



Greenwich Parenting Forum Newsletter No 1 (FEBRUARY 2012) rev

The Greenwich Parenting Forum is held quarterly and is open to all workers in Greenwich who support families. The aim is to hear about parenting support and parenting classes running in the borough from both voluntary and statutory agencies.

The Second Greenwich Parenting Forum took place on Tuesday 24 January 2012 at the Memorial Hospital on Shooters Hill. In the first part of the afternoon, three agencies presented the parenting support that they offer. Then, after tea, groups undertook some networking and sharing of information before feeding back their ideas and information to the larger group.



Paul talked about the **Expert Patients Programme** and explained it is a free course running in Greenwich all year round. Each course lasts 6 weeks and aims to support parents or carers of a child with a long term condition or disability, including learning disabilities. The course aims to help the parent / carer with management skills to enhance coping with stress, tiredness, problem solving as well as child behaviour & communication, sibling issues and the school system.

Tel: 020 8312 6070. e-mail: vitta.curtis@greenwichpct.nhs.uk



Seval and Sarah talked about **Greenwich Welcare** based in Woolwich Common. They outlined the parenting support services such as counselling, literacy classes, crèche, and music therapy and also parenting classes – a rolling 10 week course and a longer 30 week course for adults with learning needs. Seval also noted a new course starting soon called 'Road to Recovery' supporting women affected by domestic violence. Welcare is based in Woolwich, but services are available to all families with children aged 0-12 living in the borough of Greenwich. For a complete list of services contact:

Tel: 020 8854 3865 e-mail: seval.tahsin@welcare.org



Lynn talked about **Family Action (FA)** based in Thamesmead (formally FWA and before that FSU). Projects highlighted were *Building Bridges* – supporting families affected by a parent living with mental ill-health. (Contact: Lynn). *Talking Point* – a counselling service for children aged 9-16 (Contact: Corrine) and *Young People's Counselling* for young people not in employment, education or training. Age range 17-21 (24 if learning disability present). (Contact: Andrea). Based in Thamesmead, FA's services are available to all families living in Greenwich. Some drop-in's are also being set up around the borough – contact FA for details.

Tel: 020 8310 6570 email: thamesmead@family-action.org.uk



After each forum, an updated list is completed with the latest news about parenting support running in the borough. For a copy of this list please email jackief@gcc.ac.uk. You may also find useful parenting support information from the **Families Information Service**. Tel: 020 8921 6921. email fis@greenwich.gov.uk

Parenting Tools Interest Group

Pete & Gill from Greenwich CAMHS intend to set up a monthly or 6-weekly group where workers can discuss 'tools' used in promoting positive parenting techniques. The aim is to share ideas to enhance skills when suggesting ideas to parents. Topics covered would include play, praise, rewards, effective discipline, time out as well as ideas to help parents manage their own feelings and levels of stress. If you are interested please email pete.brown@oxleas.nhs.uk or gill.stevens@oxleas.nhs.uk and enter *parenting tools interest group* in the subject box.



Please note: Pete might have implied this was to be a clinical case discussion / peer supervision group when he mentioned this at the parent forum. This is not case but may be an option for the future.

At the first forum in Sept 2011, Pete presented an overview of common ingredients in parenting programmes as well as parenting books that he has found useful. If you would like a copy of the slides, please email pete.brown@oxleas.nhs.uk



The next Greenwich Parenting Forum will

take place on **Tuesday 1 May 2012** from 2-4pm at the Memorial Hospital, Shooters Hill, SE18 3RZ.

Ample free car parking. Go to training room 4. Free refreshments.

To book your place, email jackief@gcc.ac.uk

The afternoon will include 3 to 4 new presentations as well as time for networking.