

**Tower Hamlets Annual Parent Conference**  
**Families Matter: The Road Ahead**  
**Tues 16, Wed 17 and Thurs 18 March 2021 (Delivered virtually via Zoom)**

All registered attendees will get Zoom details to attend the opening message and keynote speaker event for the three conference days.

Participants can choose from a selection of webinars and workshops delivered morning, afternoon and evening.

Each registered participant of a webinar/workshop will be entered into a prize draw to win family tickets from our conference partners.

**Day 1 - Tuesday 16 March 2021**  
**Back to School and Building Resilient Learners**

**Book your webinar choices on Eventbrite for day 1 of the conference here**  
<https://www.eventbrite.co.uk/e/144393951195>

**Opening message and keynote speaker event**

9.55am	Arrival in virtual waiting room
10.00-10.10am	Welcome and look at the day ahead Jill McGinley, Head – Parent and Family Support Service
10.10-10.30am	Keynote Speaker: Tracy Smith, Tower Hamlets Education Partnership ( <a href="http://www.the-partnership.org.uk">www.the-partnership.org.uk</a> )

Day 1 Webinar/Workshops: <a href="https://www.eventbrite.co.uk/e/144393951195">https://www.eventbrite.co.uk/e/144393951195</a>	Times
<p><b>Your Child’s Transition Back to School</b> The Parental Engagement Team</p> <p>Our children have experienced a great deal of loss this past year. This could be in the form of friendship, structure, routine, opportunity, and freedom. These losses may have increased feelings of anxiety and trauma in our children.</p> <p>Join this webinar to learn about some of the small but crucial steps we can take as parents and carers to support our child’s emotional health and help bring back that motivated and engaged learner.</p>	<p>10.45-11.45am</p> <p>or</p> <p>6.30-7.30pm</p>
<p><b>The Power of Play</b> The Parental Engagement Team</p> <p>Every child has a right to play. They need to play to understand their world, learn about their capabilities and to express themselves. But the pandemic has disrupted children’s experience of play and there are concerns that this may be hampering their social, physical and emotional wellbeing.</p> <p>Join this webinar as we celebrate the unique power of play to help children to recover from loss, build resilience and learn.</p>	<p>10.45-11.45am</p> <p>or</p> <p>1.30-2.30pm</p>

<p><b>Moving Up 2022: Getting ready for your child’s transition to secondary school</b> The Transition Support Service with an introduction to Rich Mix’s transition support offer for families</p> <p>Workshop to help parents/carers support their child’s secondary transfer. This interactive session will look at things to consider when applying to secondary schools as well as top tips for this next stage of your child’s learning journey.</p>	<p>10.45-11.45am  or  6.30-7.30pm</p>
<p><b>“You’re Hired!”</b> <b>Nurturing your child’s career aspirations, helping identify their strengths and overcoming barriers</b> Tower Hamlets Careers Service – <a href="http://www.towerhamlets.gov.uk/youngworkpath">www.towerhamlets.gov.uk/youngworkpath</a></p> <p>What we do in the Careers Service including our role in schools, supporting learners with special educational needs and helping those most at risk. How to research or access up to date labour market information.</p>	<p>10.45-11.45am  or  1.30-2.30pm</p>
<p><b>Staying Safe in School and the Community</b> Public Health</p> <p>Find out more about what schools and other childcare settings are doing to protect children and how you can play your part in reducing the risk posed by the coronavirus pandemic. We’ll talk about routine testing, face coverings and everything else we can do to support the return to face-to-face education for our children.</p>	<p>1.30-2.30pm  or  6.30-7.30pm</p>
<p><b>Keeping Children Safe Online During Covid-19</b> Digital Awareness UK - <a href="http://www.digitalawarenessuk.com">www.digitalawarenessuk.com</a></p> <p>Screen time amongst young people has reportedly increased by 500% during lockdown, so keeping young people safe online has never been more important. Online issues such as bullying, hate speech, fake news, sexual harassment and exposure to upsetting content have increased at an alarming rate during the pandemic.</p> <p>Delivered by leading online safety organisation, Digital Awareness UK, this workshop will cover the latest apps and digital trends, critical issues from sexting to selfies and screen time to inappropriate content. We will also offer plenty of guidance and tips that will help families to establish happier and healthier tech home lives.</p>	<p>6.30-7.30pm</p>
<p><b>The Lunchtime Daily Discussion: What is the Purpose of Education?</b> Global Learning London - <a href="http://www.globallearninglondon.org">www.globallearninglondon.org</a></p> <p>Covid-19 has interrupted people’s ‘normal’ lives, and home-schooling has meant that parents and carers have become much more involved in their children's education. In addition, school strikes for climate action and Black Lives Matter has piqued the interest of parents and carers in these initiatives and seeing how the education system was going to respond to them. In this lunchtime discussion, we will have a chance to think together about what sort of education is relevant for young people's future.</p>	<p>12-12.45pm</p>

