinterpretation

Ending with a small mindfulness/mental rehearsal exercise to allow them to practice how they can be different in the future

The course outline above ensures that the core contents requested are covered in a practical way with exercises and small group discussions about each part.

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)

Sign up details

Wellness and Resilience For Your Team

This introductory 2-hour session will provide the space for team leaders and those in a management capacity to gain insight and additional tools to help them take a coaching-approach with their staff in relation to wellbeing and resilience.

This workshop aims to meet the following objectives:

- A quick overview of wellbeing and resilience in relation to themselves and the team
- What happens when we are under stress and lacking in resilience and what to spot in others that might indicate some wellbeing issues
- Why the 'problem' is never the real 'problem'
- An overview of the importance in having good boundaries when supporting and guiding others
- Listening with curiosity and the importance of 'leaving your stuff out' when coaching
- Fantastic coaching questions that enable you to discuss problems, define outcomes and ways forward and get beneath the surface to discover what's really going on
- Techniques which enable people to help themselves, which can be easily facilitated conversationally virtually, over the phone or face-to-face
- Knowing when to refer someone onwards if they need additional support

The course outline above ensures that the core contents requested are covered in a practical way with exercises and small group discussions about each part.

1. Monday 12 September, 10:00-12:00

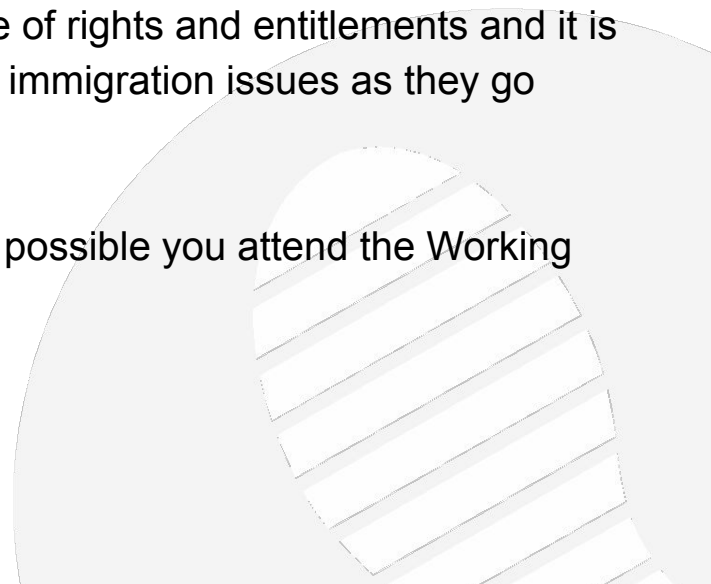
Please sign up via this link: <https://www.eventbrite.co.uk/e/wellness-for-my-team-tickets-338917460247>

Immigration Training

Introduction to the programme of Immigration training

Over one third of Newham residents have applied for EU settled status in the past two years, with many still needing to complete their applications; The home office regularly places asylum seeking residents into the borough; and, there is an historical range of other residents all with unsettled immigration status. Each group of residents however has a range of rights and entitlements and it is therefore essential that frontline workers are fully informed about immigration issues as they go about their day to day work.

There are a range of sessions for you and we recommend that if possible you attend the Working with Migrants - Bitesize session first.



Sign up details

Working with Migrants - Bitesize session

Why is it important to understand immigration status if you are not an immigration lawyer? If you are working in a frontline service in Newham, a large proportion of the people that you encounter on a daily basis will experience problems related to their immigration status. It can be difficult to know what to ask and what to do to help people, particularly as immigration status can be a sensitive issue.

This short training will help you:

- To have a better understanding of the most common types of immigration status
- To identify key questions to ask people who may be experiencing immigration issues
- To understand what practical help you can offer and to know when to refer on and to whom you may be able to refer

1. Monday 26 September, 10:00-12:00

Please register via this link:

<https://www.eventbrite.co.uk/e/working-with-migrants-bitesize-session-tickets-170412245614>

To view a short clip of the session please click here -

https://drive.google.com/drive/u/0/folders/1Xt_sLDia0Oe_rhtiLcljIVSWFO09AmiE

Sign up details

No Recourse to Public Funds (NRPF)

