

# Disability Support Service



## Bi Borough Training Programme

**for Parents & Carers**  
Autumn – Winter 2025

A programme of workshops and training courses for Carers and Parents who care and provide support for disabled children & young people in Westminster & RBKC



City of Westminster



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

# Booking & Venue Information

## for Bi Borough Parents & Carers



City of Westminster



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

### Parents/Carers:

All courses are free to attend for parents, carers and young people. .

- To report a cancellation of a booking, please notify our **Short Breaks Training Officer, Fateha Begum** via email, 1 week in advance to ensure we can make this space available to another parent.
- Please enrol onto any of the courses on this programme, by selecting the link below & completing the form,. You should receive an email confirmation of your booking.

Link: <https://forms.office.com/e/3gS2LsX3r>

*(Please read the cancellation policy for both internal & external training providers, to avoid any additional fees)*

If you have any questions regarding any of the courses in this manual, please contact:

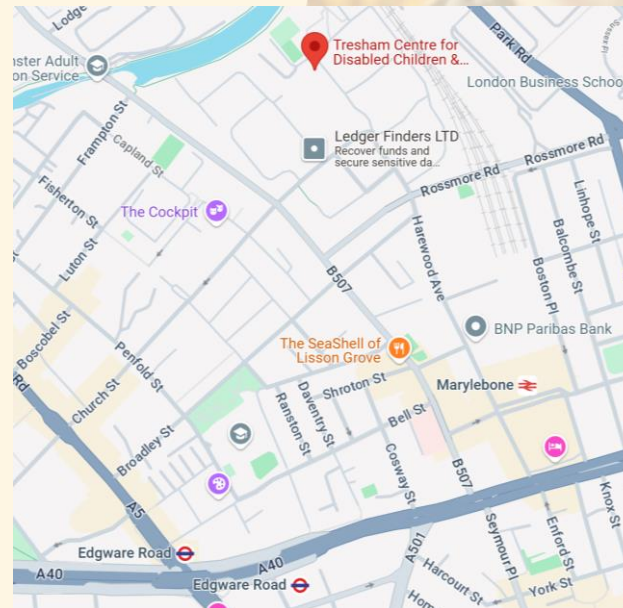
Fateha Begum

[fbegum@westminster.gov.uk](mailto:fbegum@westminster.gov.uk)

## Tresham Centre

27 Tresham Crescent  
London  
NW8 8TW

Tresham Centre:  
0207 641 1553



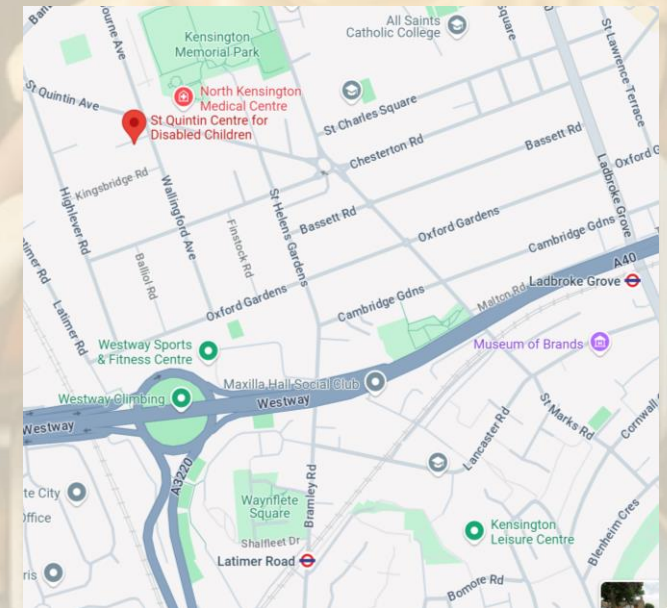
### Public Transport:

Tube Stations - Marylebone, Baker Street & Edgware Road Tube Lines - Jubilee, Bakerloo, Circle, District, Hammersmith & City  
Buses- 73, 98, 139 & 189

