

# Speakeasy Parenting Programme

## Description

### Service Description

Supporting parents and carers to speak to their children about growing up, keeping safe, emotional and physical well being and relationships.

The Speakeasy course provides an opportunity for parents/carers to gain the confidence and skills needed to talk to their children in an age-appropriate way about growing up.

The Speakeasy course is fun and informal and provides a friendly environment where parents and carers can learn together. The course builds on what they already know and helps them gain new information and ideas for how to talk to their children.

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## Additional Information

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The Speakeasy course is delivered over four weeks, in two-hour sessions. Sessions support parents and carers to develop confidence and skills through discussion and practical tasks that cover the following:

- The physical and emotional changes taking place at puberty
- The influence on children from TV, media and peers
- Knowledge of how relationships + sex education (RSE) is taught in schools.
- Information and knowledge about how to access local support services for families

## Suitable for ages

### Age of Users

From **0 years** to **25 years**

## Costs

### Cost

Free

## Questions & Answers

**Can Families Self-Refer To The Service?** Yes

**Do You Have A Waiting List?** Yes

**Do You Have Child Protection Policies And Procedures** Yes

**Eligibility - Can The Service Be Accessed By Extended Family Members Or Carers** Yes

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## Further Information

### Provider Type

Parent Support |

### Suitable For

Attention Deficit Hyperactivity Disorder (ADHD) |  
Dyslexia |  
Moderate Learning Difficulty (MLD) |  
Physical Disability |  
Speech, Language & Communication Needs (SLCN) |  
Other Special Educational Needs/ Disability

### Delivery Channels

Schools | Children's Centres |  
Idea Store | Other |  
Community Settings |

### Referral Criteria

None (Self-referral) |

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## Provider

**Parent Support**

Parental Engagement Team

## Contact Details

### Telephone No

020 7364 6398

### Email Address

## Address Details

### Street Number

30 Greatorex Street

### Town

London

### Postcode

E1 5NP

## Similar Organisations

- Strengthening Families Strengthening Communities Parenting Programme
- Triple P Parenting Programme
- Parental Engagement Team - Emotional First Aid
- Parental Engagement Team
- Parental Engagement Team - Healthy Families Programme