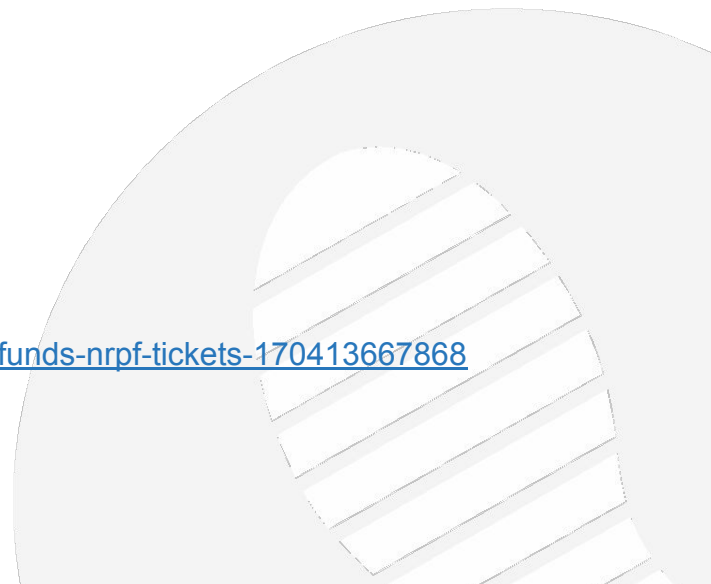
It is estimated that there are over 10,000 residents in Newham with NRPF. This may include up to 4000 children and young people. These residents may be some of our most vulnerable facing challenges around employment and basic necessities. This course will provide you with the essential context and knowledge you will need when working with clients with NRPF.

This session will cover:

- What do we mean by NRPF? What are public funds?
- Who is impacted by NRPF
- Moving from no recourse to recourse – Changes of conditions
- What services can be accessed and in what circumstances

1. Friday 7 October, 9:30-13:00

Please sign up via this link: <https://www.eventbrite.co.uk/e/no-recourse-to-public-funds-nrpf-tickets-170413667868>



Sign up details

Asylum Entitlement & Support

The nature of Newham is that the borough will be hosting residents seeking asylum. Many of these residents may be quite vulnerable and it's important for frontline workers to understand the rights and entitlements of asylum seekers.

This session will cover:

- Asylum seeker or refugee – what's the difference?
- An overview of the asylum system and what is referred to as the hostile environment.
- Asylum support – what is it, what are asylum seekers entitled to receive and how should they access it?
- Other important entitlements, access to health services, enrolment into schools and further education
- Where can you find assistance for asylum seekers

1. Friday 4 November, 9:30-13:00

Please sign up via this link: <https://www.eventbrite.co.uk/e/asylum-entitlement-support-tickets-170414975780>

Sign up details

Working with Migrant Families - for schools staff only

This short course is tailored specifically for schools when working with migrant families.

This session will cover:

- Immigration status issues, documents and lack of documents
- No Recourse to Public Funds – what is it, what is the impact?
- Free school meal entitlement
- Access to higher & further education
- Integration into school and community life - via a discussion on an all systems response to the Home Office placement of Section 95 asylum seekers in dispersal accommodation in Newham that triggers speedy connections into services and secures school admissions for children ASAP

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)

Maternity and Early Years Training

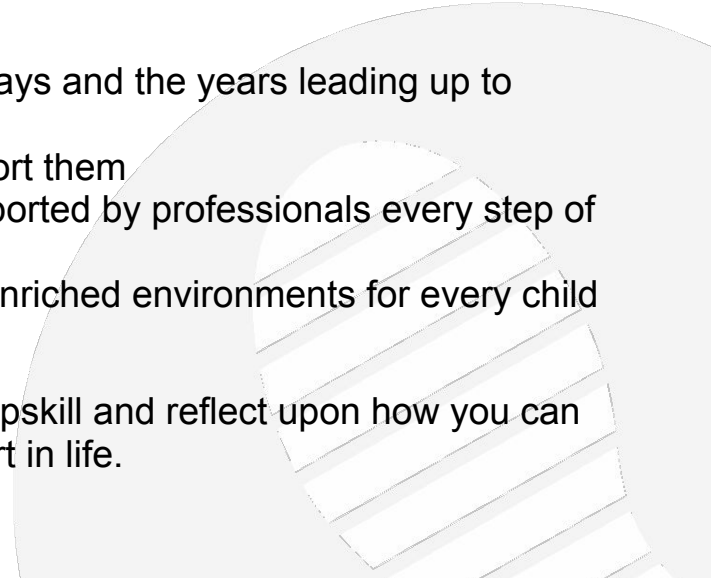
Introduction to the programme of maternity and early years training.

Did you know that Newham has more children and young people than any other borough in London, with the population of children aged 0-5 predicted to grow over the coming years? The first few years of a child's life play an extremely important role in laying the foundations for life-long health and wellbeing. This includes physical, emotional and intellectual wellbeing.

