

# Oxfordshire Parenting Forum



Registered Charity No.: 1080678 Patrons – Dr. John Coleman, Rosie Hill, Annette Mountford  
[Oxfordshireparentingforum.org](http://Oxfordshireparentingforum.org) email: [OPFemail@gmail.com](mailto:OPFemail@gmail.com)

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## OPF E-Newsletter 2<sup>nd</sup> ed. October 2025.

Welcome all to our second e-newsletter brought to you by the Forum to aid our renewed focus on the universal parenting provision in our county. Please ensure you read about the upcoming programmes as some start very soon...

We hope you enjoy the read!

# 1 Peeple

Hello,

We run Peep groups in some specific areas of Oxford but also have **some groups that are open to all.**

The TALK group (8 weeks focused on communication and language) the antenatal (5 weeks antenatal, 1 postnatal). **Those groups are available to whoever wants to join regardless of their postcode.**

Otherwise we have baby Peep, toddler Peep, multi-language Peep groups for the families of the **Leys, Littlemore and Rose Hill.**

Please share widely with colleagues and within your communities.

All the best  
Camille

[Camille Kalaja, Peeple delivery manager](#)

Peeple - supporting parents and children to learn together

Mobile phone: 07515410278



Do you have a child aged 2-4 years and you are concerned about their speech, language or communication development?



Come and join our

# TALK group

Starting in September 2025 register your interest

In this 8 week group, we will be sharing tips and activities to help your child's speech, language and communication development as well as celebrating all the wonderful things you're already doing. You and your child can make friends, share ideas and activities and have fun. Find out more and register here or email [families@people.org.uk](mailto:families@people.org.uk):



people



The People Centre  
Northfield Cl, Littlemore, OX4 4NH  
[families@people.org.uk](mailto:families@people.org.uk)



Pregnancy and beyond:  
Getting to know your baby



# Free Peep Antenatal course

Do you live in Oxfordshire?  
Join us for a 5-week course, in a relaxed and friendly group




- Get to know other expectant parents
- Get to know your baby now
- Consider how life will change, and find out about local support
- Find out how to strengthen your bond with your baby
- Understand early brain development and how to support it

Where: Littlemore, Oxford  
Day and time: Thursday mornings  
Start date: Every 5 weeks from September 2025

Scan the QR code to find out more/register or contact us: [families@people.org.uk](mailto:families@people.org.uk)



peep Antenatal Programme

people  
[www.people.org.uk](http://www.people.org.uk)




# peep



Peep groups are free, fun and friendly!  
They are for parents and carers with children from birth to five years of age, living in the areas of the Leys, Littlemore and Rose Hill.



- Welcoming and friendly
- Meet other parents and children
- Songs and stories
- Tips on supporting your child's learning
- Non-judgemental space
- Fun activities to try in the group and at home

peep supporting parents and children to learn together



Scan here for more info

## 2 ABINGDON CAROUSEL

Hello,

Please find attached our leaflet and poster for the upcoming Parenting Puzzle Workshops at **Abingdon Carousel**.

**Our workshops are open to all parents/carers (Please note: We do not have creche facilities onsite)**

Best Wishes

*Mandy Etienne*

**Centre Administrator & Assistant Manager**

Abingdon Carousel Family Centre

**Please Note:**

My working days are Monday & Tuesday 9am-3pm, and Thursday 9am-1pm, term-time only.

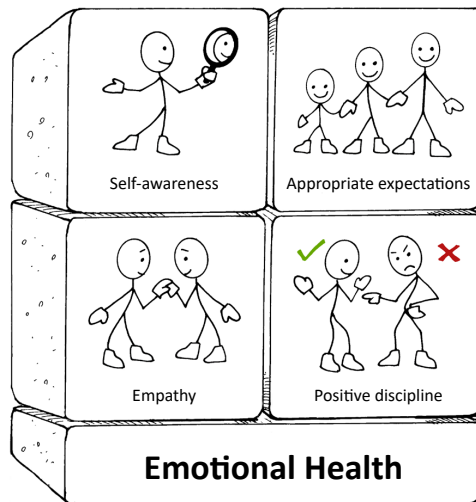
## What is the Parenting Puzzle?

