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**SUFFOLK  
PARENT  
HUB**

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

It's been a busy few months with 37 groups, workshops and seminars delivered across Suffolk since Easter. Thanks to everyone who sent in referrals, gave us venue's or came in to co-facilitate - you are all very much appreciated! There are new workshops and training opportunities coming up - see [inside](#) for more details.

Please use link below for details of what's on offer from September. 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 September to December 2019

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

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)

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**Liquidlogic EHM Live**

## Groupwork on Liquid Logic - coming soon

As from 2nd September 2019 we are introducing a new and improved way of making referrals for Parenting Programmes eg. Triple P, Strengthening Families, Solihull, Incredible Years & Caring Dads. Liquid Logic users will be able to refer directly through the EHM system and track progress. All self-referrals from parents and referrals from schools and other agencies will be via an online portal.

**More detailed information will be available in August.**

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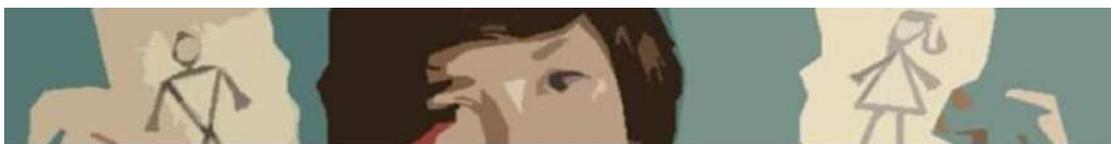
Congratulations to the 10 Early Help staff who recently completed the 3 day facilitator training for the Webster Stratton 'Incredible Toddlers' programme for parents and carers. This follows a similar training this time last year for the 'Incredible Babies' programme and subsequent delivery to parents and babies with great feedback. This has been made possible by our involvement in E-SEE (Enhancing Social and Emotional Health and Wellbeing in the Early Years), a 2-year project which is backed by the National Institute of Health Research. We will be running 'Incredible Toddlers' in the autumn for families already enrolled on the project. The training has also expanded our capacity to offer both programmes across Suffolk in the future as part of the offer of evidence-based interventions for parents and carers of babies and young children.

**Top row from left:** Katie Hilton, Holly Mackinder, Chrissie Baxter **Middle row from left:** Trish Rickman, Michelle Arnold **Bottom row from left:** Kay Witchalls, Maggie Nicholls, Rachael Morley, George Boardman



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## **Reducing Parental Conflict**



Work on this project is progressing well. The focus remains tackling the impact of conflict between parents (living together or apart) on their children and young people.

There's a quick video introduction here: <https://www.youtube.com/watch?v=gbwWuck7c0s>  
and you can find out lots more on the Early Intervention Foundation  
site: <https://reducingparentalconflict.eif.org.uk/>

We have been funded to March 2020 for the early stages of this work. The first part is about raising awareness among everyone working with parents and families, so a big thank you to everyone who came to one of the recent workshops or who contributed their views via the online survey. The results from across Suffolk have now been collated and returned to the DWP as part of their national survey. Please get in touch with us if you would like a copy.

The second part involves offering a programme of free multi-agency training to raise skills and confidence in having those difficult conversations and offering appropriate information and help. This will be a mix of face-to-face and e-learning, based on four half-day modules. You can find out more here:  
<https://www.eif.org.uk/files/resources/rpcp-learner-journey-course-outlines.pdf>

Training will be running between September and March and details will be posted shortly for you to book via EventBrite or CPD Online. Do email us at [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk) if you'd like more details, or if you would like to be involved in the steering group or as a trainer for your colleagues.

If you are looking for a group programme which can support parents and carers going through these issues, please get in touch with us or look on the calendar of events at [www.suffolk.gov.uk/theparenthub](http://www.suffolk.gov.uk/theparenthub) - this has details of a range of workshops, courses and drop-ins organised by the parenting team and other agencies across Suffolk. Most are free and parents can self-refer. Programmes such as Triple P Family Transitions and Incredible Years (both currently available in Suffolk) are among the interventions recommended by the Early Intervention Foundation.

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## Coastal Parenting Hub Felixstowe

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

Mums, dads carers and grandparents celebrated 5 years of the Coastal Parenting Hub (Felixstowe) in May. Where 13 local organisations had stands offering a range of support to Children, Young People and Families in Felixstowe and Ipswich. The Coastal Parent Hub is held on the first Friday of every month (term time only) at Felixstowe Library.

**Above pictures:** Bottom left: Natalie from Homestart, Middle left: Joanne Thomas (Parent), Top middle: Alison McWilliam – Terrance Higgins Trust, Top right: Sian Monteith – SENDIASS, Main photo: Chris Southwell & Libby Barrett – Activities Unlimited



Do you have a child diagnosed with ADHD and would you like to learn more about their diagnosis?

**Join the ADHD and Parenting Team for a Workshop**



Discussions and presentation around what is ADHD? How medication, diet, school and strategies can make a difference.