## St Quintin's Centre

2a Wallingford Avenue,  
London,  
W10 6QB

St. Quintin's:  
0208 968 2570



### Public Transport:

Tube Stations: Ladbrooke Grove and Latimer Road (closest)  
Tube Lines: Hammersmith & City or Circle  
TFL Buses: 7, 52, 70, 295 & 316

# Booking & Venue Information

## for Bi Borough Parents & Carers



City of Westminster

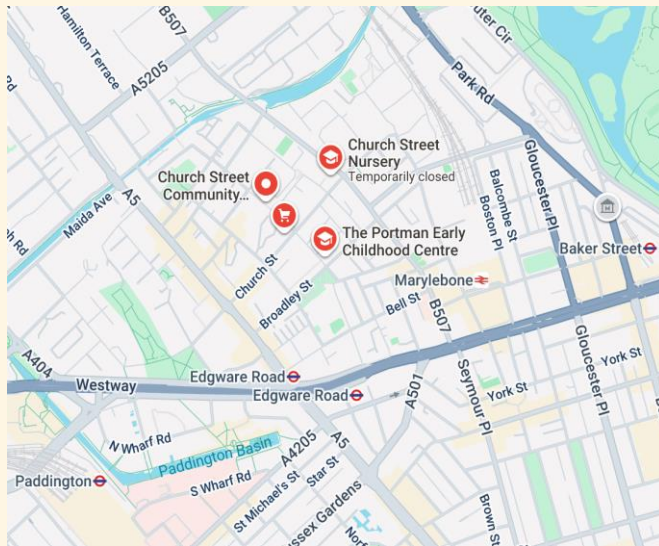


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### Church Street Family Hub

Portman Early  
Childhood Centre  
12-18, Salisbury Street  
London NW8 8DE

020 3307 1940



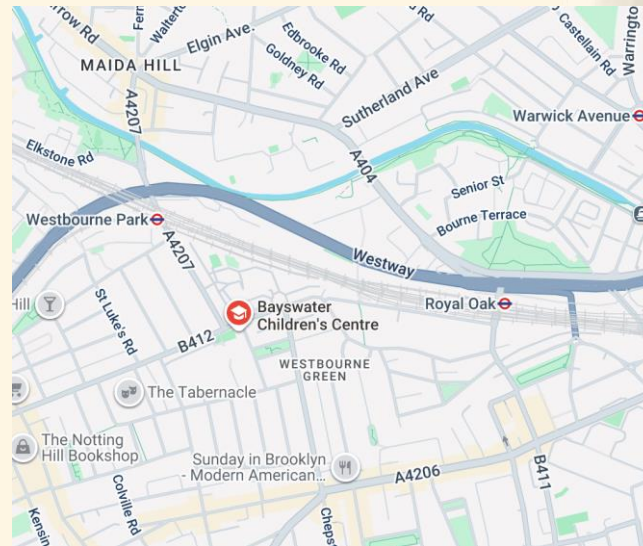
#### Public Transport:

Tube Stations - Baker Street & Edgware Road  
Tube Lines – Jubilee, Bakerloo, Circle, District,  
Hammersmith & City  
TFL Buses- 98, 139 & 189

