Harrow Mental Health Support Team (MHST)
& Family Hub Network, Early Help

NHS
Central and
North West London
NHS Foundation Trust

FAMILY HUB
NETWORK

SUMMER WORKSHOPS

Limited capacity. Places on a first come first serve basis.
under 16? parent's consent needed. To register see contact information below:

WEALDSTONEHUBYOUTHOFFER@HARROW.GOV.UK
0208 416 8667

JUL 30	**Dance & Movement Workshop**: Early Help Wealdstone Youth Centre 1:30-3pm (Age 9-19 / 25 SEND)
JUL 30	**Screen time & Sleep Support for Parents**: Virtual Workshop 1:30-2:30pm (For caregivers only)
AUG 1	**Sensory Explorers Workshop**: Cedars Children's Centre 11:30am-12:30pm (Age 9-15) / 1:30-3pm (Age 16-19 / 25 SEND)
AUG 5	**Emotion Regulation**: Early Help Wealdstone Youth Centre 11:30am-12:30pm (Age 9-15)
AUG 5	**Self Care Strategies**: Early Help Wealdstone Youth Centre 1:30-3pm (Age 16-19 / 25 SEND)
AUG 11	**Creative Connections**: Early Help Wealdstone Youth Centre 11:30am-12:30pm (Age 9-15) / 1:30-3pm (Age 16-19 / 25 SEND)
AUG 15	**Drama Based Workshop**: Early Help Wealdstone Youth Centre 11:30am-12:30pm (Age 9-15) / 1:30-3pm (Age 16-19 / 25 SEND)
AUG 18	**School Transitions Workshop**: Early Help Wealdstone Youth Centre 11:30am-12:30pm (Primary School Leavers) / 1:30-3pm (Secondary School Leavers)
AUG 20	**Creative Connections**: Early Help Wealdstone Youth Centre 11:30am-12:30pm (Age 9-15)
AUG 20	**Creative Writing & Poetry**: Early Help Wealdstone Youth Centre 1:30-3pm (Age 13-19 / 25 SEND)
AUG 22	**Transitions Workshop for Parents**: Virtual Workshop 1:30-2:30pm (For caregivers only)
AUG 27	**Screen time & Sleep Support for Parents**: Virtual Workshop 1:30-2:30pm (For caregivers only)
AUG 29	**Transitions Workshop for Parents**: Virtual Workshop 1:30-2:30pm (For caregivers only)

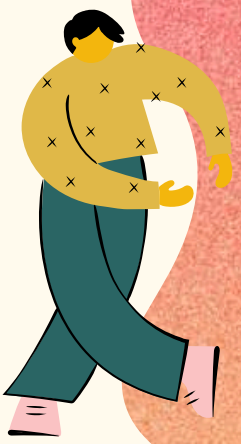


Come and express your feelings through dance!

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FAMILY HUB NETWORK

DANCE & MOVEMENT WORKSHOP



WEDNESDAY - July 30th

1:30-3PM

Held at Early Help Wealdstone Youth Centre

For children and young people between the ages of 9-19 (25 SEND)

Aims to use dance and movement as a creative outlet for self-expression, confidence-building, and emotional regulation with a focus on fun and body awareness.

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To register for this workshop:

Contact Early Support Wealdstone Hub

Email: wealdstonehubyouthoffer@harrow.gov.uk

Phone: 0208 416 8667

Early Help Hub & Harrow Mental Health Support Team (MHST)

Explore your senses with fun activities!



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FAMILY HUB NETWORK

SENSORY EXPLORERS WORKSHOP

FRIDAY - August 1st

11:30AM - 12:30PM (Age 9-15)
1:30-3PM (Age 16-19 / 25 SEND)

Held at Cedars Children's Centre

Workshop will be designed to help children & young people explore and regulate their senses through activities that engage touch, sound, smell, sight and taste. Use of creative and mindful activities e.g. messy play, exploring calming and alerting strategies.