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging.

The Parenting Puzzle Workshops help deal with those challenges so that you can have a calmer, happier life.

A tried and tested programme, it helps us think about what we do, why we do it and how it makes us feel.

### The Four Constructs of the Nurturing Programme



© The Centre for Emotional Health 2024



### The Four Workshops

**Workshop 1:** Understanding Children's Behaviour, Listening and Communicating, Praise and Encouragement

**Workshop 2:** Praise and Guidance vs. Criticism, Child-led Play, and Positive Moments

**Workshop 3:** Boundaries and Parenting Styles, Time to Calm Down, Dealing with Stress and Conflict

**Workshop 4:** Choices and Consequences, Behaviour to Ignore, Putting the Puzzle Together, Looking after Ourselves

## Practical information

There are four 2-hour sessions with a tea and coffee break

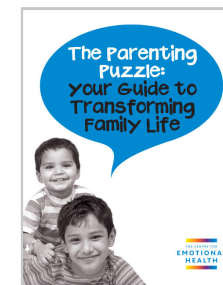
10-20 parents are invited and there are two trained group leaders

Partners are welcome and it's also fine to come on your own or with another relative or friend

Some groups provide a creche; check with group leaders beforehand

You need to come to all four workshops: they fit together like a puzzle

You will be provided with a copy of The Parenting Puzzle book to accompany the workshops.



## How Parenting Puzzle Workshops have helped other parents

“So helpful to have ways of dealing with situations that happen on a daily basis”

“Wonderful!  
Could do this every day”

“Better than expected, made me think differently about toddler behaviour”

“It was a completely new experience for me but after the first week I was completely relaxed”



Check out [emotionalhealth.org.uk](https://emotionalhealth.org.uk)

## The Nurturing Programme Parenting Puzzle Workshops

### where:

Abingdon Carousel Family Centre  
Caldecott Chase  
Abingdon  
Oxfordshire  
OX14 5GZ