In Newham, we want all babies and young children to be supported in ways that ensure that they are:

- Healthy
- Receiving the support they need, both for the first critical 1001 days and the years leading up to starting school
- Nurtured by families and carers who are ready and able to support them
- Connected into the services that they need, including being supported by professionals every step of the way
- Welcomed into settings that are ready to provide nurturing and enriched environments for every child
- Ready to learn

The maternity and early years SWA sessions seek to help you learn, upskill and reflect upon how you can play your part in ensuring that every child in Newham has the best start in life.



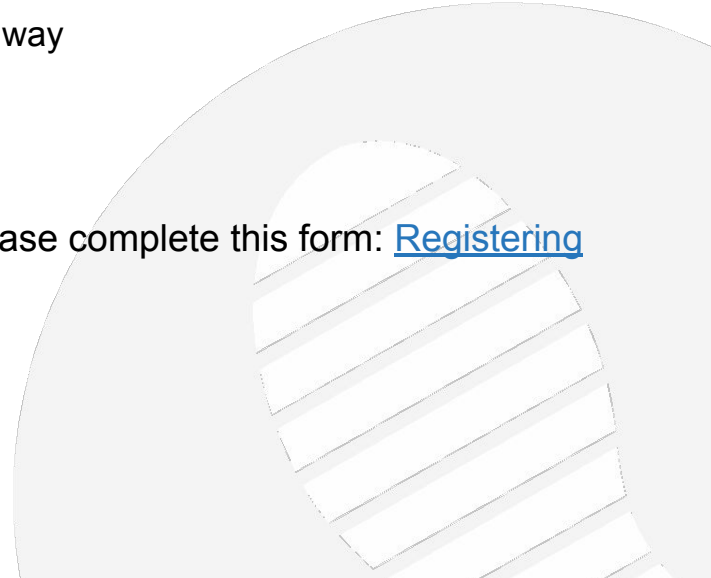
Sign up details

Supporting Families Affected By Parental Mental Illness

This session will cover:

- Intro to Our Time & children of parents with Mental illness
- Key Facts and figures, context of the work
- Overview of impact and protective factors
- Kids Time Workshop (KTW) what it is and how it works/Referral pathway
- Spotlight on KTW seminar

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



Sign up details

Working in community with families with Children and Young People who may be non verbal and have disabilities

This session will be delivered by Raj, Group Manager from the Specialist Education Support Service. He responsible for overseeing the services which support children who are deaf, have visual impairment, social communication and language needs and learning disabilities. It will also look at how you should welcome, enable communication and choice making, with children and young people who may be non-verbal or have very limited verbal communication as part of their special educational needs or disabilities. We will work through scenarios, therefore if you have any examples please bring your own, so we can make the best use of the time In order to support your organisation.

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)

Sign up details

Perinatal Mental Health

New parents, are characterised by a whole range of emotional, social and physical changes which can present daunting challenges for most families. In the past the main focus centered on the health for only the mother and baby, but more recently, the focus is wider and includes the emotional wellbeing and the mental health of the entire family. A large proportion of mothers and fathers /partners face even greater challenges in the perinatal period because they are affected by mental illnesses which could range from mild to severe, causing untold distress to families.

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



Sign up details

Healthy Start

This session will provide an overview of the Healthy Start scheme, which in Newham, includes both a food and vitamins offer. The session will cover the following:

Healthy Start Food Scheme

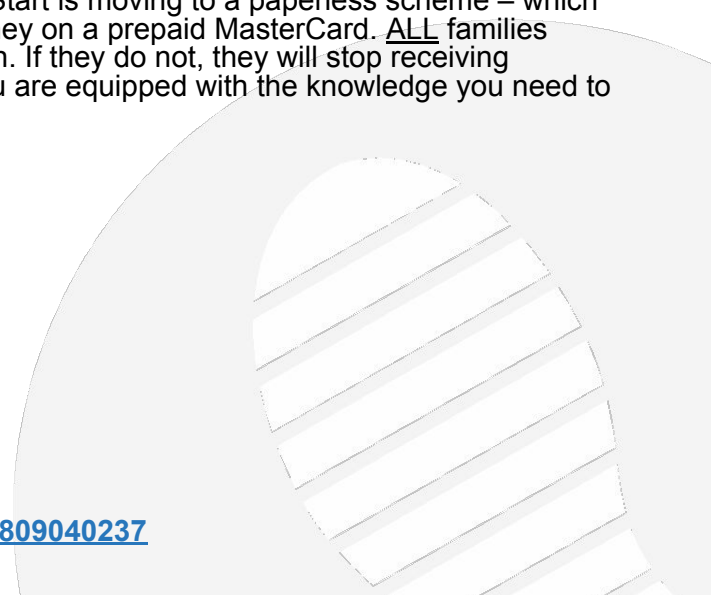
- What is the Healthy Start Food Scheme?
- Who is eligible for Healthy Start food payments?
- How do families sign up for the scheme?
- What promotional material is available to help promote the scheme?
- **NEW***** What changes are being made to the Healthy Start scheme? (Healthy Start is moving to a paperless scheme – which means that families will stop receiving paper vouchers and instead, receive money on a prepaid MasterCard. ALL families currently on the scheme must reapply for the digital scheme by the end of March. If they do not, they will stop receiving payments. This session will explain this change in more detail to ensure that you are equipped with the knowledge you need to help families during this transition period).