<p><b>Daily SEND Q&amp;A Session</b> Tower Hamlets Special Educational Needs and Disabilities Information Advice Support Service (SENDIASS) - <a href="http://www.towerhamletsandcitysendiass.com">www.towerhamletsandcitysendiass.com</a></p> <p>An opportunity for parents to ask questions around Special Educational Needs and Disability.</p> <ul style="list-style-type: none"><li>- Getting support from the school</li><li>- Applying for an EHCP</li><li>- Looking for the right school</li><li>- Home schooling</li></ul>	<p>1.30-2.30pm</p>
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**Day 2 - Wednesday 17 March 2021**  
**Building Resilient and Healthy Families**

**Book your webinar choices on Eventbrite for day 2 of the conference here**

<https://www.eventbrite.co.uk/e/144427142471>

**Opening message and keynote speaker event**

9.55am	Arrival in virtual waiting room
10.00-10.10am	Welcome and look at the day ahead Jill McGinley, Head – Parent and Family Support Service
10.10-10.30am	Keynote Speaker: James Thomas, Corporate Director – Children and Culture

Day 2 Webinar/Workshops: <a href="https://www.eventbrite.co.uk/e/144427142471">https://www.eventbrite.co.uk/e/144427142471</a>	Times
<p><b>Your Child’s Mental Health and Wellbeing</b> The Parental Engagement Team with an introduction to the Tower Hamlets Education Wellbeing Service.</p> <p>Being a parent is undoubtedly one of the most rewarding and yet overwhelming jobs anyone can do. As parents and carers, you play an important role in your child’s mental health. Some children and young people have enjoyed being off school, while others will have struggled. Some may be coming to terms with family problems, loss or changes to their home life.</p> <p>Understanding what is going on for your child and helping to support them mentally, emotionally and physically will not only be a great thing for them but will also help you feel more involved in your child’s life.</p> <p>You will also find out about Tower Hamlets Education Wellbeing Service (THEWS), known nationally as a schools Mental Health Support Team.</p> <p>The team has three core functions - to provide early intervention mental health support through individual and group work, to support schools to develop their "Whole School Approach" to promoting wellbeing in all school activities and to provide consultation and signposting.</p> <p>THEWS is currently working with 23 schools in the borough and will be increasing this number over the year.</p>	<p>10.45-11.45am</p> <p>or</p> <p>6.30-7.30pm</p>
<p><b>Parenting Post-Lockdown</b> The Parental Engagement Team</p> <p>As a result of the pandemic, people’s lives have been disrupted and parents are concerned about how to re-establish routines and manage their children’s behaviour post-lockdown.</p> <p>This workshop will raise some of the key issues around parenting toddlers to teens and will explore strategies which will enable parents to encourage their children to return to the ‘new normal’.</p>	<p>10.45-11.45am</p> <p>or</p> <p>1.30-2.30pm</p>

