

Barnardo's Akwaaba Centre's **Weekly Programme – September 2006**

MONDAY: AM: Lewisham College and Community Education
Lewisham facilitate: Information, Advice and Guidance to
access adult learning for parents.

PM: fpa (family planning association) Speakeasy:
Parents group on Sexual Health and Relationships (Starts
in Sept 06)

TUESDAY: AM: ESOL (x2) classes for parents – Beginners and Level
1 (facilitated by Community Education Lewisham)

WEDNESDAY: ALL DAY : Vietnamese Family Support Worker
provides:
Vietnamese Parents groups
Welfare Benefits Advice
Parent support on an individual basis
Advocacy & Interpreting Services

AM: New Beginnings Parents Group: facilitated by
Health Visitors (starts Sept 06)

Caring Start (Highscope Parenting Programme, starts
Sept 06)

Growing Together/Highscope Parenting Programme (for
parents who have older children 8yrs +) (starts Oct 06)

PM: Parentcraft classes for expectant mothers and their
partners, facilitated by Sure Start Midwives.

THURSDAY: AM: ESOL (x 2) classes for parents – Beginners &
Level 1

FRIDAY: AM: Literacy class for parents facilitated by Community Education Lewisham

ALL DAY: Vietnamese Family Support Worker provides:
Vietnamese Parents groups
Welfare Benefits advice
Parent support on an individual basis
Advocacy & Interpreting Services

AM: Positive Parenting Programme facilitated by Health Visitors who have been trained by Judy Hunter – CAMHS – Starts in Oct 06

SATURDAY: AM: Young Fathers Group – facilitated by Owen Thomas - Lewisham Teenage Pregnancy Unit

Other parents workshops and programmes are also held at Akwaaba on a needs led basis. For example currently an additional programme on Giving Up Smoking is being facilitated by Lewisham PCT Stop Smoking Service.

Health Visitors also provide parent workshops on child safety, nutrition, the importance of play and accessing local resources.

Job Centre Plus have a monthly workshop providing information on training and benefits of working.

All of the above services are accessible to parents in the community and not restricted to those already attending Akwaaba.

Two internet-linked computers are available for parents use in the parents' room. Introduction to IT skills are on offer to parents, as well as Learn direct courses, in order to develop skills, training and job opportunities.

Child and Family Therapist (CAMHS), Judy Hunter uses the play therapy room on a daily/weekly basis according to the level of her referrals.

Judy Hunter co-ordinates a 12 week Positive Parenting course that is held twice yearly.

MONDAY – FRIDAY: High quality full time nursery provision delivering the Highscope curriculum. The centre has recently achieved the nationally recognised Highscope Quality Assurance Accreditation. Referrals received from Lewisham Early Years. A high percentage of our children have additional needs and more than half of our families are known to Family Support and Intervention. All the work and services for children and parents delivered at Akwaaba aim to meet the five outcomes as defined in Every Child Matters, this is highlighted in our Annual Report.

MONDAY – FRIDAY – Lewisham Parent Advocacy Service starts on Monday 18th September 2006 working exclusively with parents of children going through the Child Protection process. This service is a seven month pilot, funded by Lewisham Health and Social Care.

The Centre is also used as a venue for Supervised Contact.