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**SUFFOLK
PARENT
HUB**

Welcome to the Summer / Autumn 2018 edition of the Parenting Team Newsletter.

With everyone's thoughts turning to end of term and holidays, we wish you all a good summer break. Here are some links to activities for families over the summer holidays, and our calendar of groups and workshops. And remember to check online at www.suffolk.gov/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.

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 2018

[All Localities](#)

**One
Life
Suffolk**

FREE SUMMER HOLIDAY CLUBS
ACROSS SUFFOLK

Call 01473 718193 or Visit

www.onelifesuffolk.co.uk

[Link to leaflet](#) with dates and more details.



This year's theme is 'Mischief Makers', inspired by the much-loved iconic children's title The Beano, which celebrates its 80th anniversary this year. There is no other free reading activity that involves so many children, introduces families to their library, encourages children to choose books freely and independently and is endorsed by parents, teachers and the Department for Education. For more information visit <https://summerreadingchallenge.org.uk>



The next Caring Dads programmes will be starting this autumn in Lowestoft, Ipswich



Central & South Suffolk Locality

NEW MONTHLY PARENTS COFFEE MORNING DROP-IN

8:50 am- 9:50am Monday mornings
at Woodhall County Primary School,
Mayflower Way, Sudbury CO10 1ST

WHAT'S ON THIS AUTUMN.....

15th October - Child behaviours - why do
they act like they do?

19th November - *Guest Speaker

17th December - *Guest Speaker

A friendly monthly Parenting Group with a
cuppa.....

Chat with other parents

*Parents can request guest speaker of
your choice to give a talk

[Link to flyer](#)



The deadline for referrals for the national
E-SEE Project (Enhancing Social and

and Bury St Edmunds, and run for 17 weekly
2-hour evening sessions.

- Ipswich - starts Thursday 27th
September, 2018, 6 - 8pm at Wellington
Children's Centre, 52 Chevallier Street,
Ipswich IP1 2PB
- Bury St Edmunds - starts Wednesday
17th October, 2018, 6 - 8pm (central
Bury, venue to be confirmed)
- Lowestoft - starts September, 2018

Each programme will be run by a team of trained
and experienced male and female group
leaders. The programme is referral-only for men
who want to change abusive patterns of
behaviour and to build happier and safer
relationships with their children. If you wish to
refer a father to the Ipswich or Bury programme,
please use the [Caring Dads referral form](#) and
return to parenting@suffolk.gov.uk.
For details and applications for the Lowestoft
programme please contact the Waveney
Domestic Violence and Abuse Forum
(info@waveneydvforum.org.uk).

Please note there is a compulsory interview
stage which father and referrer need to attend
before any places can be confirmed - dates will
be in September and confirmed shortly.

Looking for Volunteers.....

Is there anyone within
Suffolk County Council
who could translate our **Triple P**
[TOP 10 TIPS FOR PARENTS](#)

Translations required in Polish,
Bengali, Portuguese, Chinese,

Emotional well-being in the Early years) has been extended to 10th August, giving us extra time to let eligible parents know about it. After a slow start, referral numbers are picking up so please continue to publicise the study with eligible families - and remember parents can self-refer online via the study website <http://e-see-trial.org>. The site also has lots of information for practitioners (get in touch with us at parenting@suffolk.gov.uk if you haven't already got a log-in code). Parents need to have a baby 0-8 weeks at the time they apply, and during the trial (lasting until 2020) will meet with researchers at regular intervals and be offered one or more interventions including services as usual, and/or the Incredible Babies book or the chance to join an Incredible Babies or Incredible Toddlers group programme. All participating parents will be offered vouchers up to £70 in total as a thank you for their time. This week 10 CYP practitioners have completed the Incredible Babies group training in Ipswich and are looking forward to running groups from October. Thank you again to everyone who is contributing towards the E-SEE project which will really develop our understanding and resources for supporting the emotional development and wellbeing of very young children.

Tagalog, Lithuanian, Malayalam,
Turkish and Kurdish.

If you can help please contact
Kay.Witchalls@Suffolk.gov.uk

NEW METHODS OF DELIVERY

The parenting offer in SCC currently includes access to licences for the online versions of Triple P Group and Triple P Teen, and we are also looking at the resources for the online Solihull programme. These have had good results in recent research* but it would be good to hear what you feel are the pros and cons of online interventions, especially if you have had first-hand experience. We are trialling condensed versions of some of our courses to extend accessibility - positive feedback so far and we will have more news on this in the next newsletter.

**Johnson, R. (2018) 'Improvements in parenting achieved with innovative online programme: Preliminary evaluation of 'Understanding Your Child - Online' (UYC-OL) - A Solihull Approach course for parents and carers'. Educational and Child Psychology 35(1), pp 40-50.*

**Early Intervention Foundation assessment of Triple P Online gives score of high effectiveness (3+ out of 4) and low cost (1 out of 4):*
<http://guidebook.eif.org.uk/programme/triple-p-online>

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

Business Support Officer & to subscribe/unsubscribe to these newsletters:
Caroline.day@suffolk.gov.uk