<p><b>Improving Parent Wellbeing and Resilience</b> The Parental Engagement Team with an introduction to the Talking Therapies Service</p> <p>Importance of emotional wellbeing; helping parents to identify early warning signs of anxiety, emotional distress and to develop a sense of positive emotional health and resilience. We will also cover:</p> <ul style="list-style-type: none"> <li>• What is resilience and why is it important</li> <li>• How wellbeing promotes resilience</li> <li>• Negative impacts of stress</li> </ul> <p>Also find out about the Tower Hamlets Talking Therapies NHS service that provides Talking Therapies to adults in Tower Hamlets. They provide support for mild to moderate mental health difficulties like low mood, depression, stress and anxiety via online treatment, groups, webinars as well as 1:1 work.</p>	<p>1.30-2.30pm  or  6.30-7.30pm</p>
<p><b>Healthy Relationships</b> The Parental Engagement Team and Overland Children’s Centre</p> <p>Find out how healthy relationships positively impact our children including tips on:</p> <ul style="list-style-type: none"> <li>• how to co-parent under stress</li> <li>• how parents wellness and relationship impact our ability to parent.</li> </ul> <p>The session will also look at family models, positive communication and emotions. It will touch on divorce and separation issues with strategies to ensure children’s needs are continually met and an effective co-parenting relationship is maintained and/or developed at times of stress or transition.</p>	<p>10.45-11.45am  or  1.30-2.30pm</p>
<p><b>Financial Wellbeing Advice</b> The Tackling Poverty Team</p> <p>This webinar aims to provide practical financial advice for parents. The pandemic has made the need for financial resilience more prevalent than ever.</p> <p>This webinar will provide useful advice on how to become more financially resilient and information on where you can go to get support.</p> <p>The topics that will be covered are:</p> <ul style="list-style-type: none"> <li>• Welfare benefit support</li> <li>• Budgeting and money management tools</li> <li>• Grants</li> <li>• Housing costs</li> <li>• Coronavirus financial impacts</li> <li>• Local organisations who can help with debt, employment, food support and welfare/grant application support</li> </ul>	<p>10.45-11.45am  or  6.30-7.30pm</p>

<p><b>Keeping Children Safe Online During Covid-19</b> Digital Awareness UK - <a href="http://www.digitalawarenessuk.com">www.digitalawarenessuk.com</a></p> <p>Screen time amongst young people has reportedly increased by 500% during lockdown, so keeping young people safe online has never been more important. Online issues such as bullying, hate speech, fake news, sexual harassment and exposure to upsetting content have increased at an alarming rate during the pandemic.</p> <p>Delivered by leading online safety organisation, Digital Awareness UK, this workshop will cover the latest apps and digital trends, critical issues from sexting to selfies and screen time to inappropriate content. We will also offer plenty of guidance and tips that will help families to establish happier and healthier tech home lives.</p>	<p>10.45-11.45am  or  1.30-2.30pm</p>
<p><b>The Lunchtime Daily Discussion: Covid Vaccination Awareness</b> Public Health</p> <p>Vaccination is a huge part of the road to recovery from coronavirus. Learn more about what families can do to support the roll out of the vaccination in our community. It's important that people are ready when they are called.</p> <p>Questions? Ask them here.</p>	<p>12-12.45pm</p>
<p><b>Daily SEND Q&amp;A Session</b> Tower Hamlets Special Educational Needs and Disabilities Information Advice Support Service (SENDIASS) - <a href="http://www.towerhamletsandcitysendiass.com">www.towerhamletsandcitysendiass.com</a></p> <p>An opportunity for parents to ask questions around Special Educational Needs and Disability.</p> <ul style="list-style-type: none"> <li>- Getting support from the school</li> <li>- Applying for an EHCP</li> <li>- Looking for the right school</li> <li>- Home schooling</li> </ul>	<p>6.30-7.30pm</p>

**Day 3 - Thursday 18 March 2021**  
**Building Resilient Communities and a Strong Parent Voice**

**Book your webinar choices on Eventbrite for day 3 of the conference here**  
<https://www.eventbrite.co.uk/e/144448486311>