### when:

11th November 2025 - 2nd December 2025

~~~~~  
3rd March 2026 - 24th March 2026

### contact details:

For more information or, to book a place please contact:

[m.etienne@abingdoncarousel.org.uk](mailto:m.etienne@abingdoncarousel.org.uk)

01235 526691



[emotionalhealth.org.uk](https://emotionalhealth.org.uk)  
Charity no. 1062514



## Parenting Puzzle Workshops

## Information for parents and carers



### 3 THE HAPPY HUB – CHOLSEY

Hello,

We are called The Happy Hub and we are based in **Cholsey pavilion**, we are open from 9.00am - 11.30am. We are a children/family centre primarily for 0-5yrs old although we do open in the school holidays and siblings up to the age of 8yrs are welcome (parents/carers have to stay with their child). We benefit being right next to a park which is visible from the hub. We work on donations and ask for £3 per child when visiting.

I have attached a copy of our timetable.

We have a regular pre-walkers/Crawlers group every Thursday morning and we do 'Soft Play Fridays.'

We have a few things coming up in the hub, a Halloween party on the 31st October (this will be bookable via Eventbrite).

We also have a 'Christmas drumming Session with Andy and his African drums' on Wednesday 17th December as well as a Santa's grotto (date tbc).

For future reference we do something called 'Fun in the Park' in August of the Summer holidays and there's a different activity everyday, its a mix of getting people in to run the session eh. Gymnastics, Farms2Ewe, Zoolab etc. and us also doing activities such as our Teddy Bears picnic.





| Monday                                                           | Tuesday                                                          | Wednesday                                                        | Thursday                                       | Friday                                                           |
|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------|------------------------------------------------------------------|
| 9.00am – 11.30am                                                 | 9.00am – 11.30am                                                 | 9.00am – 11.30am                                                 | 9.00am – 11.30am                               | 9.00am – 11.30am                                                 |
| Baby and Toddler Group (0-5yrs)                                  | Baby and Toddler Group (0-5yrs)                                  | Baby and Toddler Group (0-5yrs)                                  | Baby/Pre- Walkers                              | Soft Play Friday<br>Baby and Toddler Group (0-5yrs)              |
| Stay and play with activities relating to our topic of the month | Stay and play with activities relating to our topic of the month | Stay and play with activities relating to our topic of the month | Baby Group for crawlers/Pre- walkers<br>0-1yrs | Stay and play with activities relating to our topic of the month |

We provide a snack for the children at 10am and hot/cold drinks for the adults throughout the session. We also do a sing along at the end of each session.

We kindly ask for a donation of £3 per family each session. We are reliant upon donations to provide this service, along with crafts and activities. No prior booking is required.



## **4 THE MAPLE TREE - WHEATLEY**

Dear All,

Here is our autumn schedule and some sessions that we are keen to advertise! All are drop-in. We have something on every morning and 2 afternoons a week, also one Saturday a month. We have one outreach a week in Forest Hill. We ask for a £3:00 donation and serve refreshments to parents, a snack for the children, activities inside and out around a weekly theme. We finish with a circle-time.

I am also attaching some trainings for parents and carers.

Thank you so much!

Kindest regards,

Laura

01865 236 700



# The Maple Tree

Autumn 2025

## TUESDAYS

Smart Start 9.30 - 11.30am



