

County Parenting Team

Details of our 2017 programmes for parents and carers



SUFFOLK
PARENT
HUB

Welcome to the first edition of the Parenting Team Newsletter!

A Happy New Year from the Parenting Team in the Early Help Service in CYP. This is the first of a termly newsletter where you can see all the parenting groups being offered across Suffolk, and how professionals, parents and carers can [book onto them](#).

We will also be featuring updates on new programmes including Family Transitions and Stepping Stones, training opportunities for staff and highlights from research. We look forward to hearing from you on anything else you would like to see.



Meet the Team

Some of the County Parenting Team at the December 2016 team meeting. We organise and deliver a range of evidence based parenting programmes across the age range. Coming from a range of backgrounds including schools, Health, PRUs, Family Support and Youth Offending.

From left to right:

Frances Desborough, APC* for Lowestoft-Waveney
Bernie Stephenson, APC* for Ipswich South & West
Naomi Hunnibell, APC* for Central & South Suffolk
Frances McGinn, APC* for West Suffolk

Issue 1, January 2017



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SMALL CHANGES, BIG IMPROVEMENTS

THE PARENTING PROGRAMME PROVEN TO WORK

Triple P is a parenting programme, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you.

Contact details

Yvette Hart, PGF** for Ipswich South & West and Ipswich NE & Coastal

Kay Witchalls, APC* for Ipswich NE & Coastal

Judith Moore, County Parenting Coordinator

Unable to attend December Team meeting were:

Andi Spalding, PGF** for Lowestoft-Waveney

Karen Richardson, PGF** for West Suffolk

Sally Losasso, PGF** for Central & South Suffolk & acting APC* for West Suffolk

Maddie McHenry, APC* for West Suffolk (Maternity)

* Area Parenting Coordinator

** Parenting Group Facilitator

Information on Parenting programmes

Links to evidenced based parenting programmes from January to March, 2017 for each Locality:

[Lowestoft-Waveney](#)

[Ipswich NE & Coastal](#)

[West Suffolk](#)

[Central & South Suffolk](#)

[Ipswich South & West](#)

You can still access our calendar of programmes and much more at www.suffolk.gov.uk/theparenthub

NEW - Family Transitions Triple P Course for Parents/Carers

Family Transitions Triple P is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. It is delivered to parents before they complete Level 4 Group or Standard Triple P and consists of five sessions. Family Transitions Triple P assists parents who need extra support to adjust and manage the transition from a two-parent family to a single-parent family. It focuses on skills to resolve conflicts with former partners and how to cope positively with stress.

Webpage:

www.suffolk.gov.uk/the-parent-hub

Email:

parenting@suffolk.gov.uk

Feedback:

Please let us know if you have any comments, compliments or complaints about your Parenting Programmes? You can email them to Judith Moore, County Parenting Coordinator at:

Judith.Moore@suffolk.gov.uk

The relationship between parents has been highlighted in 2 recent reports by the Early Intervention Foundation as having a "primary influence on children's life chances". They found that "frequent, intense & unresolved inter-parental conflict was highlighted as a key factor affecting children's long term health & wellbeing".

Link to article for more information:

<http://www.eif.org.uk/publication/what-works-to-enhance-inter-parental-relationships-and-improve-outcomes-for-children-3/>

Training for Practitioners

Strengthening Families 10-14 Facilitator Training

This is a 3 day course to equip practitioners to facilitate the Strengthening Families 10-14 parenting programme. The programme is for parents/carers to attend with their young people in both parallel and whole family sessions and covers many aspects of positive parenting with the 10 - 14 age group including strengthening relationships, setting boundaries, developing communications between family members, coping with peer pressure and developing healthy behaviours around drugs and alcohol. On completion of the training staff will be accredited to deliver Strengthening Families in their school or locality.

Dates & Venue

Tuesday 7th, Wednesday 8th & Friday 10th February 2017 at Hillside Community Centre, Stowmarket IP14 2BD

9:00am - 4pm

Book your place, <https://www.suffolkcpd.co.uk/>

Code: PRN 17/014

Solihull Foundation Training

Two day Foundation training for Practitioners. This will introduce you to the principles of the Solihull Approach. Containment, reciprocity & behaviour management and how it can be used with individual families. Further courses will be offered across Suffolk during 2017.

Dates and Venue

Monday 30th January & Monday 6th February 2017 at Landmark House, Ipswich

9:30am - 4pm

Book your place, <https://www.suffolkcpd.co.uk/>

Code: PRN 17/017



The Parent Hub

A single place for Suffolk parents and carers to find parenting [advice and support](#) to help their child's development.

Parenting programmes are run by Suffolk County Council, Ipswich Borough Council and partner organisations in the voluntary and community sector.

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Questions for
Suffolk?
[Contact Us](#)

STAY CONNECTED:



Endeavour House, 8 Russell Road, Ipswich, Suffolk, IP1 2BX

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