**Opening message and keynote speaker event**

9.55am	Arrival in virtual waiting room
10.00-10.10am	Welcome and look at the day ahead Jill McGinley, Head – Parent and Family Support Service
10.10-10.30am	Keynote Speaker: Cllr Asma Begum, Deputy Mayor and Cabinet Member for Children, Youth Services and Education
10.30-10.40am	Join the Parent and Carer Council, the borough’s main family forum

<b>Day 3 Webinar/Workshops:</b> <a href="https://www.eventbrite.co.uk/e/144448486311">https://www.eventbrite.co.uk/e/144448486311</a>	<b>Times</b>
<p><b>Anti-racism through Storytelling</b> Global Learning London - <a href="http://www.globallearninglondon.org">www.globallearninglondon.org</a></p> <p>In this workshop we will explore how the stories we choose to tell and read to our children shape the view they have of the world and their place within it.</p> <p>We will begin by exploring the how discrimination can quietly manifest in storybooks, film and wider culture. We will then consider how to counteract this impact by inviting other perspectives through a simple set of questions we can ask ourselves and discuss with our children.</p>	11-11.45am
<p><b>Become a Foster Carer: Introduction and Support Available</b> Fostering and Adoption Team</p> <p>Some children are not able to safely live with their birth parents and need to live with a foster family. Find out about who can become a foster carer, how long it takes and what support is available to help you care for Tower Hamlets’ most vulnerable children. Hear from one of Tower Hamlet’s foster carers on the challenges and rewards of fostering.</p> <p>In addition, sometimes children who come into care can be looked after by someone they know (for example, a grandparent, aunt or family friend). There are several ways for children to be cared for by someone they know, for example as a special guardian or kinship carer. Find out about the differences between these types of carers and what support they are entitled to.</p>	11-11.45am or 1.30-2.15pm
<p><b>Become a SEND Parent Ambassador</b> Led by the Tower Hamlets SEND Ambassadors</p> <p>An introduction to the SEND Parent Ambassadors, who they are and what they do. Find out how you can get involved.</p>	11-11.45am

<p><b>Become a School Parent Governor</b> Governor Services with the Parental Engagement Team</p> <p>School governors have a varied and important role to help the school run effectively. Find out what the role entails and hear first-hand experiences from parent governors in local schools.</p>	<p>1.30-2.15pm</p>
<p><b>The Lunchtime Daily Discussion</b> <b>Parent recovery: self-care tips to support parents</b> Led by Tower Hamlets Parent Champion Volunteers from the Parent and Carer Council</p> <p>We may not be able to fly on planes right now, but we can certainly take the solid advice from the stewardess and bring it into our homes: “Put on your own oxygen mask before helping those around you”.</p> <p>Trying to balance and fulfil so many roles for our young people, being their parents/carers, teachers, and friends; it’s more important than ever that we look after ourselves.</p> <p>Exploring those trickier times of the day, and how we can avoid them escalating, and how to be kinder to ourselves, take some time for ourselves, and remembering to aim for some goals of our own.</p>	<p>12-12.45pm</p>
<p><b>Daily SEND Q&amp;A Session – Round Up</b> Tower Hamlets Special Educational Needs and Disabilities Information Advice Support Service (SENDIASS) - <a href="http://www.towerhamletsandcitysendiass.com">www.towerhamletsandcitysendiass.com</a></p> <p>An opportunity for parents to ask questions around Special Educational Needs and Disability, including a look at questions asked during the first two days of the conference</p> <ul style="list-style-type: none"> <li>- Getting support from the school</li> <li>- Applying for an EHCP</li> <li>- Looking for the right school</li> <li>- Home schooling</li> </ul>	<p>1.30-2.15pm</p>

**Conference Close**

A thank you video message will be emailed to all registered participants with the evaluation survey form and information on the conference participant prize draw.

Email: [Parentalengagement@towerhamlets.gov.uk](mailto:Parentalengagement@towerhamlets.gov.uk)