



**SUFFOLK  
PARENT  
HUB**

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## **Welcome to the Spring 2019 edition of the Parenting Team Newsletter.**

Remember to check online at [www.suffolk.gov.uk/theparenthub](http://www.suffolk.gov.uk/theparenthub) for regular updates and new programmes. If you have an event you feel would be of interest to parents we would be happy to publicise it on the parenting calendar - just get in touch at [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk).

Included are a range of Triple P courses - Group, Teen Group, Stepping Stones (for parents of children with additional needs) and Family Transitions (for parents going through divorce and separation), as well as shorter workshops and seminars, Strengthening Families 10-14, Webster Stratton, Solihull and Caring Dads. Monthly Parent Hub meetings are open to all parents and carers whether they have attended a programme or not.

### **Information on Parenting Programmes**

All information on evidence-based parenting programmes, Seminars and Parent Hubs from April to August 2019

**[\\*\\*Link to all Localities\\*\\*](#)**



**Felixstowe Library, Crescent Rd,  
Felixstowe IP11 7BY**

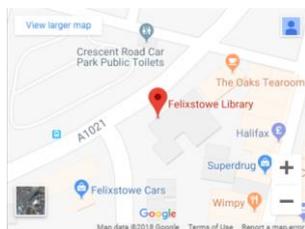
**Welcomes mums and dads  
parenting together, mums and  
dads parenting alone, carers and  
grandparents.**

### **Celebrating 5 years of the Coastal Parenting Hub**

**Come along to meet and hear from  
local organisations offering support to  
Children, Young People and Families in  
Felixstowe & Ipswich**

**Friday 3rd May, 2019**

**9:30am -11:30am**



**Contact Kay 07540671191 or text if you would like**



**Triple P Group Stepping Stones**  
for parents with children with additional needs

**Starting Wednesday 24th April, 10am - 12md**

**\*\*NEW VENUE\*\***

**The Everitt Room, Lowestoft Library NR32 1DR**

Triple P Group Stepping Stones - is for families of children with additional needs either pending an assessment or whose child are already diagnosed. The programme allows parents to choose techniques that work best for them and their families. This 9-week course will introduce parents to positive parenting strategies, developing good relationships that encourage positive behaviour, along with managing behaviour by planning ahead. There are six sessions at the Library then three telephone calls to tailor the programme to your family's individual needs.

**Facilitators:**

**Frances Desborough, Parenting Coordinator  
M:07540671193**

**Natasha Hancock, Parenting Group Facilitator  
M:07718159847**

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

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

further information [kay.witchalls@suffolk.gov.uk](mailto:kay.witchalls@suffolk.gov.uk)

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



## Reducing Parental Conflict

Suffolk has received funding from the Department of Work and Pensions (DWP) for work next year as part of a national Reducing Parental Conflict Programme. This aims to make a focus on tackling the impact of parental conflict a mainstream aspect of what local authorities offer, alongside support for parenting. There is strong evidence that when conflict between parents (whether together or separated) is frequent, intense and poorly resolved, it can have a significant negative impact on children's mental health, school progress and long-term life-chances. DWP estimates that this particularly affects children in workless families, with 28% having parents in a distressed relationship compared to 11% of all children.

**The focus will be on raising awareness in managers and practitioners, also with a significant training offer later in the year which will be offered on a multi-agency basis – more information on this shortly.** The programme also aims to build up the UK evidence base on what works (and doesn't). We were really encouraged to see that some of the interventions being researched by the DWP in this initiative, such as Triple P Family Transitions and Webster Stratton/Incredible Years programmes, are already available in Suffolk and this is a great opportunity to look at how access to them might be extended. There's plenty of information already on the Early Intervention Foundation site, including useful short briefing sheets for different agencies, eg local authorities and Health. <https://reducingparentalconflict.eif.org.uk/>

See here for a quick video introduction to the programme and why it matters to children and to services:

<https://www.youtube.com/watch?v=qbwWuck7cOs>

## Fitness Fighters

promoting positive wellbeing through fitness and fun

**Landmark House 4:30pm - 5pm**

Thursday 25th April 2019 - GO1

Tuesday 7th May 2019 - Conference

Tuesday 21st May 2019 - GO1

Tuesday 4th June 2019 - GO1

Tuesday 18th June 2019 - GO8

## Pilates

**Landmark House 3:45pm - 4:30pm**

Thursday 18th April 2019 - GO8

Thursday 2nd May 2019 - GO8

Thursday 9th May 2019 - GO8

Thursday 16th May 2019 - GO8

Thursday 30th May 2019 - GO8

**More dates available - see posters**



**Free group facilitator training!** 10 places available for this 3 day training which equips practitioners to plan and deliver the Webster Stratton Incredible Toddlers programme for parents of children aged 1-2½. This will run at Castle Hill Community Centre, Highfield Road, Ipswich IP1 6DG, from 17<sup>th</sup> – 19<sup>th</sup> June. Preference will be given to applicants experienced in working with this age group and who can commit to co-delivering the 10 week programme later in the year. Please discuss with your manager before applying as we need their written agreement. **Apply through CPD-Online, code PRN 19/027**

This training is being funded by the E-SEE research programme (Enhancing Social and Emotional Health and Wellbeing in the Early Years) and follows on from the successful

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## NEWS updates

Incredible Babies programmes delivered before Christmas. Some practitioners will go on to deliver programmes in the E-SEE areas (Ipswich area and Bury/Stowmarket) as part of the ongoing research. Applicants are also welcome from other areas as we are keen to make this evidence-based programme more widely available for parents and carers across the county.

