

**Welcome to the latest Newsletter!**

We have expanded to two pages for this edition as there is much to fit in!

**What is the Greenwich Parenting Forum?** A quarterly meeting to hear about *parenting support* and *parenting classes* running in the borough from both voluntary and statutory agencies. It is open to all workers / professionals in Greenwich who support families. This newsletter is intended for workers / professionals working with children & families throughout the Royal borough of Greenwich.



Next GPF:  
THURS 14  
8 NOV 2012 1.30-4pm,  
Memorial Hospital.

The 5th Greenwich Parenting Forum took place on Thursday 12 July 2012. Below are overviews of the four presentations that took place in the first hour. After the presentations, some very useful networking took place. Looking at the evaluation forms, time for networking is seen to be as valuable as hearing the presentations.



**FAST (Families & Schools Together) Parenting Programme.**

**FAST** is an after-school, multi-family group programme which is offered to all children in a school year group and their families. The course runs for 8 weeks and, on completion, the participants are encouraged to take part in a peer-support network for at least 2 years.

If any primary schools or children's centres are interested in finding out about FAST and running it in their settings please contact [debbie.edwards@greenwich.gov.uk](mailto:debbie.edwards@greenwich.gov.uk)

Find more information at [www.mdx.ac.uk/fast](http://www.mdx.ac.uk/fast)



**Raising Boys and Fathers Coaching Parent classes.**

Marc, Fathers Engagement Coordinator, presented the 4 week **Raising Boys** parent classes which are running on a rolling programme across Children's Centres (they are also available in Primary schools). These popular classes look at boys needs and considers many interesting aspects including differences in brain development between boys and girls. **Fathers Coaching** is aimed at fathers and offers a male-only supportive environment to discuss fathering dilemmas. The course includes helping fathers to value their role which is often undervalued by unhelpful stereotypes. For more information contact [marc.james@greenwich.gov.uk](mailto:marc.james@greenwich.gov.uk)



**CAMHS NVR (Non-violent Resistance) Parenting Programme.**

Elisabeth talked about the **NVR** parenting programme and the unique approach of NVR. This programme is aimed at parents of children and young people with severe behaviour issues usually involving intimidation, threats and violence to other family members. The programme runs two to three times a year and is open to parents whose child / children are under CAMHS.

For an explanatory booklet / more information contact [elisabeth.heismann@oxleas.nhs.uk](mailto:elisabeth.heismann@oxleas.nhs.uk)



**Greenwich Women's Aid / Housing for Women**

Genevieve gave an overview of support offered by Genevieve and Poppy who provide support to parents and children. There are three main options – ① Intense one to one support for women (e.g. crisis advice and floating support); ② After school groups for children aged 7+ who have been exposed to DV and ③ Holiday activities. There are also close links with *Her Centre* in Greenwich and a helpline with access to refuges throughout the UK. There are two refuges in Greenwich. For information and information leaflets contact: [poppy@gwaid.org.uk](mailto:poppy@gwaid.org.uk)  
**Referral & information line: 020 8317 8273.**

**Advertisements for parenting support / classes in Autumn 2012** (This information was provided in person at the forum in July)

**Prospects GO 4 IT** providing support to 16-19 year old young people, not in education, employment or training, who are either teenage parents, care leavers or in care.

Aim of service is to help find training or sustainable employment. Programme entails bespoke support with targeted funding.

Contact: Damian Best 07703 972 317. Roopa Dosh 07703 972 310.

**Home Start Greenwich – Volunteers wanted!**

Volunteer preparation course from 25 Sept – 20 Nov every Thursday 9.30am – 2.30pm. at Vista Children's Centre and 18 Jan – 15 Mar 2013 at Brookhill Children's Centre. Contact: [admin@homestartgreenwich.org.uk](mailto:admin@homestartgreenwich.org.uk) 0202 317 4298.

For information about what Home Start Greenwich offers for families see **GPF, Newsletter 2.**

**Taming Tantrums - 6 week parenting group for parents / carers of children under 5.**

Mulgrave Children's Centre. Starts Oct 2012. Facilitator: Pete Brown, Greenwich CAMHS. Enquires: Julie McGeehan.

[jmcgeechn@mulgrave.greenwich.sch.uk](mailto:jmcgeechn@mulgrave.greenwich.sch.uk)

**Understanding & Managing young children's behaviour. 4 weekly workshops for parents of children under 5**

Plumstead Children's Centre / Slade Children's centre – Autumn 2012. Contact [tina.atley@greenwich.gov.uk](mailto:tina.atley@greenwich.gov.uk) or [gill.stevens@oxleas.nhs.uk](mailto:gill.stevens@oxleas.nhs.uk)

## Raising Boys 4 week parenting group

Eglinton Children's Centre: 18 Sept – 9 Oct.; Plumstead Children's Centre from November. Contact: [marc.james@greenwich.gov.uk](mailto:marc.james@greenwich.gov.uk)

## NVR Parenting programme 'Rebuilding family relationships' 10 week parenting course

Next course: Oct – Dec 2012. Tues 5-7pm. Highpoint House, Memorial Hospital. Joint course from Bexley CAMHS & Greenwich CAMHS. Families must already be under CAMHS.