Healthy Start Vitamins Scheme

- What is the free Newham Universal Vitamins Scheme?
- Who is eligible for the scheme?
- How do families sign up?
- Where can families get free vitamins?
- What promotional material is available to help promote the scheme?

1. Wednesday 2 November, 10:00-11:00

Please sign up via this link: <https://www.eventbrite.co.uk/e/healthy-start-tickets-274809040237>



Sign up details

Why Baby Feeding Matters in Newham

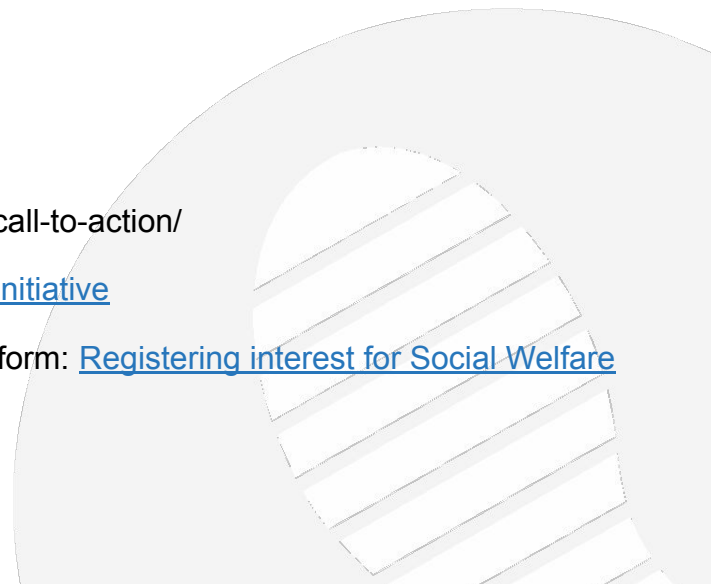
Come along to an informative, interactive and enjoyable introductory workshop on Zoom. For organisational leads and volunteers. Find out about how we can support you, as you support new families. Contents will include:

- Why baby feeding matters so much
- The value of breastfeeding
- Which formula milks are best
- Weaning – the lifelong impact
- Where to find skilled support
- Your roles and responsibilities
- How we can help you
- Formula distribution – how, when, where

Pre-workshop prep: 2 minute video: <https://www.unicef.org.uk/babyfriendly/about/call-to-action/>

5 minute read: [Provision of formula milk at food banks - Unicef UK Baby Friendly Initiative](#)

Dates to be confirmed. To register an interest in this course, please complete this form: [Registering interest for Social Welfare Alliance training](#)



What past attendees have said

Please give us an example of how you intend to apply the learnings from the session in your everyday role?

"Offering more support during admission process in order to meet families needs. Signposting families to relevant organisations". - Working with Migrants Families

"By signposting my patients to the CAB or Our Newham Work for support dependent on their employment or employability issue. As a Social Prescriber I regularly speak to patients who are experiencing employment issues so the information shared is directly applicable to my role". - Employability

"A lot of families I work with have housing issues. If they are at risk of being homeless I can share with them the options they have and signpost/refer to HPAS" - Housing and Homelessness

"Make a conscious effort to look out for signs of mental health issues displayed by any of our service users that access our services". - Adult Mental Health and Wellbeing

"This knowledge is useful in my everyday role and in everyday interactions with friends, family, and other professionals. Domestic Violence disproportionately affects women with two reported deaths a day. completing a DASH risk assessment can help provide a visual aid to the service user in order for them to acknowledge their level of risk". - Domestic Violence

"Often we interact with people spontaneously however, this session gave us an insight into thinking more about how we approach people with empathy and sensitivity, being non judgmental, upholding respect, dignity and confidentiality". - Core Conversations

Facilitator profile: Hiwot



Hiwot Emma Ameneshoa, Mental Wellbeing and Resilience Manager for Children's Mental Health

Hiwot works with professionals, parents, carers, and young people with the primary aim of building resilience and improving mental wellbeing in the individual and community. She oversees a team of Practitioners who support Newham's young people wherever they are in their resilience journey through the Your Time programme and wider resilience building activities.

