

# FAMILY HUBS NEWSLETTER

## Parent Carer Panel

Two parent carer panel sessions have been held since our last newsletter.

On 19 September we held our 7<sup>th</sup> Parent Carer Panel meeting. We shared results from parent carer engagement activities & what has changed. We had an update from our Parenting Workstream Lead Estreana and a short Mentimeter quiz on future training for the Parent Carer Panel.

In the last 20 minutes we had a session from Y for Yoga with Pascale Roura, who is a children and family yoga specialist/instructor. She focused on stretching, Yoga and Wellbeing.

Pascale shared advice for how parents can stay on top of things and some feel-good tips as well as:

- gratitude cards picking
- short guided meditation
- sharing grounding techniques such as time in nature/barefoot, physical activities etc

If you like to find out more please visit: [Home | Yforyoga](#)



On 17 October we held our 8<sup>th</sup> Parent Carer Panel meeting where we shared results from the mentimeter survey and Marie from our Home Learning Environment team led a playdough story time session.

This involved reading the children a story and showcasing how parents and carers can make the story come to life with items in their home environment. At the end of the session Marie gave parents information on how parents could try this at home.



If you are interested in coming to our next parent carer panel, we want to hear from you. Please email: [FamilyHubs@croydon.gov.uk](mailto:FamilyHubs@croydon.gov.uk)

## New Film Introducing Croydon Family Hubs



We're excited to announce the launch of a film celebrating our first family hub, focusing on services for families with children aged 0 to 5 and the Parent Carer Panel. You can [watch the video here](#).

The Parent Carer Panel plays a vital role in shaping these services to meet community needs. With outreach programs at locations like Thornton Heath Library and enhanced training for practitioners, we're committed to providing vital support.

The first hub opened in January 2024, with more on the way. Follow us on Instagram and Facebook for updates, and feel free to visit the hub to learn more about our services!

## NEW Start for Life activities

### Breathe Melodies



[Sign up](#) for our FREE 10-week programme, open to new mothers living in the London Borough of Croydon experiencing low mood, feelings of stress, anxiety and social isolation with babies aged 0 to 9 months.

There is still availability at Woodlands Family Hubs, these sessions run every Wednesday 1pm to 2pm. For session information, please see the [Breathe Melodies website](#).

### Department of Work and Pensions

Gemma Edwards will be at the Family Hub on Friday 15 November and then on alternate Fridays from 9:30am to 2pm offering employment and benefit support. Please call **020 8916 0543** to book an appointment.

### Upcoming training for professionals and services for parents:

Please see [Family Hubs Bulletin](#) for more information.

# SPOTLIGHT

## YOU'RE NEVER ALONE CIC



**You're Never Alone CIC**, is an organisation started by Ellen that just celebrated 2 years.

It is run by Lorna, Ellen, and Caprice and supports parents and carers of children with special educational needs and disabilities (SEND). They hold a support group every Tuesday from 9:30 AM to 11:30 AM during term time at Woodlands Family Hub. This group provides an opportunity to connect with other parents and carers in a relaxed environment where they discuss topics like transport, school needs, and SEND diagnosis. While they can't offer legal advice, they can refer families to relevant organisations. Additionally, parents and carers can engage in self-care activities.

This summer, they organised low-cost SEND fun sessions for families with children aged 11 and under. Held over four weeks in August, these activities included soft play and were specifically designed for SEND families. The initiative was inspired by parents seeking more inclusive options for their children during the holidays, with about 40 children attending each session. Ellen and Caprice remarked, **"It's been amazing to see families enjoy this, and we hope to continue these sessions in the future."**

The organisation strives to create a welcoming environment for parents and carers of children with SEND. The Tuesday group allows parents to share experiences and hear from guest speakers. They also offer monthly self-care activities, such as massages, essential oil making and crafting, recognising that parents often don't get time for themselves.

This supportive atmosphere encourages parents to ask questions and share challenges without judgment, fostering a sense of community that enhances their mental wellbeing.

With few SEND activities available, these summer sessions provided a relaxed space for children and their parents. They also maintain a phone line, social media links and email, where parents can discuss daily experiences whether celebrating successes or sharing frustrations.

If you would like to find out more or get in touch, please visit: [YOUR'E NEVER ALONE CIC](https://www.yourneveralone.org.uk)

### Key Dates:

**Parent Carer Panel at Croydon Central Library**  
Thursday 21 November  
10am to 11:30am

**Family Hubs Open Day**  
Wednesday 4 December  
10am to 2pm

**COME AND JOIN US**  
Booking links below

### How can I get involved?

Are you a professional or interested in joining the Family Hubs network, please get in touch. Email us at [FamilyHubs@croydon.gov.uk](mailto:FamilyHubs@croydon.gov.uk)

#### Directory of services for children

Use our directory to find council services, local voluntary and community organisations that can help support you and your family in Croydon.

<https://tinyurl.com/4ajrx3ca>

#### Family Hub Open Days


Croydon Family Hubs will be holding open days for partners to visit the family hub to have a tour of the building. Dates are listed above in 'Key Dates' section.

Please book your preferred timeslot here:


- [Wednesday 4 December](#)

**Family Hubs Timetable featuring further activities from Monday 4 Nov – Friday 20 Dec.**

[Please see timetable here](#)

 Family Hubs Croydon

 @familyhubscroydon

 [FamilyHubs@croydon.gov.uk](mailto:FamilyHubs@croydon.gov.uk)



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