### Bayswater Family Hub

Bayswater Children's  
Centre  
Shrewsbury Road  
London  
W2 5PR

020 7641 1350



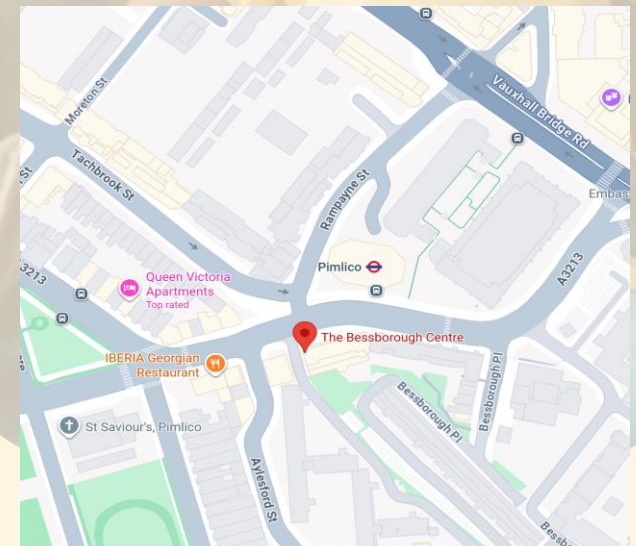
#### Public Transport:

Tube Stations - Westbourne Park & Royal Oak  
Tube Lines – Hammersmith & City, Circle

### Bessborough Family Hub

1 Bessborough  
Street  
London  
SW1V 2JD

020 7641 5923



#### Public Transport:

Tube Stations: Pimlico tube station.  
TFL Buses: 24, 360 and C10 stop outside

# Training Workshops for Parents & Carers

Autumn/Winter Term 2025

For Bi Borough Parents & Carers



City of Westminster



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# Free Online CPD Training Hub Offer for Carers & Parents



## The Training Hub



Provides educational courses that build confidence, develop learning and promote well-being. These courses are free for Parents/DP Carers and mainstream providers.

A training platform where carers, experts and practitioners can gain knowledge and understanding on how to effectively support with the developments and services in their settings.

WCC & RBKC Staff: *Some of these courses are available via IBC. Please ensure to book them through this portal first. All requests for trainings on the Training Hub will need to be approved by your line manager before booking with our Training Officer, Fateha Begum.*

## How to book and for further Information about the Online-Courses for Staff Carers & Parents.

Please email the name of course/courses to Fateha Begum: [fbegum@westminster.gov.uk](mailto:fbegum@westminster.gov.uk)

Each course will take approx. 1 to 2 hrs to complete. More info on what method and modules covered are detailed in the course portfolio.

You will receive a certificate after successfully completing the course.

*Online courses are provided in partnership with Training Hub*

- Autism Awareness
- Child Exploitation
- Equality & Diversity
- Female Genital Mutilation
- First Aid Emergency
- Health & Safety
- Internet Safety
- Medication Administration
- Safeguarding children with SEND
- Self-Harming Behaviours.

Autumn Term 2025

**SEPT** . . . . .

**Keeping Your Child in Mind**  
For Parents/Carers with RBKC Family Links  
17th Sept Church Street Family Hub  
24th Sept (Online)

**Triple P SEND with WCC Early Help**  
24th & 25th Sept  
Bayswater & Bessborough Family Hub

**Online Safety & SEND for Families with WCC Prevent Team**  
29th Sept Tresham Centre

Times: 10:00 till 13:00 (May Vary)

**OCT** . . . . .

**NAS Teen Life Programme**  
For Families with DCS Family Practitioners  
Upon Request  
Tresham Centre & St Quintins

**Autism Awareness & Learning Disabilities**  
For Families with DCS Bi Borough Training Officer  
8th Oct Tresham Centre

**Online Safety Workshop**  
For Siblings & Young Carers with WCC Prevent Team  
20th Oct Tresham Centre

Times: 10:00 till 13:00 (May Vary)

Winter Term 2025

**NOV** . . . . .

**Promoting Wellbeing for SEND**  
With Shortbreaks  
5th Nov St.Quintin's Centre

**NAS Early Bird Plus**  
For Families with DCS Family Practitioners  
with Tresham Centre & St Quintin's  
Upon Request

**Keeping My Child Safe In The Community**  
with the WCC IGXU Team  
19th Nov Tresham Centre

Times: 10:00 till 13:00 (May Vary)

