

[View this email in your browser](#)



**SUFFOLK  
PARENT  
HUB**

## **Welcome to the Winter 2017-2018 edition of the Parenting Team Newsletter.**



Looking back at 2017: This has been a busy year for the team with 103 programmes and workshops delivered across Suffolk. There were over 1500 parents and carers referred in or requesting programmes. Thank you all for your support!

Welcome to our 2 new parenting group facilitators Mary Firth (West Suffolk) and Natasha Hancock (Lowestoft and Waveney) who have just started and will be involved in groups and getting to meet local teams in the New Year. ....and forward to 2018: Please see the link below for details of programmes planned by the Parenting Team, Health & Children's Centres and other agencies for the spring term and beyond. And remember to check online at

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

Link to evidenced based parenting programmes, Seminars and Parent Hubs from  
January to March 2018

[All Localities](#)

# Merry Christmas



Parents from a recent Triple P Family Transitions programme at Sunshine Children's Centre, Stowmarket, delivered by Area Parenting Coordinator Naomi Hunnibell and Jane Brewster (FSP) from the Central & South Early Help team. This group kindly agreed to video their feedback at the end of the programme so that it



Find information and support to help your family

could be shared with practitioners and other parents who would like to know more about what happens in group sessions. We'll have more information about video feedback in future newsletters - or do get in touch direct if you would like to know more.

---



Triple P online: We have just received a new batch of licences for Triple P & Triple P Teen online programmes. These include an online parent workbook, videos, exercises, downloadable tip sheets, emails, podcasts and optional text reminders. These licenses are for parents/carers who want to do the programme but for a variety of reasons may be unable to access group sessions (eg distance, work patterns, disability). We can supply the licence and also support staff working with the family to make sure they can get the most out of the programme. Please contact us on [parenting@suffolk.gov.uk](mailto:parenting@suffolk.gov.uk) if you would like more details. Parents who don't meet the criteria can find out more and buy a licence via [www.triplep.net](http://www.triplep.net) (This will cost £75).

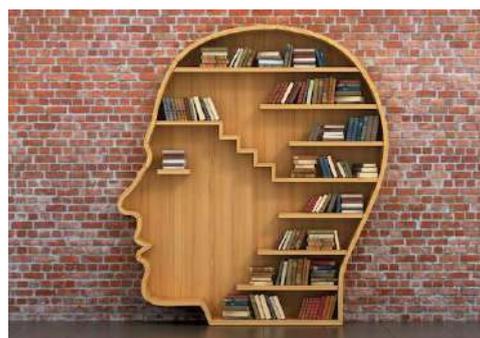
---

stay mentally well through Suffolk's new Emotional Wellbeing Gateway.

A new Emotional Wellbeing Gateway is now available online to assist parents and carers who are worried about their child or young person's emotional wellbeing. The new gateway is funded by the Children and Young People's Emotional Wellbeing 2020 Plan, which is a five year plan focused on transforming services that supports emotional, behavioural, and mental health needs of all children of all people in East and West Suffolk. Families looking for wellbeing and mental health support can find practical advice and local support services in the new Emotional Wellbeing Gateway website, which has been co-produced with the Suffolk Parent Carer Network. Visit:

<http://info.link.suffolk.gov.uk/emotionalwellbeinggateway>

---



On the [Suffolk Parent Hub](#) pages you can find just-updated details of resources which can be reserved with Suffolk Libraries, covering family issues from the everyday (starting school, tantrums) to the most challenging situations. The section on Family break-up includes books for small children to teenagers and parents on how to deal with these changes.

---



New Workshop on 30th January

Kay Witchalls from the Parenting Team and Sian Monteith from SENDIASS are presenting a new workshop for parents/carers at Sidegate Primary School, Ipswich. This combines Triple P's seminar exploring how parents/carers can develop life skills for children to help them manage their emotions, and a SENDIASS workshop for parents/carers to support their children to ask for help in school and in the community.

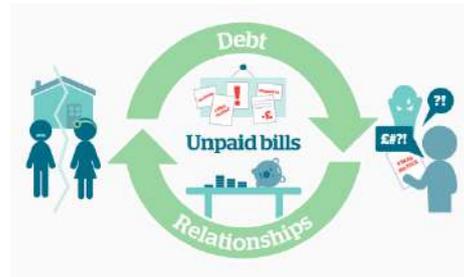
Only 30 places available - for more details and to book your free

ticket: <https://www.eventbrite.co.uk/>



### Building better Links

We are delighted that, following a very positive trial in Lowestoft, it has been agreed by Social Care managers and Practice Educators that Social Work students and newly-qualified Social Workers will have the opportunity to co-facilitate a range of parenting programmes with qualified group leaders from January. We are hoping this will benefit all concerned - opportunities for practice-based professional development and working together and more capacity to deliver interventions for more parents. If you are interested in shadowing or co-facilitating on a



RELATE's recent newsletter focusses on money, debt and relationships

[Relate November Newsletter](#)

---

FOCUS ON...CONFLICT BETWEEN PARENTS  
Recent research from the Early Intervention Foundation examines the negative effects severe conflict between parents can have on children, argues for greater recognition and analyses the most effective interventions currently available [here](#).

The government has been looking at new approaches for local authorities and other agencies to offer information and support for parents in conflict in order to improve outcomes for children. You can see a short video from the [Innovation Unit here](#), with links to a wider toolkit compiled from the work of several pilot areas. Honor Rhodes has written a very useful short guide for practitioners on supporting couple relationships and working with family breakdown - you can download it free from [here](#). CAF/CASS is developing a new High Conflict pathway for parents in the Family Court system who have become deadlocked in trying to resolve issues. This also looks at the growing issue of parental alienations. More details from [www.CAF/CASS.gov.uk](http://www.CAF/CASS.gov.uk).

Also on the CAF/CASS website you can find details of the one day [SPIP programme](#)

programme, please get in touch with us to discuss.



During 2017 the team have trained 96 colleagues in the Solihull Approach. They have also trained 39 in the Solihull Group Facilitation. We have seen significant increase in the number of Solihull Groups offered to parents this year. As Suffolk is taking part in the national E-SEE trial in 2018-19, there will be funded training places in Webster Stratton Incredible Babies and Incredible Toddlers, plus regular clinical supervision. We are also investigating how to build up our capacity to offer Caring Dads training in-house from experienced group leaders, and following some changes in the external organisation of the Strengthening Families programme we hope to restart group facilitator training again next year.

(Separated Parents Information Programme) which can be required of parents going through the Family Court and may form part of their preparation for mediation. In Suffolk [CIDAS](#) (Children in Divorce and Separation) offers counselling for children/young people (up to 18 years of age) whose parents have separated or divorced, or those in process of separating. It operates in Ipswich, Saxmundham and Stowmarket. The parenting team offers a five session Triple P Family Transitions programme for parents who are either currently or previously going through divorce or separations, where this is still causing difficulties for themselves and their children. The programme focusses on talking to children about what is happening, building more positive relationships with ex-partners and parents taking care of themselves, including managing stress and painful emotions. Parents do not have to be going through the Family Court and can self-refer (referrals are also welcome). Look on the group calendar or contact us for details of the next programme in your area.

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)

Business Support Officer:

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



---

This email was sent to [Caroline.Day@suffolk.gov.uk](mailto:Caroline.Day@suffolk.gov.uk)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Suffolk County Council · Endeavour House · 8 Russell Road · Ipswich, Suffolk IP1 2DH · United Kingdom

MailChimp