Where: Riverside Council Offices, Canning Road, Lowestoft.

When: Friday 11<sup>th</sup> October 2019, 9.30am -12.30am.

Refreshments Provided

There are limited places so please contact:

Kate Nicholls, Specialist ADHD Practitioner Newbury Clinic. Tel No 01493 442922

Natasha Hancock, Parent Group Facilitator Tel No 07718 159857

Frances Desborough, Area Parenting Coordinator. Tel No 07540 671193

**James Paget University Hospitals**   
NHS Foundation Trust

**Surviving the Summer Holidays 2019**

The National Trust's 50 Things to do Before You're 11 and  $\frac{3}{4}$  campaign, encourages children to get out into the countryside and become the explorers they're meant to be. Before they reach 11 and  $\frac{3}{4}$ , they can complete 50 outdoor tasks in exchange for badges, certificates, extra games and challenges. And with the amount of beautiful outdoor spaces in Suffolk, we think that your little ones can achieve many of the 50 by the end of the Summer Holidays with your help. Good Luck

1. Climb a tree and swing to another at Go Ape in Santon Downham
2. Roll down a really big hill at Christchurch Park in Ipswich
3. Camp out in the wild at Tangham Campsite in Rendlesham Forest
4. Build a den in the Wild Zone at RSPB Minsmere
5. Skim a stone on Shingle Street beach
6. Run around in the rain at Landguard Point
7. Fly a kite on Rougham Airfield
8. Catch a fish with a net at Bromeswell Fishing Lakes
9. Eat an apple straight from a tree at Thornham Estate Walled Garden
10. Play conkers in Nowton Park, Bury St Edmunds
11. Go on a really long bike ride around the grounds at Ickworth House
12. Make a trail with sticks at Needham Lake
13. Make a mud pie on the Beccles Marsh Trail
14. Dam a stream anywhere that is not too wide or deep! Try the source of the River Waveney at Redgrave and Lopham Fen
15. Play in the snow in the Abbey Gardens, Bury St Edmunds
16. Make a daisy chain in Clare Country Park
17. Set up a snail race at Foxburrow Farm
18. Create some wild art on a wild art course at Thornham Walks
19. Play pooh sticks at Toppesfield Bridge in Hadleigh
20. Jump over waves at Lowestoft beach
21. Pick blackberries growing in the wild hedgerows along The Stanton Rides near Wyken Vineyards
22. Explore inside a tree in Rendlesham Forest's play area
23. Visit a farm, we recommend Easton Farm Park
24. Go on a barefoot walk on the Angles Way from Somerleyton Station
25. Make a grass trumpet along the Gainsborough Trail in Sudbury
26. Hunt for fossils and bones in Ramsholt
27. Go star gazing on Covehithe beach
28. Climb a huge hill up to Clare Castle
29. Explore a cave. This is one for the imagination. Tell your children the story of The Green Children of Woolpit, who emerged from a cave...
30. Hold a scary beast at Africa Alive!
31. Hunt for bugs in Arger Fen and Spouse's Vale
32. Find some frogspawn at Carlton Marshes near Oulton Broad
33. Catch a falling leaf in Brandon Country Park
34. Track wild animals during the red deer rutting season at RSPB Minsmere
35. Discover what's in a pond on a pond-dipping session at Carlton Marshes
36. Make a home for a wild animal at RSPB Wild Garden in Flatford
37. Check out some crazy creatures in a rock pool on Corton Beach
38. Bring up a butterfly that you found along the Sailor's Path in Snape
39. Catch a crab at Walberswick, the home of crabbing!
40. Go on a nature walk at night with the RSPB guides at Lakenheath Fen
41. Plant it, grow it, eat it. The growing you might have to do at home, but you can certainly pick your own fruit and veg at Friday Street Farm
42. Go swimming in the sea at Southwold beach
43. Build a raft on Outney Common in Beccles
44. Go bird watching on RSPB Havergate Island
45. Find your way with a map and compass along the Stour Valley Path long distance route
46. Try rock climbing "The Cragg" at the Mid-Suffolk Leisure Centre in Stowmarket
47. Cook on a campfire at Tangham Campsite in Rendlesham Forest
48. Learn to ride a horse at Valley Farm near Wickham Market
49. Find a geocache on Dunwich Heath (collect your GPS system from the information hut and off you go!)
50. Canoe down a river. We recommend the Little Ouse at Santon Downham, where it'll be just you and the kingfishers!

**Still stuck for inspiration for the Summer Holidays? - [Link for more activities](#)**

*(With thanks to Yvette Hart and The National Trust)*

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**UNDERSTANDING YOUR CHILD**  
  
**S O L I H U L L   A P P R O A C H**

**Free online courses for parents and parents-to-be**

**COMING SOON!** From the end of September, all parent/carer in Suffolk will be able to access 3 Solihull online courses for LIFE for FREE, with a focus on enhancing relationships at every stage from antenatal to 18 years. Information packs will be coming out shortly but for more details 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'

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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)