**DEC** . . . . .

**Travel Training for SEND**  
For Parents/Carers with TFL Travel Team  
Dec TBC  
Tresham Centre & St. Quintin's Centre

**Privacy, Dignity & Toileting for SEND**  
For Families with Shortbreaks Practitioners  
Upon Request  
Tresham Centre

**Supporting Siblings in Neurodivergent Families**  
For Families with Autism Unlimited  
Dec TBC  
Via Online Link

Times: 10:00 till 13:00 (May Vary)

## Keeping your Child In Mind

The Keeping Your Child in Mind programme helps parents/carers to work together in ways which support growing children and a calmer family life. This programme helps us think about what we do, why we do it and how it makes us all feel in the The program emphasises keeping children at the centre of parenting decisions and supports a respectful, child-centred approach to co-parenting.

By focusing on solutions to relationship issues, the program helps reduce the negative effects that frequent arguments/disagreements can have on children.

We cover 4 constructs; Building blocks :

Week 1 - Self Awareness

Week 2 - Appropriate Expectations

Week 3 - Boundaries and Positive Discipline

Week 4 - Empathy

Venue: Church Street Family Hub – 17<sup>th</sup> September 2025

Venue: Online – 24<sup>th</sup> September 2025

Time: 09.30-16.30pm – 4 Week programme

Trainer: Westminster Family Links

For : Parents & Carers

## Triple P – Positive Parenting Programme

Triple P is for parents and carers of children aged 2–10 years. The programme is designed to give parents and carers the skills they need to raise confident, healthy children and to build stronger family relationships. Triple P doesn't tell people how to parent. Rather, it gives parents and carers simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

The group is a great opportunity to build networks and learn from others in similar situations.

Venue: Baywater Family Hub – 24<sup>th</sup> September 2025

Venue: Bessborough Family Hub – 25<sup>th</sup> September 2025

Time: 10-12pm – 8 Sessions Programme TBC

Trainer: Westminster Early Help Team

For : Parents & Carers

Westminster  
early help  
Happier, healthier families



## NAS Early Bird & Plus

For parents/carers of autistic children up to the age 5 – 10years /11years +

The EarlyBird programme focuses on empowering parents and carers to learn about autism and to explore ways that they can support their autistic child. Parents have the option of inviting a supporting professional to attend the sessions alongside them.

The sessions focus on:

Understanding autism

Communication

Understanding autistic experiences

Supporting daily living

Health and wellbeing

Connections

Venue: Tresham – New Dates TBC 2025  
Venue: St. Quintin's – New Dates TBC 2025  
Time: 8 Week Programme  
Trainer: DCS Family Practitioners – Upon Request



## Online Safety for Young Carers Workshop

This workshop is designed for frontline staff, including police, social services, education, health professionals, and local communities to strengthen understanding of the Prevent strategy and your role within it.

**The training covers:**

Identifying vulnerabilities and risk indicators of radicalisation and online grooming

Understanding extremism, ideology, and online safety risks

Local safeguarding and referral mechanisms, with contact information for further support

The latest developments in radicalisation and online exploitation

An overview of the current national threat picture

Venue: Tresham Centre  
Date: 20<sup>th</sup> October 2025  
Time: 4.00 till 5.30pm  
Trainer: WCC Prevent, Community Safety & Specialist Services

For : Parents & Carers



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# NAS Teen Life Programme

The programme is for parents and carers of young people aged 10yr-16yr old on the autistic Spectrum. Teen Life is a programme consisting of 6 sessions. Our programme empowers parents to understand more about autism.

## **Topics covered include:**

- understanding autism in teenagers
- self-esteem and spending time with other people
- stress and anxiety
- understanding your diagnosis
- puberty and independence
- education and planning for the future.

## **Aim:**

To empower, inform and equip parents/carers. Strategies and ideas of how to support the autistic person through their teen years

Venue: Tresham – New Dates TBC 2025

Venue: St. Quintin's – New Dates TBC 2025

Time: 8 Week Programme

Trainer: DCS Family Practitioners – Upon Request



# Social Stories for Families

A social stories for families workshop can be beneficial for understanding and using this tool to improve social understanding and skills in children and young people, particularly those with additional needs. These workshops often focus on how to create simple visual stories to help families navigate and understand new situations.

