

The Parent House Newsletter



Summer 2025

At last winter is over and we are beginning our summer term. This year we are celebrating our 25th year of supporting Islington parents at our little house in Kings Cross and are proud to have worked with 14,000 parents over the years. The next few pages will let you know how we can support you this term. We hope you will join us to be part of,

- **Music Together:** A music-based course for parents with young children
- **SEND Friends:** A group of parents of SEND Children who support each other through sharing knowledge and experience
- **SEND Buddies** – one to one support from a parent expert through experience
- **Employment Support** – build confidence and skills for applying for jobs

Also lots more.....

How can we support you?

The Parent House are here to listen! At the house you will meet other parents and share ideas and concerns. As well as offering training with parent's wellbeing at our heart, we can also help with food bank vouchers, a project worker to listen to you, workshops, hardship funds and much more.



All Islington parents can Join us by completing our registration form.

<https://www.surveymonkey.com/r/3FQXJPK>

You will receive regular updates about all of our services.

Tel: 0207 837 1383

Email: info@theparenthouse.co.uk

Do you run an Islington Service? Would you like a visit from our outreach team?



We want all Islington parents to know about our free services at The Parent House. One of the ways we spread the word, is through **our fabulous Outreach volunteers – Parents United and Helping Hands.** They **visit local services to talk with parents** and let them know about what is happening in our happy house.

We visit Schools, Nurseries, Children's Centres, Parent Courses, Community Centres, Cost of Living events, foodbanks and anywhere Islington parents can be found.

If you work in a place that Islington parents use, please contact lucy@theparenthouse.co.uk to organise a visit from our Outreach team.

MUSIC TOGETHER: Free Course: for Islington Parents of children under 3 years old

Every culture in the world shares music with children. Music enhances language, bonding, creativity and even sleep

Join our 9 - week course of music sessions for parents of children under 3 years old

- Songs for your child's routine
- Enhances bonding with children
- Interactive music-making
- Self-care for parents
- Supports social & emotional development through music



Days: Wednesdays from 29th of April

Time: 9.45am to 11.30am

Where: Conewood Children's Centre, 14 Conewood street, N5 1DL

To find out more or book a place please contact us on 0207 837 1383 or momtaj@theparenthouse.co.uk

'It is good to see different cultures represented and I am happy about it.'

Burget – Islington Parent – Nov 2024



Summer Timetable for Courses and Projects

The Parent House is open from Monday to Thursday

	Morning	Afternoon
Tuesday	Our volunteers meet every 2 weeks	Employment Support 4-week course from June 3 rd
Wednesday	Music Together at Conewood Children's Centre for parents of children under 3 years SEND Friends – 10am to 12.00pm Starts 30 th April 2025 Every two weeks 3 workshops for SEND parents on Finance & preparing for an EHCP plan – Dates to be confirmed – (alternative weeks to SEND Friends)	SEND Buddies Training - 12.45 to 2.45 starting 23 rd April 2025 (weekly for first 5 weeks of term) SEND Buddies support group every 2 weeks in second half of term.
Thursday		ESOL ACL 1 to 3.00pm

New people in the house

We want to extend a huge thank you to our new training volunteer Jacqui Dyer, who has led excellent confidence building training and has helped our Parents United volunteers (PU) to take an essential part in recruiting a new Training and Group Development Manager to the team.

It's thanks to the PU recruitment team that we are welcome Agnieszka Shoshi to The Parent House this term. We are all looking forward to working with her

Have you used The Parent House in the last 25 years?

Would you like to be in a short film about your journey and our service?

We would Love to catch up with you and hear your story

Please contact
anita@theparenthouse.co.uk



SEND Friends at the Parent House

As parents of SEND children we are 'experts through experience' and we know how important it is to have a chance to meet up, share ideas, gain information and get support.

Do come along to our group sessions – just drop in...everyone is welcome.