**Please contact us with any queries at [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk)**

**Liquid Logic** will have a groupwork module later this year. Work is currently going on around the technical aspects but should be rolled out from September so we can input and report on attendance and outcomes from a range of groupwork, starting with parenting courses. Our spreadsheet's days are numbered!



### Online courses for parents and parents-to-be Multi-User Licence

**BREAKING NEWS!** We are delighted to announce that Suffolk CYP Community Health has agreed a 12-month licence enabling **every** parent/carer to access 3 Solihull online courses for LIFE for FREE, with a focus on enhancing relationships at every stage from antenatal to 18 years. We are working with Solihull on the implementation and hope to be issuing licences within the next 3 months - contact [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk)

#### WHAT DO THE COURSES COVER?

- 'Understanding your pregnancy, labour, birth & your baby'
- 'Understanding your baby'
- 'Understanding your child'



- Reach every mum, dad, carer & grandparent with internet access
  - Improves relationships
  - Improves behaviour
  - Easy delivery
  - Implementation support available
  - Evidence based
  - Supports other Solihull Approach activity within your area
  - Understanding your child available in Urdu and Bulgarian, more translations coming
  - Normalising parental self-development
  - Shifting the culture around children's emotional needs and behaviour
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### **Triple P Teen Groups coming to the South**

Tuesday 30th April at Thomas Gainsborough School  
and  
Wednesday 5th June at Hadleigh High School

- Triple P allows parents to choose techniques that work best for them and their families. We provide the information, but you choose the ideas to use and that will work!
- Triple P gives parents proven tips and suggestions about handling common behavioural and developmental issues in their children and young people.
- Triple P involves emphasising positive communication, and planning ahead to prevent a range of issues.

**Presenter: Sally Losasso, Parenting Group Facilitator**

**Contact details: 0771 309 4347**

**Email bookings & enquiries: [Parenting@suffolk.gov.uk](mailto:Parenting@suffolk.gov.uk)**

### **Some Parent's/Carers Feedback:**

*"Great course, very insightful and helpful."*

*"Learning to stay calm and listen to your children really helps ... coming on this course has had a really positive effect ."*

*"Learnt so many ways of avoiding outbursts. Enjoyed this course."*

*"The change in the family atmosphere has been monumental."*

*"This course has given me the ability to stop, think, then act."*

*"Helpful to have practical examples and chance to try them out and come back to discuss results or get further support."*

*"Definitely feel more confident. I have techniques and consequences to put into practice."*

*"Calm consequences and focus on more quality time together."*

*"More calmer and less shouting. More time with child – little and often. Don't ignore child and praise more".*

### **You may find it helpful to engage parents to tell them:**

- The programme shows parents how to encourage the behaviour they want to see and manage the challenging behaviour/misbehaviour
- Raising children is the hardest job in the world, but is the only one we don't get any help with! That's not fair!
- Parents are the experts on their children and are encouraged to choose tips that suit them from the programme to use
- It is proven to work
- It is DVD based and they get a book to keep
- It is free
- Simple tips – easy to do

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### **What's happening in the Wild West!**

Take a look at one of our amazing fathers Chris, who attended our recent Triple P Stepping Stones group. Completely taking on board the need to recognise his children's emotions and to embrace their individuality, Chris came along in this brilliant costume. This was after a previous session where we spoke about how and what a child is feeling impacts on their thoughts and subsequent behaviours. In jest we asked Chris to visually represent this and become a flower....(feelings being the roots, thoughts being

the stem and behaviour being the petals) and so he did! Chris made our day, not only was Chris in touch with his children's feelings and his own, he lifted the whole group's spirits too and he proved that sometimes laughter really is the best medicine.



*Picture: Frances McGinn, Parenting Coordinator, Chris Webster, Parent & Maddie McHenry, Parenting Coordinator*

"The course opened my eyes to all the underlining issues that my 11 year old has to deal with on a daily basis".

"The course has also helped me to deal with his needs and to gain understanding about his additional needs around autism."

Chris Webster, March 2019

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We hope you have enjoyed reading this 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)

To subscribe/unsubscribe to these newsletters contact:

County Parenting Business Support Officer

[Caroline.day@suffolk.gov.uk](mailto:Caroline.day@suffolk.gov.uk)

