

WHO DELIVERS THE PROGRAMME?

Members of the Outreach and Reintegration team deliver the programme and facilitate discussions. All staff have completed the Parent Practice training and share a wealth of experience working in partnership with parents and carers of children attending Horizons Academy and mainstream schools across the London Borough of Bexley .

Facilitator Contact Details

Paola Sim
Outreach Service Manager
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Wendy Brasnell
Outreach Intervention
Specialist
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REFERRAL PROCESS

If you would like to join our support group, please complete the information below and return to our facilitators who will contact you directly.

Name:

Child's Name:

Home School:

Child's Age:

Contact Telephone:

RETURN ADDRESS

Outreach & Reintegration
Horizons Academy Bexley
Abbey Wood
Lensbury Way
SE2 9TA

HORIZONS
ACADEMY
BEXLEY



HORIZONS
ACADEMY
BEXLEY



Parent Support
Group



Help and Advice for
Parents and Carers of
Children and Teenagers

WHY JOIN OUR GROUP?

Parents can sometimes feel embarrassed and angry when their child's behaviour leads to formal exclusion from school. Often, by the time parents arrive to Horizons Academy, they feel frustrated and exhausted.

The impact of school exclusion is far reaching and can put a strain on family relationships which in turn, can increase the level of behaviour exhibited by the child.

The Horizons Academy Bexley Parent Support Group allows our parents opportunity to share, discuss and learn from other parents personal experiences, whilst developing strategies and techniques to deal with the challenging aspects of parenting.

A support group prevents parents from feeling isolated and alone and can help overcome the negative impact school exclusion can cause.

Our group offers our parents and carers peer support and opportunity to learn new ideas and practical strategies to deal with the most challenging aspects of child behaviour.

TOP TIPS AND HANDY HINTS

The Parent Support Group focuses on common challenges often experienced by parents of children of all ages.

A programme of sessions targeting topical issues are delivered over a 5 week period. These include emotion coaching, positive discipline, descriptive praise, rules and rewards, conflict resolution, keeping calm and what to do when things go wrong.

QUALITY ASSURANCE

To ensure our sessions include the most suitable strategies for children of all ages, our facilitators have completed the Parent Practice training for trainers programme and are certified Parent Practice educators licensed to use the Parent Practice materials and methodology and to deliver the Parent Practice positive parenting course.

This is not a programme that teaches parents how to parent, but a support group that offers help and advice through fun interaction and group discussion.

WHERE IS THE GROUP BASED?

To ensure our support group is accessible to all parents and carers, the programme will be delivered from Bexleyheath Library. This central location accommodates bus routes from across the London Borough of Bexley and has multiple parking locations nearby.

CAN CHILDREN ATTEND THE GROUP?

To allow opportunity for parents and carers to fully engage in uninterrupted sessions, we are unable to accommodate children within the group.

HOW LONG IS THE PROGRAMME?

The Parent Support Group is a 5 week programme and sessions take place twice each week. To allow time for parents and carers to take children to school, the session start at 10am and finish at 12.00.

Refreshments will be available throughout the morning .