Hiwot has run training sessions over the past four years for professionals and young people around mental health and wellbeing.

"I love to see young people who experienced such adversity thrive now as young adults and this motivates me to do more and work smarter with other professionals to ensure every young person in the borough has access to what they need to realise their potential. Nothing is out of reach for Newham's young people. Working together as professionals; we can and will increase access to services and support."

"The Social Welfare Alliance programme has enabled me to meet other professionals across the sector who are supporting residents in such creative and meaningful ways. My sessions provide the time and safe spaces for attendees to think creatively, become more informed and empowered to have conversations around mental health. Mental health isn't an easy topic to talk about and my goal is for my sessions to give people confidence so they can better support young people in their day to day roles."

For more information on the services Hiwot provides through HeadStart visit www.headstartnewham.co.uk

Facilitator profile: Bethan



Bethan Lant, Immigration Practitioner

Immigration status underpins the right to access services such as health, welfare benefits and social housing. Insecure immigration status has a devastating impact on a person's wellbeing. The work completed by Bethan and others at Praxis, enables people to move from a position of insecurity to one where they don't just survive but thrive.

Bethan is a training, advocacy and development manager at Praxis, who work with the London Borough of Newham to provide immigration case work to it's most vulnerable residents and advise on provision of services to migrant residents.

“Understanding immigration status is so important for anyone in frontline organisations within Newham. By being a facilitator for the Social Welfare Alliance, I am able to highlight the important of knowledge in this area and create a better understanding of immigration issues.”

“Immigration may seem complex – that’s because it is – but having some knowledge is critical in being able to do your job better. I hope that with my help, we will all be able to better support people facing migration by finding them a solution quicker.”

**For more information on the services Bethan and Praxis provides visit <https://www.praxis.org.uk>
https://twitter.com/Praxis_Projects, <https://www.facebook.com/PraxisCommunityProjects>,
<https://www.linkedin.com/company/praxis-community-projects>**

Facilitator profile: Heli

Heli Alam, Employment Rights Advisor

Heli is responsible for increasing employment rights awareness amongst the residents in Newham and providing them with one-to-one support in challenging their employer on issues that may arise in their place of work.

Heli has worked as a Trade Union official for the largest Teachers Union for 10 years, supporting teacher and head-teacher members in all aspects of their employment, as well as managing a team of caseworkers and admin staff.

More recently, she has played a central role in establishing the newly formed Employment Rights Hub, which will help the most disadvantaged residents of Newham.

“Being a facilitator gives me the opportunity to raise awareness of our Employment Rights Hub service by giving frontline workers an outline of the employment rights issues residents face, along with information and referral pathways. As a network we can work together to make a real difference to people’s lives”

“I hope the training will give frontline workers the knowledge and tools to be able to detect employment rights issues when they are dealing with residents on other matters, and then be able to make a referral early on. This will especially help harder to reach and vulnerable residents.

For more information on the services Heli provides:

<https://www.newham.gov.uk/advice-support-benefits/employment-rights-hub>

Facilitator profile: Ervina

Ervina McCulloch, Employment Rights Advisor

Ervina is responsible for increasing employment rights awareness amongst the residents in Newham and providing them with one-to-one support in challenging their employer on issues that may arise in their place of work.

Ervina has supported with the mass recruitment of Westfield Stratford City Shopping Centre prior to opening. Delivered 2500+ residents into employment for the financial year 2011-2012.

More recently, she has become a member of a fantastic new project, Employment Rights Hub and she aims to extend the reach of the service to as many residents as possible moving forward, which will help the most disadvantaged residents of Newham.

“I hope that by facilitating workshops any colleague or service working with Newham residents can gain a better understanding and awareness of what employment rights are, and how to identify residents in need of support. I hope that our colleagues will actively promote the employment rights awareness workshops, as well as refer residents into the service for 1-2-1 support with their specific employment rights issues.”

“I particularly want to ensure that by holding this training the attendees are in a better position to identify and assist the residents that are harder to reach within the community; people that might be digitally excluded, have a language barrier or who are already in precarious employment, so that those people have the opportunity to find out about what employment rights they may have and feel empowered to seek further advice or information if they experience problems at work”.

For more information on the services Ervina provides:

<https://www.newham.gov.uk/advice-support-benefits/employment-rights-hub>