



PARENT POWER

Programmes for
parents/carers offering guidance, support and
practical strategies for your child/young person's
development



How to book

We use Eventbrite for all our bookings – **Parent Power – HCS & NWLCS**. Each programme will be open to book 6 weeks prior to the course starting. If you have previously expressed an interest in a programme then we will text when the event is going live on Eventbrite. Alternatively you can go straight to the booking page following this link:

<https://www.eventbrite.co.uk/o/parent-power-hcs-nwlcs-107034234421>

ALL Courses are based at the Brownlee Stone Centre, Town Street, LS18 5BL (next to Horsforth Library)

All our programmes are free to parents/carers who have a child at a school in our area*, however places are limited. If you do not get a place on the programme and wish to do the next one, please contact us as above so that we can remind you when the next one becomes available.

Please ensure that you are fully committed before booking on a programme and you are free to attend *all the sessions*.

To express an interest in future programmes or for more information regarding Horsforth Children's Services and North West Leeds Children's Services please call 0113 3367724 info@horsforthchildrensservices.co.uk or info@esnorthwest.co.uk. We are based at the Brownlee Stone Centre, Town Street, Horsforth, LS18 5BL (next to Horsforth Library).

Parenting makes such a big difference to children's lives; our work hopes to support families so that your child/ren are given the best start in life...

We believe that parenting programmes should be seen as an integral part of parenting and are here to support you and your family.

*We work with the following schools in our areas:

HCS area - Broadgate Primary, Featherbank Primary, Horsforth Newlaithes Primary, Horsforth School, St Margaret's C of E Primary, St Mary's RC Primary, West End Primary and Westbrook Primary.

NWLCS area - Adel Primary, Adel St John Primary, Cookridge Holy Trinity C of E Primary, Holy Name RC Primary, Ireland Wood Primary, Iveson Primary, Ralph Thoresby School

Parent Power – Programmes

We provide a range of different programmes that will offer a wide range of benefits for parents/carers and their child/ren. Whether you are a new parent or dealing with the challenges of raising teens, these programmes can provide practical tools, emotional support and long-term improvements in family life.

Overview of our programmes:-

Cygnet

The Cygnet autism support programme provides an opportunity to develop your understanding of autism and consider ways to support your child/ren. It also provides the opportunity to meet other people in a similar position and hear about their experiences in an informal but supportive atmosphere. The programme is for parents/carers of children and young people who have a diagnosis of autism or are on the pathway for a diagnosis.



Supporting your child's emotional needs – Primary

This programme aims to empower parents with the knowledge, tools, and confidence to support their primary aged child's emotional well-being and development. Each session blends theory with practical activities, discussions, and take-home strategies.

Supporting your teenager's emotional wellbeing

Understanding and supporting your teen through intense emotional, hormonal, social and academic changes is a challenge. This programme provides you with the knowledge, tools and confidence to support your young people in helping them become confident, resilient and more emotionally aware.

Practical Strategies for everyday family life

We use the Parent gym programme to offer supportive and non-judgemental practical tips and techniques to help family life run more smoothly. The programme has been developed by leading psychologists to address six parenting priorities: communication, love, managing behaviour, health, learning and handling conflict.

Connecting with your young person

Supporting parents to navigate and maintain a positive relationship through trust and communication with their child. The programme provides information around understand the changes teenagers go through and strategies and techniques to help and support.

Parenting is Tough

You don't have to do it alone

PACS



Parent and Carer
support sessions

Need support, guidance or just someone to talk to? Our PACS sessions with a family support worker can offer support, advice and signposting.

One to one appointments are available by telephone or in person, please call 0113 3367724 or email info@esnorthwest.co.uk or info@horsforthchildrensservices.co.uk

Appointments will be kept to 30 minutes with the option to book another if this is not enough time.

