



“We help
parents deal
with difficult
behaviour in
their children,
whether
toddler or
teenager.”



As the year concludes we want to thank all you amazing parents who have reached out and taken all the steps you can to improve your family relationships. This has been a year full of challenges for so many of us, but to everyone that keeps going, step by step, day by day, we salute you!

Look after yourselves and your families this Christmas, check in on your neighbours, and try to have some relaxation amongst the merriment.

2024 is just around the corner, scroll down and take a look at what Brilliant Parents has coming up in Hillingdon next year.



Triple P Teen Course



Triple P Teen - Six-Week Course
Wednesday 24th January 2024 - Wednesday 6th March 2024
(Excluding half term - Wednesday 14th February 2024)
UTC Heathrow, Potter Street
Northwood HA6 1QG
6pm – 8pm

IS THIS YOUR FAMILY?

Other parents don't seem to have it as tough as you. Your teenager constantly misbehaves. Your family life is full of frustration, anger and tears. There's probably a lot of shouting and your child may even be aggressive – perhaps hitting out....or you may just have a few concerns about your teenager, perhaps defiance is on the increase and you simply don't know how to handle it in a calm manner.

Triple P (Positive Parenting Programme) is an approach to raising teenagers that aims to promote appropriate teenager development and the management of teenagers' behaviour in a constructive and non-hurtful way. It is based on the use of good communication and positive attention to help teenagers develop the skills they need.

This six-week Triple P course for teenagers will enable you to learn more about positive parenting and how you can apply it to your family. If you're ready for a more in-depth look at parenting strategies for teenagers that really work, then this course is for you

**For further information - please contact
Annmarie Fevrier on 020 3490 7007 or
email
enquiries@brilliantparents.org**

brilliantparents.org Brilliant Parents is a charity and a company limited by guarantee. Charity No T198737.



Looking for a way to give back in 2024? Read on..

Parent Carer Champion Network



**Have you been looking for a way to give back
and support the community?**

Parent/Carer Champions are individuals who play a crucial role in their communities by supporting parents and caregivers of children with emerging additional needs. They offer practical guidance, emotional encouragement, and valuable insights drawn from their own experiences. By sharing their wisdom, they contribute to the formation of a robust support network that connects families to essential resources and services, all the while advocating for the well-being and rights of their children.

Parent Carer Champions work towards raising awareness, enhancing access to services, and nurturing a sense of community among parents navigating distinctive caregiving hurdles. By empowering Parents and Carers to promote emotional health and wellbeing within their family unit.

January 2024 training dates:

Training commences 6pm - 8pm

Monday 22nd

Positive Parenting Principles

Tuesday 23rd

Soft Counselling, Active Listening and Communication

Friday 26th

Understanding ADHD and ASD

To learn more and/or register contact

Sarah 07495 024 449/ sarah.rust@brilliantparents.org



FUNDRAISING QUIZ NIGHT



**Hosted by
Shaun Wallace**
aka
'The Dark Destroyer'

Raffle tickets will be sold on the night to win an array of prizes.

After the tremendous success of our sell out first Quiz Night event with Host and Brilliant Parents Patron Shaun Wallace aka The Dark Destroyer, we invite you to join us once again for the most challenging and fun quiz night in Hillingdon, all in aid of raising funds to support families in the local community.

On Friday 2nd February 2024, 7pm - 10pm at the Yiewsley and West Drayton Community Association, 228 Harmondsworth Road, West Drayton, UB7 9JL

Whether you would like to host a table with up to seven of your friends and family, or purchase your tickets individually.

[Get your tickets here NOW!](#)

Each team member will receive a fish and chip meal and together with your team get a chance to meet and greet Shaun and have a team photo taken with him during the evening.

A paid bar will also be available.

Tickets are £20.50 + booking fee per team member.

For further information, or to ask about being assigned to a team, please contact Sarah Rust on 07495 024449.

In 2024 Brilliant Parents will continue to support Hillingdon in the delivery of the Parenting Apart Programme and M-PACT.

The Parenting Apart Programme supports families by working with both the parents or carers to a child, where there is conflict which affects the ability to co-parent effectively.

For more information on the Parenting Apart Programme please call or email Sarah 07495 024 449 / sarah.rust@brilliantparents.org

M-PACT - Moving Parents and Children Together, supports families where the children (8years - 18 years) have been affected by the substance or alcohol misuse of their primary carer.

For more information on the MPACT programme please call or email Anmarie 07947 191 462 / anmarie.fevrier@brilliantparents.org

Further information below.

Are You Feeling...



The Parenting Apart Programme (PAP) has been developed to support you through all of these emotions.

PAP wants to make a positive difference for children. We believe that parents play an irreplaceable role in the lives of their children. This is because parents provide the fundamental role of support, nurturance, and guidance for their children. This vital relationship positively impacts a child's physical, mental, and emotional well-being. There is strong evidence that children are likely to have better health, social and communication skills, achieve higher grades in education if they have parents who are sensitive to their needs and emotions.

Children have an amazing capacity to cope with all sorts of challenges, as long as the adults in their lives remain constant and consistent.

We know that majority of the parents we have supported love their children. We also know when parents are in conflict it becomes harder for adults to think about the child/ren. The relationship has ended between the adults, but your role as parents has not stopped. That is why parents need to get help, especially when communication has broken down or if your child/ren is not having time with the non-resident parent.

The support through the programme enables the outcome to be positive and beneficial to the whole family whilst prioritising the emotional and physical wellbeing of the children. Children need to know that Mummy and Daddy still love them. They need reassurance that their parents can still make decisions on their behalf even though they are not living together.

