

How to support your child's wellbeing: resources



The sleep charity:
<https://thesleepcharity.org.uk>

The Sleep Charity, incorporating The Sleep Council, provide advice and support to empower the nation to sleep better.



Ambition Aspire Achieve

Ambition Aspire Achieve [What's On At The Terence Brown Arc — Ambition Aspire Achieve](#)

The Terence Brown Arc is our flagship adventure play and sports hub for children and youth, hosting year-round projects.

What is offered:

- A wide range of play projects for young people aged 5 to 11
 - A range of projects for young people aged 5 to 25 with Special Educational Needs
 - A selection of clubs for young people aged 10 to 18
 - A wide range of sports activities and clubs for young people aged 5 to 12 years
 - Each holiday we offer a range of activities from the age of 5
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Newham Holiday Activities and Food (HAF) Programme

<https://www.newham.gov.uk/children-families/holiday-activities-food-haf-programme>

- Kids can meet new friends, learn something new, stay active and eat a nutritious meal during the **Easter, summer and Christmas holidays**.
- The HAF Programme is for children and young people, **from Reception to Year 11** eligible for Free School Meals (FSM) related benefits.
- Activities include sports, dance, music, arts and crafts, drama and cooking.
- **Holiday clubs cater for children with low-medium levels of SEN and/or disability** and children will be considered by each club on a case-by-case basis. **The programme also offers placements at SEND specific clubs which can cater for more severe needs**, and can be seen on the booking site.

Referral: Register at <https://eequ.org/newhamhaf?view=listings>



forestgateyouthzonebn
Forest Gate Youth Zone

Forest gate Youth zone

<https://padlet.com/YESLBN/youth-zones-cv62q9q6vjqihew6>

Within our Youth Zones, teams of dedicated youth workers support young people age 9-15 to access and undertake a process of Social and Emotional learning



Well Newham

<https://www.wellnewham.org.uk/advice/free-activities-children-and-young-people-newham>

This website collect information about free activities for children and young people in Newham.

Newham Families

<https://families.newham.gov.uk/kb5/newham/directory/family.page?familychannel=1-1>

Newham offers a range of programmes, workshops and online resources for parents to access for free.

The workshops run every term and can be attended online or in person. **They are free.**

If you would like to book or get more information you can email: parenting@newham.gov.uk

Parenting Courses – September to December 2025

1. Triple P for Baby: Pregnancy to 1year
2. Being A Parent - Baby & Us 0 -1yrs
3. Being A Parent - 2-11yrs
4. Being A Parent - ADHD 5 -16yrs
5. Time Out for Parents: Primary Years - 5 -11yrs
6. Time Out for Parents: Autism (provided in Bengali Sylheti) 3 -11yrs
7. Strengthening Families, Strengthening Communities (SFSC) 0 -17yrs
8. Toileting Training Workshop - 1 - 5yrs



Place 2Be Parenting smart

<https://parentingsmart.place2be.org.uk/>

The website offers practical tips to support children's wellbeing and behaviour.

Example of the support offered in their website

My child is struggling with peer pressure 2 min video 6 min read Read now	My child has friendship issues 2 min video 5 min read Read now	Understanding sibling rivalry 2 min video 6 min read Read now
My child might have bullied someone 2 min video 8 min read	My child is being bullied. What can I do? 2 min video 6 min read	Using family rules 2 min video 6 min read