## MONDAYS

Little Learners 10 - 11.30am

Twins' Club 2 - 4pm

## WEDNESDAYS

Maple Babies 9.30am - 12pm

Mumfit by Hannah 12.30 - 1.15pm

Health Visitors\* 9.15 - 10.45am

\*1st Wednesday of the month

## THURSDAYS

Time to Rhyme 9.30 - 11.30am

Maple Tree at Forest Hill 10.30am - 12pm

Health Visitors' Baby Lunch Box\* 10 - 11am

\*2nd Thursday of the month

Mums' Café 1.00 - 3.00pm



## FRIDAYS

Creative Corner 10 - 11.30am

## SATURDAYS

Family Fun 10.00 - 11.30am

20th September, 18th October, 15th November

mapletree.org.uk  
@TheMapleTreeWheatley



For more info visit  
our website or  
Facebook page



## The Maple Tree's MAPLE BABIES



Bring your littlest ones to our Wednesday session: meet other parents, have a chat, and get support during those challenging early months.

We provide morning snack and activities for the children and a judgement-free ear for you.

### WHEN?

Wednesdays  
9.30am-12pm

### WHERE?

The Maple Tree  
Wheatley, OX33 1PH

### WHO?

Families with  
babies under 18  
months



The Health Visitors join us on the first Wednesday of every month to answer questions, weigh babies and help with any concerns.

For more info visit our  
website or  
Facebook page  
mapletree.org.uk

@TheMapleTreeWheatley



## The Maple Tree's Mums' Café



Whether you're navigating sleepless nights, loss of identity, loneliness or simply craving adult conversation and connection - join us on a Thursday afternoon.

Come as you are - we have extra staff support on hand to give you the opportunity to talk, connect, and take a breath.

### WHEN?

Thursdays  
1pm-3pm

### WHERE?

The Maple Tree  
Wheatley, OX33 1PH

### WHO?

Mums with babies  
under 18 months



A nurturing space for connection, sharing & support - because motherhood isn't meant to be done alone.

For more info visit our  
website or  
Facebook page  
mapletree.org.uk

@TheMapleTreeWheatley



Abingdon & Witney College | Oxfordshire Adult Learning  
A FACULTY OF OXFORDSHIRE ADULT LEARNING



## Managing Feelings & Behaviour

**Where?** The Maple Tree, Littleworth Road, Wheatley, OX33 1NW  
**When?** Mondays 9:30 - 11:30 (teas and coffees served from 9am)  
 3<sup>rd</sup> November - 8<sup>th</sup> December  
**Cost?** Free to families living in Oxfordshire (Ts & Cs apply)

**A course for parents and carers which covers the following topics:**

- Emotional regulation
- Positive discipline and boundaries
- Managing meltdowns effectively

To book a place please email:  
[info@mapletree.org.uk](mailto:info@mapletree.org.uk)



Abingdon & Witney College | Oxfordshire Adult Learning  
A FACULTY OF OXFORDSHIRE ADULT LEARNING

## Effective Communication for SEN

The Maple Tree  
 Littleworth Road  
 Wheatley, OX33 1NW

This **free course** equips you with practical strategies and insights to enhance communication with individuals who have SEN.

**Topics covered include:**

- using a total communication approach
- using key word signs to support speech
- using visual aids effectively

6th Nov - 11<sup>th</sup> Dec  
 Thursdays 12:30 - 14:30  
 (6 week course)

This course is free to families living in Oxfordshire (Ts and Cs apply)



To book a place please email:  
[info@mapletree.org.uk](mailto:info@mapletree.org.uk)



## The Maple Tree's Smart Start

This session fosters children's physical relationship with the world and their developing mathematical skills. Join us for running, jumping, counting, sorting and having fun with patterns!

We provide morning snack and activities for the children and supportive chat for you.

**WHEN?** Tuesdays  
 9.30am-11.30am

**WHERE?** The Maple Tree  
 Wheatley, OX33 1PH

**WHO?** Children under 5



For more info visit our website or Facebook page  
[mapletree.org.uk](http://mapletree.org.uk)  
[mapletree.org.uk](https://www.facebook.com/mapletree.org.uk)  
 @TheMapleTreeWheatley



## 5 GROW family community group - GROVE



### Family Links Parenting Puzzle

**FREE 4 Week Course**

PRACTICAL HINTS AND TIPS  
