

## STAFF

**CEO/Manager**  
Tina Mayers

**Deputy Manager:**  
Rebecca Brown



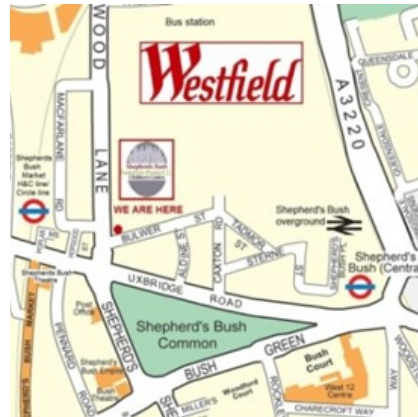
**Family Centre and Project Coordinator:** Beatrice Panduru

## Early Years Practitioners:

Mehrun Karim  
Carrie McGrath  
Andrulla Apostoli  
Marisa Lagraa  
Marti Buenaventura

## After School & Holiday Workers:

Alex Freitas



An independent charity which has been working with and supporting families who have an unmet housing need for 29 years.

Part of the Children's Centre network since 2010.

**30<sup>th</sup> ANNIVERSARY YEAR!**

Charity Number 1080495

Company Number 3664056

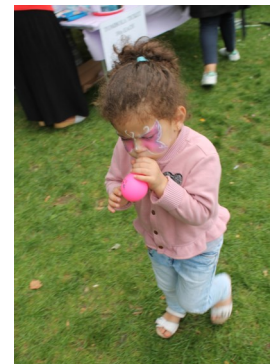
*Homelessness isn't only about sleeping rough on the streets. Housing insecurity and homelessness cover a wide range of situations. Many homeless people have a roof over their heads without having a proper home, because where they live is temporary, insecure, overcrowded, unsanitary or unsafe.*

## TERM TIME PROGRAMME



## WE ALSO OFFER:

- Signposting to other relevant agencies
- Summer programme of outings and events
- Cooking facilities
- Subsidised laundry
- Clothing and Equipment store



Shepherds Bush Families Project and Children's Centre (SBFP&CC) is a registered charity and company limited by guarantee. It was set up in February 1988 in response to identified need in the borough of Hammersmith and Fulham. SBFP&CC works with families who have unmet housing needs including those living in temporary accommodation and families who are occupying unsuitable housing e.g. overcrowded, in a state of disrepair. Our drop-in is also open to families living in our Children's Centre Reach area.

At Shepherds Bush Families Project we celebrate the multi-ethnic, multi-faith and multi-cultural make up of our users with parties and celebrations throughout the year who reflect the diverse community in our area.

**SHEPHERDS BUSH FAMILIES PROJECT & CHILDREN'S CENTRE**

58a Bulwer Street, London, W12 8AP.

Tel: 020 8749 2371 Email: [info@sbfp.org](mailto:info@sbfp.org)

Web: [www.shepherdsbushfamiliesproject.org](http://www.shepherdsbushfamiliesproject.org) Twitter: [@SBFamiliesProj](https://twitter.com/SBFamiliesProj)

This programme is subject to change

## PARENT & CHILD DROP-IN

### THE HEART OF OUR PROJECT

Our centre is a friendly, stable and safe environment for adults and children to be in.

At Shepherds Bush Families Project, we have a large hall which gives us the facility to run a warm and welcoming drop-in centre, where families in housing need and those living in our children's centre reach area can come for play sessions and to make and meet friends for tea/coffee and a chat. We also have lots of space and a wide variety of play equipment for children and young people of all ages to use and take part in a wide range of activities.



Our Parent and Child Drop-in is informal, free of charge and families have no obligation to attend every day or even stay for whole sessions, although many do both. The drop-in is an opportunity for both parents and children to socialise in a safe stimulating environment where noise and messy play are not a problem, in fact are actively encouraged! Parents are supported to understand the need for play and how babies, toddlers and young children learn through play. We ensure that children and their parents have the opportunity to join in many different activities and parents are able to spend stress free time with their children. One of the aims of our drop-in is to help parents and children prepare for school.



The Drop-in also allows children the opportunity to get to know Early Years Practitioners and the environment with their parents close by, thus enabling them to join the crèche and pre-school with ease when they are ready, which further facilitates their move into formal education.

During the school holidays our drop-in caters for children and young people, birth – 13 years. All practitioners have experience of working across the age range which ensures we continue to offer a safe, stimulating environment.



## MONTHLY FAMILIES CENTRE MEETINGS

We hold monthly Families Centre Meetings for our families registered at the centre.

This is an opportunity for parents/carers to get together, find out what is happening at the centre and to give feedback on services and discuss future activities.

This meeting is a service user forum where all users are able to have their voices heard.



## EVENING SESSIONS

We run family focused, well-being evening sessions once a week for our families registered at the centre. Parents and children can participate in healthy eating and cooking sessions, homework and coursework support, Theatre Projects and various other social activities.

Sessions run every Thursday (term-time only) from 4pm - 6pm.

## BUSH THEATRE PROJECT

We do collaborative work with The Bush Theatre, and we run sessions where children and parents can engage with art and drama. Times and dates vary. Please contact us for more information.

## CONVERSATIONAL ENGLISH GROUP

Occasionally we run English groups and classes.

Please get in touch for more information, as times and dates vary through the year.