## **Understanding Social Stories:**

Workshops explain what social stories are, their purpose, and how they can be used to help children understand social expectations and navigate social situations.

Creating Social Stories

Tailoring to Individual Needs

Practical Application

Benefits for Families

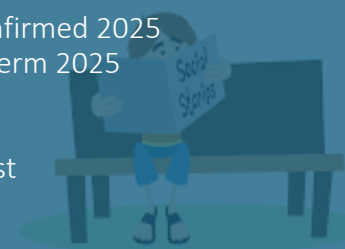
Venue: Tresham – New Dates To Be Confirmed 2025

Venue: St. Quintin's – Autumn Winter Term 2025

Time: 10-2pm

Trainer: DCS Team

For : Carers & Parents – Upon Request



## Online Safety for SEND Families

This workshop is designed for frontline staff, including police, social services, education, health professionals, and local communities to strengthen understanding of the Prevent strategy and your role within it.

### **The training covers:**

Identifying vulnerabilities and risk indicators of radicalisation and online grooming

Understanding extremism, ideology, and online safety risks

Local safeguarding and referral mechanisms, with contact information for further support

The latest developments in radicalisation and online exploitation

An overview of the current national threat picture

Venue: Tresham Centre

Date: 29<sup>th</sup> September 2025

Time: 10.00 till 12.30pm

Trainer: WCC Prevent, Community Safety & Specialist Services

For: Parents & Carers



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## Travel Training for SEND

Independent travel training for individuals with Special Educational Needs and Disabilities (SEND) equips them with the skills and confidence to travel independently, enabling them to access education, employment, and social activities. This training often involves one-on-one support, personalized planning, and practical skills development, including road and personal safety, journey planning, and time management.

TFL will talk you through support strategies and skills on gaining confidence in using buses, taxis and trains:

How to plan a journey

Getting to know travel routes and timetables

Identification of landmark and where to get help

Venue: Tresham – TBC

Venue: St. Quintin's – TBC

Time: 10-2pm

Trainer: TFL – Transport for London Travel Training Team

For : Parents & Carers



**TRANSPORT  
FOR LONDON**

FOR LIFE

## Autism Awareness & Learning Disabilities

This workshop provides a forum for discussion and learning about positive support for people with learning disabilities.

We will look at types and causes of learning disability including understanding of autism  
Impact of various learning disabilities on the individual and their family.  
Different causes of learning disabilities and identify some of the advantages and disadvantages of knowing these causes.  
Effects of labelling and stigma  
Brief history of learning disability service and the impact this has had on the work we do.  
Values, principles & philosophy that underpins positive approaches in our work.

Venue: Tresham Centre – 8<sup>th</sup> October 2025  
Venue: St. Quintin's 2025 New Dates To Be Confirmed  
Time: 10-2pm  
Trainer: Bi Borough Training Officer

For : Parents & Carers



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## Promoting Wellbeing for SEND

This workshop has been designed for staff working with children and young adults who have a disability and may be experiencing mental health issues.

Explore our understanding of mental health  
Identify positive & negative factors that may influence our mental health  
Identify differences between mental illness and learning disabilities & autism  
Explore the myths, stereotypes & prejudices surrounding disability  
Consider the issues for people diagnosed with mental health  
Identified the different types of mental health issues: Psychotic / neurotic  
Identify other sources of support for people experiencing mental health issues

Venue: Tresham – New Dates TBC 2025  
Venue: St. Quintin's – 5<sup>th</sup> November 2025  
Time: 10-2pm  
Trainer: Short Breaks & Mind



## Supporting Siblings in Neurodivergent Families

We focus on understanding neurodiversity, addressing common emotions like frustration or pride, and providing practical strategies for parents and siblings to foster positive relationships and manage family dynamics. These sessions can cover topics such as communication, emotional support, sibling rivalry, and the unique strengths and challenges faced by siblings in neurodivergent families.