REFLECT ON YOUR PARENTING STYLE



Email  
[contact@growfamilies.co.uk](mailto:contact@growfamilies.co.uk)  
to book your place

Thursday 9.30 - 11.30am  
Starts 13th November  
St John's Church Rooms, Grove

[contact@growfamilies.co.uk](mailto:contact@growfamilies.co.uk) • [www.growfamilies.co.uk](http://www.growfamilies.co.uk)

# 6 HOMESTART – SOUTHERN OXFORDSHIRE



## Home-Start Southern Oxfordshire

**Home-Start Southern Oxfordshire** is a voluntary organization that provides support to families with at least one child aged five years or under.

We offer **emotional and practical support** through volunteer home-visiting and support groups, helping families cope with challenges such as postnatal depression, isolation, and family breakdown, ensuring that families receive the help they need during difficult times.

**Sign up at our website!**

Home-Start Southern Oxfordshire, 197 Broadway, Didcot, OX11 8RU  
01235 511152  
[homestart-southernoxfordshire.org.uk](http://homestart-southernoxfordshire.org.uk)



## Our Groups

**Tuesday Baby & Me drop in group**  
For newborn babies up to the age of 15 months.  
Based within Didcot southern Community Centre on Tuesdays, 10-11:30am (opposite Little Asda on GWP) in the playroom at the back of the building.  
A relaxed group for parents and carers to chat over endless tea, coffee and biscuits!

**Wednesday Home-Start Best Starts**  
It runs on Wednesdays from 1-2:30pm at the Bluebell center (opposite Didcot wave). Unlike a drop in group this block of 6 structured sessions is aimed for children aged 1 to 3 years of age, it's a small welcoming group where parents and carers can gain advice from professionals and each other on subjects such as sleep, healthy eating, potty training, communication, language and wellbeing, whilst the children engage in play and educational activities.  
You can book the sessions online on our website.  
<https://homestart-southernoxfordshire.org.uk/self-referrals/>

**Sign up at our website!**

Home-Start Southern Oxfordshire, 197 Broadway, Didcot, OX11 8RU  
01235 511152  
[homestart-southernoxfordshire.org.uk](http://homestart-southernoxfordshire.org.uk)



## **TOP TIPS – this was kindly sent from Amy at The Happy Hub**

Use your (business) social media as much as possible with at least one post a day or every other day, its the biggest free resource to advertise what you're doing. I have increased the amount of people coming to the hub just by regularly promoting us on Facebook and local sites - happy to provide any advice on this. We also hire out our venue for parties and events which is another avenue for raising money that goes back into the Hub, happy to advise on ways to raise funds for your setting.

If anyone wants to ask me about organising big events like we have done in the summer with ticket sales etc I am happy for you to contact me. - My email address

is; [manager@cholseycommunitysupportservices.org](mailto:manager@cholseycommunitysupportservices.org)

Kind Regards, Amy. The Happy Hub Manager

## **GOOD NEWS...HENRY PROGRAMME – is back in OXFORDSHIRE**

At HENRY, we work alongside early years practitioners, health professionals and community partners to help families give their children the best start in life. We can work together to support healthier, happier family lives.

Our evidence-based Healthy families: Right from The Start programmes are running in Oxfordshire and are designed to strengthen the support families receive, whether you're working in a clinic, school, nursery, children's centre or community setting.

Each week for 8 weeks, families can join us for an interactive group session, giving them the opportunity to share ideas and experiences with other local families. Each week we'll cover a different topic relating to family life including:

- ***Building confidence in their parenting journey***
- ***Exploring simple, healthy meals and snacks***
- ***Creating happy routines that work for the whole family***