## Timetable

### Parent & Child Drop-In

Tuesday	12:45 - 3:00pm
Wednesday	12:45 - 3:00pm
Thursday	12:45 - 3:00pm
Thursday (Eve)	4:00 - 6:00pm

### Pre-School

Monday	9:15 - 1:45pm
Tuesday	9:15 - 12:45pm
Wednesday	9:15 - 12:45pm
Thursday	9:15 - 12:45pm

### After School Club (ASC)

Tuesday	3:30 - 5:30pm
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After School Club Parents Social in Small Hall (Door 4) 3:30 - 5:30, light refreshments provided. **Parents must supervise any other children they may have with them at all times.**

### Parent & Infant Relational Group

Tuesday (Term Time)	1:00 - 2:30pm
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### Systemic Family Therapy (About Families)

Monthly sessions. Schedule to be confirmed.

Please contact us for more information.

### Toy & Book Library

Wednesday	12:45 - 2:45pm
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### 1:1 Counselling & 1:1 Social Work

Monday, Tuesday, Wednesday, Thursday  
(Limited appointments)

### Speech & Language

Support available - please speak to staff

Throughout the term we have events, activities and groups running, please check our website or notices in the centre for the most up to date information

**All groups, classes and adult activities have crèche provision**

## BABIES & PARENTS 'LET'S GET TOGETHER'

### A Relational Group for Parents & Infants (term time)

Just as parents need each other, babies too need and respond to being with their peers. At Shepherds Bush Families Project & Children's Centre, we have a group especially for parents/caregivers and young babies aged from birth to one year. Babies are born naturally curious and primed to be sociable but even if they do prefer to be with you, the person who looks after them the most, they also love being around other infants and grown-ups who show them an interest. Being with others is how babies begin learning about themselves, their world, and how to be in relationship.

Caring for our babies is something that links parents all over the world.

Our Parent and Infant group is here for you to come and enjoy being with your baby in a safe and supportive environment, to play and have fun together as well as be able to connect with other parents with young babies of a similar age.



### TOY & BOOK LIBRARY

Our toy library, which runs weekly, has a great selection of toys, games, books and activities for children and young people aged 0-16yrs. Parents are encouraged to use the library as often as they wish and our childcare staff are available to talk with parents and help them to find the appropriate toy, book or activity for their children.



## ABOUT FAMILIES

***Helping to overcome the stress of transition and change for parents and children alike.***

Sometimes, there are transitions and change in families which are hard to overcome. *About Families* is a therapeutic service for families who would like some help in coping with change. Change is all around us and for families this is no different. Most change may go unnoticed, such is the inner sense of competence and confidence families naturally generate but sometimes, there are changes in families which are harder to overcome. These types of changes often require more time and attention to detail, particularly when it involves the youngest members of the family.

*About Families* is great for families who would like some help to tie together and organise their existing strengths in order to overcome difficult changes.

Sometimes it can be helpful to talk things over with a qualified professional as a one off consultation. For some families, the consultation helps identify that further meetings may be beneficial in order to find ways to overcome any difficulties they may be experiencing. Families who would like to continue with further appointments can do so as this is a service freely available to all families who are involved with Shepherd Bush Families Project registered at the centre and those who may seek support and advice.

## SOCIAL WORK AND ADVICE (Tuesdays&Thursdays, by appointment)

Our 1:1 therapeutic social work, advice and advocacy service offers individual families advice, emotional and therapeutic support and assistance on a practical level, and a range of assistance in other areas. This includes help with housing issues, benefit claims, acting as advocate on behalf of families and advice on getting back into work or into vocational adult training. Where we are unable to help we are able to signpost and refer to other appropriate agencies.

## THERAPEUTIC COUNSELLING

**(Monday & Wednesday, limited appointments available)**

Many of us welcome the opportunity to talk to someone about any problems and difficulties we may experience. We have long recognised this and provide a very individualised, private and professional counselling and therapeutic service for parents.

For many parents, the limits to the length and types of interventions available plus pressures on mainstream services provision mean they are not always able to access the timely or adequate help. We offer a non-judgmental counselling service that is not limited by time constraints.

## PRE SCHOOL

We run an Ofsted registered pre-school provision for children aged 1-5 years. The preschool is an opportunity for children to learn through play in a friendly, warm, safe and stimulating environment. The aims of our pre-school are to ensure children aged 1-5 are given opportunity to learn through play and the support to develop their language, communication, social, emotional and physical skills. We support children to gain the skills and confidence they need for a firm learning foundation before entering formal education. Our preschool has been running for 25 years!



## AFTER SCHOOL CLUB AND HOLIDAY PROVISION



Our After School Club is for children and young people aged 5 – 16yrs. Children and young people that attend sessions are able to receive homework support in all subjects and have access to materials and resources needed in order to complete class and school projects. They people also have an opportunity to try out different forms of art and take part in variety of games and activities.

### The main aims of the After School Club are to:

Give children and young people aged 5-16 years. a safe, stimulating and welcoming space to call their own.

Encourage children and young people to use their imagination and explore their own creativity.

Give children and young people an opportunity to explore their ideas and talk about issues that affect them.

Lower the risk of children and young people becoming victims or crime or getting involved in crime.

Give children and young people sharing a commonality of experience, i.e. inadequate housing, a place to socialise.

AND ABOVE ALL, give children and young people a chance to have **fun**, in an environment where noise and mess are not a problem and where they have plenty of space to play, socialise and be themselves.