What Is The Parenting Apart Programme?

The Parenting Apart Programme (PAP) is offering you a supportive environment to communicate as parents, to form a respectful parent working relationship, and to compile an Parent Working Agreement (PWA).

The PWA has proven to be invaluable when compiling and agreeing any childcare arrangements.

It is important to note that if you go to Courts in the future, it is likely that judges will expect you to have started a PWA. This outlines all the details of the child's wishes, emotional and physical wellbeing covering practical issues including transition of care, childcare arrangements, residency, holidays, and schooling.

The programme consists of:

- The Parenting Apart Programme is bespoke in offering an initial 4 week programme, which involves 5 meetings over a period of 4 weeks. These meetings will usually take around an hour and a half, which are face to face or virtual.

At the start of the programme, we will conduct a one-to-one session with each parent to establish trust and develop a positive approach.

3 joint sessions with both parents to begin communicating together in a supportive environment to form a respectful parent working relationship, that results in a Parent Working Agreement which both parents agree to abide by.

Develop a Parent Working Agreement that can be filed alongside Court Orders if relevant.

The PAP enables your child/ren to be reassured that their parents are making changes. It has been evidenced that this can help the children emotionally to handle ongoing changes.

- Practitioners are trained to support parents to practically overcome common challenges that arise after an agreement has been made. For example, they can attend the initial transition of care sessions with parents, role-modelling appropriate behaviour and language, involving children whenever appropriate.
- The PAP can be accessible prior, during and post any Court proceedings.

The Benefits of the Parenting Apart Programme

- Reduces the time and expense of Court proceedings and Solicitors fees
- Improved communication skills between parents
- Reduces parental stress and anxiety
- Children to continue to have relationships with both parents
- Improved emotional and mental well-being of children
- Creating a more stable environment for children between homes
- A better co-parenting relationship
- Giving parents a better understanding about what is best for their children
- Improves relationships between parents and children when a significant change has taken place.

Children of divorce are 30% more likely to suffer serious emotional and behaviour issues.

50% of children whose parents are in conflict don't have regular relationships with their non-resident parent.



How can M-PACT help your family?

M-PACT is a programme that helps parents and children, aged 8-17, talk more openly and safely about the effects of parental drug and/or alcohol misuse on the whole family and gives them new tools to move forward positively.

"It made us realise how much we had kept from our child, how much we had hidden and not talked about"



In order to take part in the programme, you will need to come for an initial meeting where you will find out more about M-PACT and we can answer any questions you might have. After that, you will come together every week for 8 weeks with a number of families in similar circumstances.

M-PACT is run by people who understand how families are affected by drug and/or alcohol problems. They help make it possible for parents and children to understand each other better.

"You won't fight for yourself, but you'll fight for your children... I want them to feel safe and secure, and therefore happy"



The sessions provide a safe space to talk about difficult things and to learn how to cope better and move forward positively.

Making a positive change

Each week M-PACT can help your family become closer, more caring, understanding and supportive towards each other. Everyone is there to help improve their lives and the lives of the ones they love as well as have fun along the way.

"M-PACT made us all feel good about ourselves. I think the girls felt positive about themselves"



Results show that families have a better understanding of addiction, are able to communicate positively, are more united, safer and healthier as a result of attending M-PACT.

M-PACT
Moving Parents And Children Together

BECK THEATRE

HAYES

BECK THEATRE – SUMMER YOUTH PROJECT

Are you looking for a theatre masterclass in singing, acting, dancing and design in the Summer Holidays where you will get to perform on stage, and learn from a highly-skilled creative team?

Then sign up to the Beck Theatre's Summer Youth Project!

The Beck's intention is to inspire young people who may not have access to theatre, and this provides a crucial artistic outlet for them during the Summer Holidays in a project which is self-funded, and non-profit making. The ethos has always been to provide the best possible experience and training at the lowest possible cost to the local young people who get involved.

In a change of tradition, this year we will be offering a week-long, showcase-style project for those aged 9 –11 starting on Mon 5 August 2024, and those aged 12 - 19 will be participating in the two-week project of RENT: School's Edition, which will also commence on Mon 5 August 2024.

RENT is set in the East Village of New York City, Rent School Edition is about falling in love, finding your voice and living for today. Winner of the Tony Award for Best Musical and the Pulitzer Prize for Drama, it has become a pop cultural phenomenon with songs that rock and a story that resonates with audiences of all ages.

For more information and to apply, please visit: <https://forms.gle/X5tqbfDkNwk8x1LJ8>



Winter Coffee Morning



All Welcome

If you know anyone who is elderly, lonely or homeless,
invite them to join us for a cup of coffee/ cakes/ biscuits
& a chat in a warm environment

Every Wednesday

Starting from 6 Dec 2023
10:30am - 12:30pm



For further details contact:
0208 516 7149
email: info@hayesmuslimcentre.org.uk

Hayes Muslim Centre, 3 Pump Lane, UB3 3NB
[HayesMuslimCentre.Org.UK](https://www.hayesmuslimcentre.org.uk) | [FB/HayesMuslimCentre](https://www.facebook.com/HayesMuslimCentre)





THE TEAM AT
BRILLIANT PARENTS
EXTEND OUR WARMEST
GREETINGS TO YOU.
MAY THE UPCOMING
YEAR OF 2024 BRING
YOU PEACE, JOY AND
PROSPERITY.

Brilliant Parents Parent Carer Champions