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EMOTION REGULATION WORKSHOP

TUESDAY - August 5th

11:30AM - 12:30PM

Held at Early Help Wealdstone Youth Centre

For children and young people between the ages of 9-15

This workshop aims to support children & young people understand, express and manage their emotions through relaxation and grounding techniques.

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To register for this workshop:

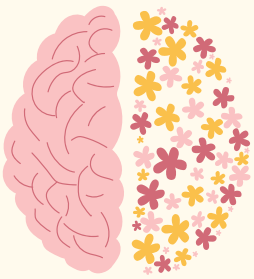
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FAMILY HUB NETWORK

SELF-CARE STRATEGIES

TUESDAY - August 5th

1:30-3PM

Held at Early Help Wealdstone Youth Centre

For young people between the ages of 16-19 (25 SEND)

This workshop introduces children & young people to the concept of self-care and why it's important for emotional and mental wellbeing. Through a mix of group work, discussion, and creative activities, participants will explore everyday strategies to manage stress, regulate emotions and build positive habits.

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FAMILY HUB NETWORK



CREATIVE CONNECTIONS

MONDAY - August 11th

11:30AM - 12:30PM **(Age 9-15)**

1:30-3PM **(Age 16-19 / 25 SEND)**

WEDNESDAY - August 20th

11:30AM - 12:30PM **(Age 9-15)**

Held at Early Help Wealdstone Youth Centre

Aims to provide a supportive and engaging space for children & young people to engage in meaningful activities and connect with others through creative activities e.g. journaling, bracelet making.

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Phone: 0208 416 8667

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FAMILY HUB NETWORK

DRAMA WORKSHOP

FRIDAY - August 15th

11:30AM - 12:30PM (Age 9-15)
1:30-3PM (Age 16-19 / 25 SEND)

Held at Early Help Wealdstone Youth Centre

This workshop aims to provide a space for children & young people to explore their thoughts and feelings in a expressive and creative way through games, characters and acting.

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FAMILY HUB NETWORK

SCHOOL TRANSISTIONS WORKSHOP



MONDAY - August 18th

11:30AM - 12:30PM (Primary School Leavers)
1:30-3PM (Secondary School Leavers)

Held at Early Help Wealdstone Youth Centre

To support children & young people who are moving onto or from secondary school by helping them build confidence, reduce anxiety, and feel prepared for the change.

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CREATIVE WRITING & POETRY WORKSHOP

WEDNESDAY - August 20th

1:30-3PM

Held at Early Help Wealdstone Youth Centre

For young people between the ages of 13-19 (25 SEND)

This workshop aims to help develop self-expression, emotional awareness and confidence whilst building writing skills in a relaxed environment.

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Virtual support on kid's screen time and sleep habits!

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FAMILY HUB NETWORK

SCREEN TIME & SLEEP SUPPORT FOR PARENTS



WEDNESDAY - July 30th
1:30-2:30PM

WEDNESDAY - August 27th
1:30-2:30PM

Virtual Workshop on Teams
Intended for parents and caregivers ***only***.

Offered on two different dates, a workshop that will provide practical guidance for parents on managing their children's screen time and improving sleep habits.

To register for this workshop:

Scan for July 30th workshop

Scan for August 27th workshop

For inquiries please contact Harrow MHST admin team
Email: cnwl.adminharrowmhstcamhs@nhs.net
Phone: 020 8869 4500

Support your child!



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FAMILY HUB NETWORK

TRANSITIONS WORKSHOP FOR PARENTS

FRIDAY - August 22nd
1:30-2:30PM

FRIDAY - August 29th
1:30-2:30PM

Virtual Workshop on Teams
Intended for parents and caregivers ***only***.

Offered on two different dates, a workshop designed to support parents and carers as their children prepare to transition from primary to secondary school.

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To register for this workshop:

Scan for August 22nd workshop

Scan for August 29th workshop

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Phone: 020 8869 4500