Dates: Wednesdays every 2 weeks

Summer Sessions start 30th April

Time: 10am to 12 noon

For more information call Michelle: **0207 837 1383**

or email michelle@theparenthouse.co.uk



'A supportive environment to share hardships without judgement' Islington Parent: Nicky

4-week Employment Skills & Confidence Building Course for Islington Parents –From Tuesday 3rd to 24th of June

In the second half of the summer term we will run a 4-week course to support parents who are applying for work

Come and join a kind & friendly group of parents and learn how to promote your own unique skills and qualities

The themes have been chosen by Islington parents and include,

- How to make sense of Job Descriptions
- Building confidence
- Presenting your skills

To book onto call 020 7837 1383 or email lucy@theparenthouse.co.uk



You'll Never Walk Alone

On March 15th on a happy sunny day parents, children, staff, trustees and supporters of The Parent House (TPH) took a fundraising walk from TPH to Caledonian Park.

We set ourselves a target to raise £2,500 to fit with our celebrations of 25 years of TPH. We managed to double that and raised just over £5,000 😊

We chose this walking challenge because we wanted to look at our borough in spring, connect with good people, and join the dots between the excellent services that are spread across Islington. We said hello to West Library, Jean Stokes Community Centre, Lumpy Hill and Hayward Adventure Playgrounds. We saw public art, gorgeous trees and a grim prison.

If you haven't donated and would like to, you still can, follow this link [Walking for Parents: Fundraising walk: 25 years of The Parent House](#) |

There are so many people to thank because this was a community effort.

- Our Parents United Volunteers helped us with our comms
- TPH volunteer Myra and her family made flags
- Friends of Caledonian park, made yummy lunch for us, & shared their lovely room
- The Core group from BIG Alliance including, Macquarie and Expedia supported our comms, taught us new skills and walked with us
- Lumpy Hill playworkers and children walked with us and made tasty snacks
- The Knitter Natter group knitted us beautiful badges
- Trustees joined the walk and promoted our efforts far and wide
- Masses of donators helped us to raise 5K

Short walks are a great way to improve health and get to know your neighbourhood. We highly recommend a walk to the lovely Cally Park to be in nature this summer



The Parent House is a listening organisation; we are here to support Islington parents



We can offer one to one support to any Islington parent. Call or email and we can set up, either a face to face support session, or a support phone call.

- A person to listen to you
- Signposting to useful services
- Accredited courses and projects
- Volunteering opportunities
- Food bank vouchers
- Free clothes for children
- Much more



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Email: info@theparenthouse.co.uk

Arts Donation

We were delighted when artist Danny Trew donated the profits from her beautiful painting **Opening Move** to The Parent House. This work was shown at her prestigious solo show at the **Lyndsey Ingram Gallery** in Mayfair.

Put picture here

Danny chose The Parent House because her mother Linda worked for TPH for many years, bringing her calm, mindful and kind approach to thousands of parents and leaving a lasting impact on our ethical approach.

We are very grateful to both Danny and Lind

Spring Highlights

Our **Parents united** group have visited local organisations to meet new parents, helped us with communications, designed leaflets and played an essential part in recruitment and helping us to envisage some new work for SEND families. We are always hugely grateful.



We have worked with families of children under 3 at **Bright Start's New River Green Children's Centre**, where music therapist Seren led sessions to effect communication, sleep & language. One parent told us

'I enjoyed bringing the children together to learn through music, meeting other families, lovely staff very welcoming always made me feel comfortable. Will miss coming to the class.'

SEND Friends are a group of parents of children with Special Educational Needs and Disabilities (SEND). They welcome new parents to every session. This term they

have hosted CAMHS, Disability Action Islington and held a workshop with Crux about managing difficult conversations when navigating children's SEND journeys. A SEND Friend told us,

'The project has helped me gain knowledge about the SEND education process in schools and as also connected me with other SEND parents in the community. I have gained knowledge about local services, and I am able to share what I have learnt when meeting other SEND parents struggling with access to Information in the area'

Another parent told us that he was

'Welcomed from the moment I walked through the door'

We enjoyed sharing our building with **On The Record** who ran a course about the history of Islington childcare from TPH this term. They've created a podcast which you will be able to access on their website [OnTheRecord](#)

We also worked hard with a **CORE group from BIG Alliance** to improve our communications, diversify our fundraising and create some plans to secure our future. As well as giving their time they generously donated 9 laptops and 2 iPhones. We are grateful to the lovely individuals from **Expedia and Macquarie** who helped us.