NVR – 'gangs and street violence'. Starts Sep 2012. Referrals via new 'Troubled Families' co-ordinator.

NVR training for facilitators: starts Oct 2012. Enquires: [elisabeth.heismann@oxleas.nhs.uk](mailto:elisabeth.heismann@oxleas.nhs.uk)

## Parenting Skills courses at Greenwich Welcare

Monday group: for parents / carers with learning support needs (30 weeks). Wednesday group: parenting skills (10 weeks).

Literacy course: 10 weeks. All courses re-commence Autumn 2012. Enquires: [sarah.clark@welcare.org](mailto:sarah.clark@welcare.org)

For information about Greenwich Welcare see **GPF, Newsletter 1**.

## Karen Hearne – parenting skills tutor 'empowering parents for positive change'

Freelance tutor working at Greenwich Welcare available for parenting skills courses in children's centres and primary schools..

Contact: [Karen.parentingskills@gmail.com](mailto:Karen.parentingskills@gmail.com)

## Greenwich Mencap

ADHD Parent Support Group. 6 Sep and the first Thursday in the month at Brookhill Children's Centre, 10am-12midday.

Greenlights Project: practical support for families where a child with a learning difficulty also exhibits behaviour problems (waiting list).

Contact: [habibah@greenwichmencap.co.uk](mailto:habibah@greenwichmencap.co.uk) For information about Greenwich Mencap and services see **GPF, Newsletter 2**.

## Parent Support Group 72 Blackheath Rd, Greenwich SE10 8DA

'Living with Challenging behaviour' parenting course: Wed 12 Sept 12-2.30pm for 6 weeks. Drop-ins for parents / carers: every Thursday 12-2.30pm and Wed 6.30-9pm. Residential weekend 5-7 Oct. Counselling for parents: tues, wed and thurs.

Contact: [admin@psg.org.uk](mailto:admin@psg.org.uk) Helpline: 020 8469 0205. Also see [www.psg.org.uk](http://www.psg.org.uk)

## Greenwich Building Bridges supporting families affected by a parent living with mental ill-health

Drop-in mornings Thursdays 9.30-12.30: 6th Sep to 11th Oct at The Eltham Centre; 18th Oct to 22 Nov – Sherington Children's Centre; 29th Nov to 10th Jan'13 at Family Action – Thamesmead. Please call Lynn or Corinne on: 020 8310 6570 for further details.

For information about Family Action and Building Bridges see **GPF, Newsletter 1**.

## GAVS – Greenwich Action for Voluntary Service

GAVS provides a wide range of assistance for voluntary organisations in Greenwich including those who work with and/or for children and young people. More details at [www.greenwich-cvs.org.uk](http://www.greenwich-cvs.org.uk)

**The Families Information Service Directory** has eleven sections packed with details of teams and organisations that support parents and families in the Royal borough Of Greenwich. To obtain the latest copy email [fis@greenwich.gov.uk](mailto:fis@greenwich.gov.uk)

Jackie Fotheringham, co-founder of the GPF, leaves Greenwich Community College to move to pastures new. Jackie writes about the GPF:

*"I like how the parenting forum has brought so many people together, from the public, private and voluntary sector, all with the same vision in mind, of providing parenting courses and support to parents throughout Greenwich. My new role at Kruger Associates [private training provider] is taking me far and wide already; I am building relationships with colleges all over the UK whilst still keeping in contact with many of the people that I have made connections with in Greenwich over the years".*

Pete would like to say a big **thank you** to Jackie for her hard work over the last year!

Starting with the next newsletter, we will be reviewing useful parenting books. In the next issue we will review

**DIVAS & DICTATORS**  
by Charlie Taylor.

This will include an overview of the powerful and effective 6 to 1 praise vs criticism strategy for managing children's behaviour.

### The Seventh Annual Greenwich Child and Adolescent Mental Health Services (CAMHS) Under 5s Conference

Date: Wednesday 17 October 2012  
Time: 9.30am - 4.30pm  
Venue: Charlton Athletic Football Club  
The Valley, Floyd Road SE7 8BL

**' Couple conflict and development:  
Working with the child in the parental couple,  
and the parental couple in the child'**

### Greenwich CAMHS Under 5's Conference

Wednesday 17 Oct 2012

Main Speaker, Dr Christopher Clulow,  
Tavistock Centre for Couple Relationships.

For further information, including booking details, please email [berna.budak@oxleas.nhs.uk](mailto:berna.budak@oxleas.nhs.uk)

**Diary Date!** The next **Greenwich Parenting Forum** will take place on **Thursday 8 44 November 2012** from 1.30pm-4pm at the Memorial Hospital, Shooters Hill, SE18 3RZ. Ample free car parking. Go to training room 4. Free refreshments. To book your place, please email [pete.brown@oxleas.nhs.uk](mailto:pete.brown@oxleas.nhs.uk) Programme details to be announced.

Also email Pete if you ① wish to promote your service in one of the 15 min presentation slots at a future Parenting Forum, ② to request copies of previous GPF Newsletters or ③ if you are not on the mailing list and would like to be on it.