- ***Physical activities for the little ones***
- ***Strengthening family bonds through everyday moments***
- ***Emotional well-being***

**...And lots more!**

Families receive a free HENRY toolkit, with lots of helpful resources given out weekly to use at home. At the end of the programme, families receive a certificate of completion. We also have creche spaces available for families.

For more information about making a referral or to arrange to find out more about HENRY in Oxfordshire and how we can support your work, please contact Debi Lazenby, HENRY National Family Support Lead on 07720 090941 or email [debi.lazenby@henry.org.uk](mailto:debi.lazenby@henry.org.uk) You can also find out more on the HENRY website <https://www.henry.org.uk/>

Future groups are being planned in new venues, so do get in touch!

Warmest wishes,

Debi

**Debi Lazenby**

**National Family Support Lead**

HENRY

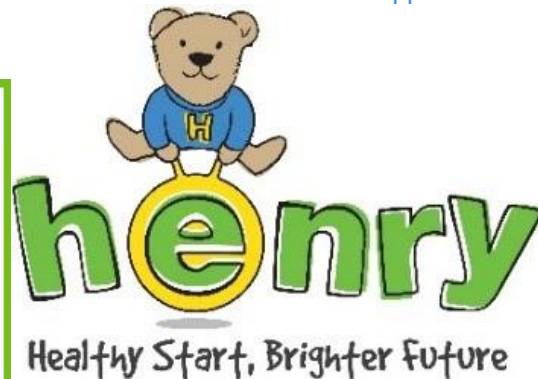
07720090941 | 01865 302973

**My usual working days are: Tuesday, Wednesday & Thursday**

<https://www.henry.org.uk>

National Office: HENRY 6 Elm Place, Old Witney Rd, Oxfordshire, OX29 4BD

Watch our new [animated explainer video](#) to find out more about the HENRY approach to enabling healthy, happy childhoods – and why it matters



[Like us on Facebook](#)

[Follow us on Twitter](#)

[Read our Impact Report](#)

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FOR PARENTS & CARERS

## HEALTHY FAMILIES: RIGHT FROM THE START

FREE 8-SESSION PROGRAMME

*Helping families give their little ones the best start in life.*

SIGN UP  
TODAY!

A unique programme supporting parents and carers of children aged 0–3 to:

- Build skills to support your parenting journey with confidence.
- Discover simple fun ways to keep your little ones active.
- Explore healthy meals and snacks that work for the whole family.
- Create family routines that support a balanced, happy lifestyle.
- Strengthen family bonds and make everyday moments special - together.

### Programme details:

When: Starting Monday 13th October 2025 for 8 weekly sessions, with a break during the half-term holidays. 9.45am-12:15pm weekly Where: Rose Hill Community Centre, Carole's Way, Rose Hill, Oxford, OX4 4HF Free crèche spaces available!

**Although started - this programme is open to join until week 3!!**

REGISTER FOR OUR  
PROGRAMME TODAY



You'll also receive a **FREE** toolkit packed with resources to help you along the way.

### Contact information:

To book your place or find out more, scan the QR code above or call us on 03332 208952, we're happy to help.

In partnership with:



OXFORDSHIRE  
COUNTY COUNCIL

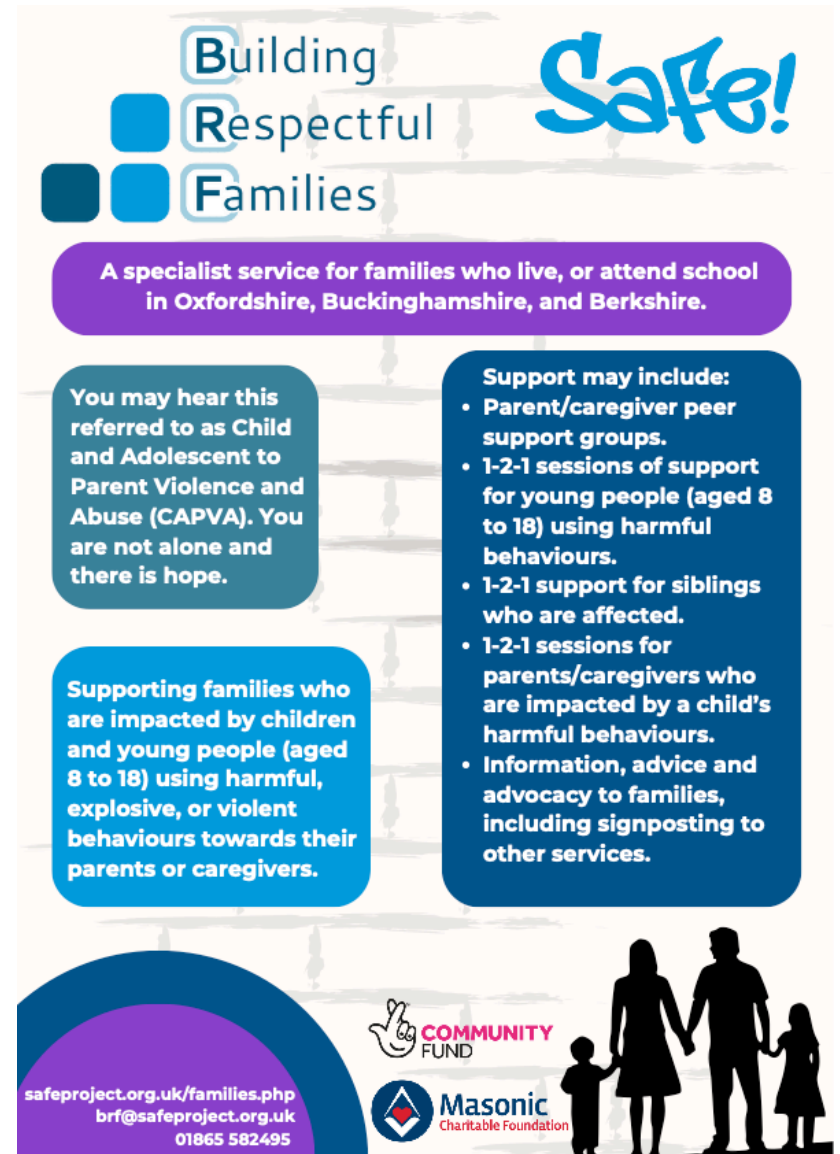
Beezee  
by maximus



**And finally;** from our October **Nurturing Network Event;** we gladly share some information from SAFE regarding their Building Respectful Families work...

Thanks for keeping in touch – and we wish you all the best,

**The OPF newsletter team**



**Building Respectful Families** **Safe!**

A specialist service for families who live, or attend school in Oxfordshire, Buckinghamshire, and Berkshire.

You may hear this referred to as Child and Adolescent to Parent Violence and Abuse (CAPVA). You are not alone and there is hope.

Support may include:

- Parent/caregiver peer support groups.
- 1-2-1 sessions of support for young people (aged 8 to 18) using harmful behaviours.
- 1-2-1 support for siblings who are affected.
- 1-2-1 sessions for parents/caregivers who are impacted by a child's harmful behaviours.
- Information, advice and advocacy to families, including signposting to other services.

Supporting families who are impacted by children and young people (aged 8 to 18) using harmful, explosive, or violent behaviours towards their parents or caregivers.

[safeproject.org.uk/families.php](https://safeproject.org.uk/families.php)  
[brf@safeproject.org.uk](mailto:brf@safeproject.org.uk)  
01865 582495

**COMMUNITY FUND**

**Masonic** Charitable Foundation