Understanding Neurodiversity

Emotional Support

Focus on Strengths

Practical Strategies

Family Wellbeing

Venue: Online and City Hall (Room 16.04) – 9<sup>th</sup> December 2025

Venue: St. Quintin's – New Dates TBC 2025

Time: 1pm till 2pm

Trainer: Autism Unlimited (WCC Able Network)



## Keeping My Child Safe In The Community

It's designed to enable parents, and other adults/caregivers to reflect on issues affecting children and relate these issues to their own experiences. We will get participants thinking about their own childhoods, how this has influenced their perceptions of children today, and what children need to grow to their full potential. This will create the context for thinking about safeguarding children in their community.

This course will also help participants to think about practices that protect children from harm and keep safe in the community.

Indicators and red flags to look out for when your child is being harmed or risk factors which may impact their safety.

Attendees will learn about the roles and responsibilities of key professionals who are involved in safeguarding children, and the sources of support in their community.

Venue: Tresham – 19<sup>th</sup> November 2025

Venue: St. Quintin's – New Dates TBC 2025

Time: 10-2pm

Trainer: WCC Intergrated Gangs Unit

# Additional Courses provided by Westminster & RBKC

For Bi Borough Parents & Carers



## Westminster Parenting Programme

Westminster offers a range of parenting programmes and courses for parents to be and parents and carers with children aged 0 to 19 who either live in Westminster or have children attending Westminster schools.



**Parent Training:**  
[Family Information Hub | Parenting Groups and Courses](#)



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## RBKC Parenting Programme

The Bi-borough Short Breaks Service offers a range of parenting support groups and training for parent/carers.



RBKC Parenting Offer April to June 2025

**Parent Training:**  
[Family Information Hub | Bi-borough Short Breaks Parenting Programme \(rbkc.gov.uk\)](#)

# Additional Courses provided by External professionals

For Bi Borough Parents & Carers



Bi-Borough Inclusion Service  
Federation of Westminster Special Schools  
& Bi-borough Inclusion Service

## AUTISM OUTREACH TEAM:

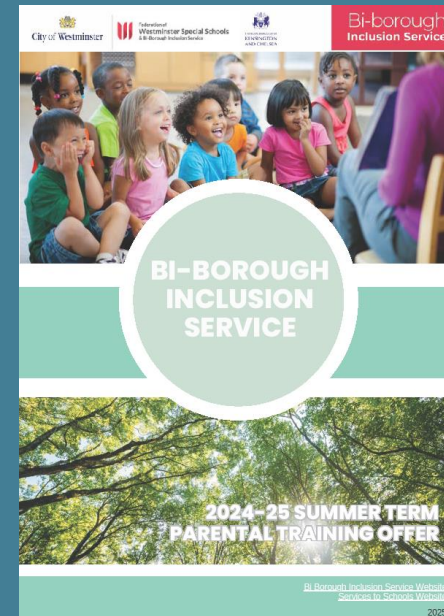
Parents Autism Awareness Course (PAAC)

Our highly commended Parents Autism Awareness Courses (PAAC) will run again in the Spring/Summer Term.

PAAC Secondary and PAAC for 0-10yrs both of which will run on Wednesday mornings, starting on Wednesday starting in February 2024 delivered via Teams online.

Puberty, Sexual Wellbeing, Relationships and Autism courses:  
10.00-11.30am via teams

Please register your interest by emailing [AEYIT@rbkc.gov.uk](mailto:AEYIT@rbkc.gov.uk) with your name and the course you are interested in. The BIS training programmes are currently being updated and will be available in soon.



