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**SUFFOLK  
PARENT  
HUB**

## Welcome to the Autumn 2017 edition of the Parenting Team Newsletter

- with details of programmes for the autumn and winter across Suffolk. Courses look at common issues faced by parents, children and young people, as well as challenging and risky behaviour. Referrals are welcome from agencies, as well as self-referrals by parents and carers (apart from Caring Dads which is referral only).

### **Information on Parenting programmes**

Link to evidenced based parenting programmes, Seminars and Parent Hubs from  
September to December, 2017

[All Localities](#)

You can still access our calendar of programmes and much more at

[www.suffolk.gov.uk/theparenthub](http://www.suffolk.gov.uk/theparenthub)

Link to previous [Newsletters](#)

## [Parenting Hub Calendar](#)



**Triple P online and new TEEN Online programme** available from September 2017. Following a successful pilot in Central & South Suffolk, from September we will be able to offer a limited number of online licences for families who would otherwise be unable to complete an evidence-based parenting course. The online programmes have a mix of interactive activities and video clips - see more here: [Triple P online](#) Information packs will be sent out



The next Caring Dads programme will start at West Suffolk House, Bury St Edmunds IP33 3SP on Wednesday 18th October 6pm - 8pm and runs for 17 weeks. Interview dates are 18th and 25th September. The programme is referral only, for fathers who have been responsible for abusive or coercive behaviours towards parents and children, and who want to build happier and safer relationships with their children. If you wish to refer please use the Caring Dads referral form [Caring Dads referral form](#) Please send completed referrals

in September but do contact us if you would like to find out more.

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### Triple P Stepping Stones

**Triple P Stepping Stones programme** - is designed for parents of children 0 - 12 with a diagnosed additional need. This has been running in Suffolk for 18 months and there has been some great feedback from parents and professionals - full report out shortly. The programme lasts 9 weeks (6 x 2.5 hour group sessions and 3 phone calls) and will be running next term in Beccles, Ipswich (Willows CC) and Bury St Edmunds.

More details [here.](#)

**IN THE NEWS** - Triple P Stepping Stones has been selected for national study on challenging behaviour in young children with additional needs - more [here.](#)

Listen to interview with researchers

or any queries to

[parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk)

Caring Dads is currently running in Lowestoft and Ipswich, and new programmes will run from January 2018.

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### Triple P Family Transitions

**Triple P Family Transitions** - a 5 week group programme for parents going through divorce or separation - covers looking after yourself and adjusting to change, building a good working relationship with your ex and minimising the effects on children. Some places still available for programmes starting next term:

- West Suffolk House, Bury St Edmunds (starts 20th September 10am - 12md)
- Woodland Corner Playgroup, Nayland CO6 4HY (starts 21st September 6:15pm - 8:15pm)
- Sunshine Children's Centre, Stowmarket IP14 2BD (starts 6th November 9:30am -

on

[bbc.co.uk](http://bbc.co.uk)

11:30am)

- Cornfields Children's Centre,  
Gt Cornard CO10 0NH (starts  
8th November 10am - 12md)

### Training for Practitioners & co-facilitating opportunities

**Solihull Approach 2 day  
Foundation training**  
(please book via CPD online)

Code PRN 17/055 Ipswich  
25/09/2017 & 09/10/2017  
Code PRN 17/051 Lowestoft  
16/11/2017 & 30/11/2017

Two day foundation training for practitioners who have not previously attended Solihull Approach Training. The two days will introduce you to the Solihull Approach and how it can be used with individual families. For those wanting to run groups there will be a further days training later in the year.

**Solihull Approach Facilitation  
Training**  
(please book via CPD online)



Here in Suffolk we will be taking part in a national research project on the impact of the **Webster Stratton (Incredible Years) Baby and Toddler programmes**. The E-SEE project will be studying whether these enhance social and emotional health and wellbeing in the early years, and will be following a cohort of Suffolk parents and babies for 2 years. It will include opportunities for practitioners to train to deliver these programmes and have regular clinical supervision.

Code PRN 17/062 Ipswich  
14/12/2017

## Useful Links

This is a one day parenting group facilitator session for practitioners who have attended the Solihull Approach Foundation training. Participants should have an understanding of parenting programmes and work with parents. Due to the time commitment for on going delivery, all applicants should discuss this with their line manager before applying.

One of the best ways of learning about any of these programmes is to take part and we welcome any staff who are interested in shadowing/co-facilitating, we just ask you to make a commitment to attend all sessions. Please speak to your local Area Parenting Coordinator or email us at [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk)

['Bringing up Britain'](#) is a weekly radio programme looking at all aspects of parenting.

[Suffolk Learning](#) pages include a wide range of resources about children and young people's emotional wellbeing, including upcoming workshops for professionals and parents.

Huddl is a social enterprise working for parents in Suffolk and is offering a series of 3 talks by experts in their field at Trinity Park this autumn. There is a charge for tickets.

More information here: [Huddl.uk](http://Huddl.uk)

New guide for parents from NSPCC to help children and young people stay safe on line - [Digital 5 a Day](#)

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## Parent Hubs

Please see the list of programmes

(at the top of this newsletter) for details of the parent hub drop-ins at different venues across Suffolk. These usually run on a monthly basis, led by one of the parenting team, with a different theme or guest speaker each time as parents choose. All parents and carers very welcome - no referral necessary, just come along and join in or email us for more details.

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We hope you have enjoyed reading the Newsletter and found it useful. Please tell us what you think about it. What else would you like to see included?

You can email Judith Moore, County Parenting Coordinator at:

[Judith.Moore@Suffolk.gov.uk](mailto:Judith.Moore@Suffolk.gov.uk)

Business Support Officer: [caroline.day@Suffolk.gov.uk](mailto:caroline.day@Suffolk.gov.uk)

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