Summer Term 2025 - Parental Training Offer

# Additional Courses provided by External professionals

For Bi Borough Staff, Parents & Professionals



## Signs, Makaton & Visuals Training

Professionals : Learning workshops offered to professionals in mainstream settings by the Speech & Language Therapists Mainstream Schools Team in Bi Borough (RBKC and Westminster)

Parents : Parent Workshops offered by the Speech and Language Therapy – Mainstream Schools Team – Bi Borough (RBKC and Westminster)



CLCH Learning Workshops Spring Term



CLCH Early Years SLT Virtual Training Offer



## Down's Syndrome Association:

We offer training to support individuals at every stage of their lives, from 'Tell It Right' training for maternity professionals, to online training, workshops and parent carer meetings.

All our parent carer support meetings are free.

- We will talk about:
- Social communication
- Sensory differences
- Health
- Behaviour



[Training - Downs Syndrome Association](#)



[Early Years and Primary Education - Pay Per View - Downs Syndrome Association](#)

# Additional Courses provided by External professionals

For Bi Borough Parents & Carers



## Mental Health Awareness

We've developed a free online course, called Conversations in the Community. You'll build confidence in how to have conversations about mental health and wellbeing, to be there for others in your community.

- It takes about 90 minutes online & you can leave to take breaks and it will save your progress
- It contains video examples of people talking, and practice scenarios for you to try
- It's self-guided - no one will assess you

We developed our Conversations in the Community course in 2023, with support from Co-op. Find out more about [our partnership with Co-op](#).

To book on to the course please select the link below:

[Mind's free online course to help you support others - Mind](#)



## Training to Support SEND

Through the RISE contract, funded by the Department for Education, the Council for Disabled Children (CDC) conducted a SEND workforce survey, designed to understand workforce learning needs and identify key content for new trainings.

We are currently developing our training & events programme for the new term. Please check new updates on our website:

[Events & Training calendar](#)



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# Additional Courses provided by External professionals

For Bi Borough Parents & Carers



## Autism Central

As parents and carers of autistic children, young people and adults, it can be hard to find help when you're trying to get the right support. Autism Central aims to make it easier to learn more about autism and services available to you

[Midlands delivered by Contact and Ambitious about Autism | Autism Central](#)



## Autism Hub London

Online workshops for parents, carers, siblings and family members of autistic people living in London, delivered by people with lived experience of autism.

The following workshops for this term:

Supporting an autistic person with Learning Disabilities

Supporting Mental Health in Schools

Getting Extra Help at Schools

Low Demand Parenting

Understanding Executive Functioning

[Autism Hub London - Parent & Carer Workshops | Eventbrite](#)



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# Additional Courses provided by External professionals

For Bi Borough Parents & Carers

## Change4Life

Change4Life workforce training is available to staff and adult volunteer leaders working with children, young people, parents/carers and families in Kensington and Chelsea and Westminster. The training aims to support staff to create happy and healthy settings in which children and young people can live, learn and play

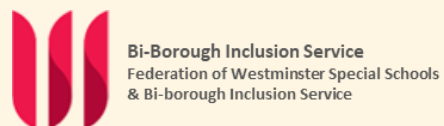
- Active play and sleep
- Cook4Life: Community Cookery Club Training (in-person only)
- Healthy eating and nutrition
- Introduction to key messages around eating healthily, including sugar smart choices to support good oral health
- Every Movement Counts: A targeted approach for working with children with coordination difficulties (for staff working with 0-6 year olds)

Please select the link to book on to trainings:

[Change 4 Life Training – Health Education Partnership](#)



# Working in Partnership with:



- Abbots Healthcare & Nutrition
- Anna Freud
- Bi Borough Communications Hub
- Caring for Care
- Change4Life Westminster & RBKC
- Council for Disabled Children
- Downs Syndrome Association
- Highfield Qualifications
- London Fire Brigade
- London Safeguarding Children Partnership
- Mind Westminster & RBKC
- NHS Community Health Care Trust
- RBKC Services to Schools
- Team Teach Connect
- The Training Hub
- WCC & RBKC Bi Borough Inclusion Services
- West London Alliance