

Greenwich Parenting Practitioners Forum (GPPF)

Newsletter No 4

December 2012

'for all workers / professionals in Greenwich who support parents, carers, children and families'

Welcome to the latest Newsletter!

You will notice that the **Greenwich Parenting Forum** (GPF) has now had a slight change of name to the **Greenwich Parenting Practitioners Forum** (GPPF). This is because there was some confusion about the forum being a direct resource for parents. We must clarify that, at this stage, it is intended for workers / professionals working with parents, children & families throughout the Royal borough.

The GPPF meets quarterly to hear about various types of *parenting support* and *parenting classes* running from both voluntary and statutory agencies.



Next GPPF:
Tuesday
12 Feb 2013
1.30-4pm
Memorial Hospital.

The 6th GPF (now GPPF) took place on Thursday 8.11.12. Below are overviews of the four presentations that took place. After the presentations, some very useful networking took place and the group helped Jen Wolfe from FIS update the parenting section of the FIS directory (see next page for details).



Parent Support Group.

Jess, student social worker, presented information about the Parent Support Group (PSG) based in Blackheath. PSG supports parents, guardians, carers, of any young person who behaves in a criminal or socially unacceptable way. They outlined a number of services: helpline, drop in groups or social events from which often stem particularly relevant focussed discussions, a six session course *Living with challenging behaviours* on parenting skills, personal counselling and valuable residential weekends at Macaroni Woods in the Cotswolds.

Tel: 0208 469 0205 email: info@psg.org.uk web: www.psg.org.uk



Her Centre.

Anuk, therapist at Her Centre, based in Woolwich, highlighted particularly worrying statistics on the high rate of domestic violence in Greenwich borough. Her Centre services are free and confidential. They can be summarised as follows: one-to-one and outreach advice service at different centres in Greenwich; domestic and sexual violence advocacy project; an open forum; women's groups including multicultural forum and a young parent's project. Most of Her Centre's funding comes from the police service.

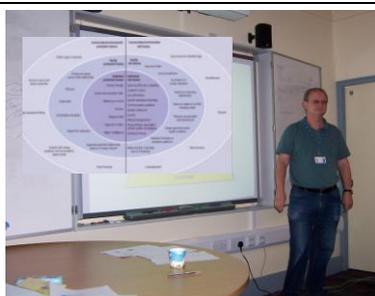
Tel: 0203 260 7715 email: info@hercentre.org web: www.hercentre.org



Strengthening families, Strengthening communities Parenting Programme.

Denise (attendance advisory service) & Mullai (youth offending service) presented a parenting programme which offers an opportunity for parents from different cultures and communities to gain useful skills for bringing up children with positive outcomes for their future. SFSC runs three times a year for 13 weeks for parents of children aged 8 years and over. The topics covered are: *Culture of Origin, Rites of Passage, Enhanced Relationships, Positive Discipline, Community Involvement*. Lunch and childcare are provided. Referral pathways are (a) Parenting Orders via Magistrate's Court or (b) Other agencies working with families via referral.

Contact denise.wells@royalgreenwich.gov.uk or mullai.marimuthu@royalgreenwich.gov.uk



Children's' mental health & emotional wellbeing: protective & risk factors.

Pete from CAMHS gave a presentation on children's emotional wellbeing looking at (a) social factors (b) family factors and (c) individual child factors that either promote or impede children's emotional wellbeing. A useful diagram was given out that looks at these factors. He also looked at four important domains in children's lives that help to think about their mental health issues. Pete ended with a short video clip from the BBC documentary film 'I Hate Mum' that showed CAMHS workers using puppets to help children express anger constructively.

email pete.brown@oxleas.nhs.uk if you want a copy of the presentation slides.

Advertisements for parenting support / classes from Jan 2013 (This information was provided in person at the forum)

Parent Support Group see above for details of services. Tel: 0208 469 0205 email: info@psg.org.uk web: www.psg.org.uk

Her Centre see above for details of services. Tel: 0203 260 7715 email: info@hercentre.org web: www.hercentre.org

Strengthening families, Strengthening communities Parenting Programme see above for details of programme and contact emails.

The Incredible Years Parenting Programme for parents of children aged 3-6 years. Referrals considered from Children's Centres, primary schools, children's services and CAMHS. Contact dawn.luff@oxleas.nhs.uk or pete.brown@oxleas.nhs.uk Intended start Feb 2013 for 14 weeks.

Taming Tantrums - 6 week parenting group for parents / carers of children under 5. Rolling programme across Brookhill, Cardwell and Mulgrave Children's Centres. Contact pete.brown@oxleas.nhs.uk

KCA Young People's Substance Misuse Services

Support to parents regarding their child's drug / alcohol misuse. Also, support to children affected by parental drug / alcohol use. Contact simon.knott@kca.org.uk Tel: 0208 921 2800

Raising Boys 4 week parenting group

At Children's Centres across Greenwich. Contact: marc.james@greenwich.gov.uk for details. Also run by marilyn.tilbrook@royalgreenwich.gov.uk across Cardwell CC and Pound Park CC federation. Also at Greenwich Welcare from Feb 2013 (see below).

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

Next course: Jan /Feb 2013. Tues 5-7pm. Highpoint House, Memorial Hospital. Joint course from Bexley CAMHS & Greenwich CAMHS. Families must already be under CAMHS. Enquires: elisabeth.heismann@oxleas.nhs.uk

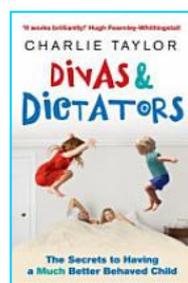
Greenwich Welcare (for families with a child under 12 years)

Monday parenting group: for parents / carers with learning support needs (30 weeks). Wednesday group: parenting skills (10 weeks). Counselling. Family support work for parents with learning support needs; music making 6 week group (twice yearly); parenting group with Women's Aid coming in Feb 2013 (10 weeks). Raising Boys coming in Feb 2013. Enquires: sarah.clark@welcare.org

Greenwich Mencap

- ♦ ADHD Parent Support Group. 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

To advertise your agency's support for parents , children and families in the next newsletter come to the next forum on 12 Feb 2013



BOOK REVIEW: DIVAS & DICTATORS Reviewed by Marilyn Tilbrook, Family Support Worker, Cardwell Children's Centre.

I would recommend this book to professionals who work with parents and also families in need of support around the trials and errors of being a parent. Charlie Taylor offers advice in a humorous way but gets the point across. He is a parent himself and admits that his children annoy him. He is one of the few that actually admit to how irritating children can be. He had me laughing through the 'reptile' chapter which every parent can relate to. The 6:1 praise vs criticism strategy is followed up with the need to practise and take time. Consistency runs through his book, which is a passion of mine when delivering groups. The premise of the book is that you can change behaviour, but it won't happen overnight. As a professional who runs groups for parents, I have often used it to dip in and out of to help parents that need some advice and support around different issues. When you have run out of ideas and your nerves are shredded, pick up Charlie Taylor's book for an insight into the real world of Diva's and Dictators.

Charlie Taylor is a parent, former head teacher of a special school and current government advisor on managing behaviour in schools.

Do you wonder what happens to families when they go to CAMHS?

If so, you may like to know that a new version of the 'I Hate Mum' documentary shown on BBC1 in 2010 is now out on DVD. Renamed 'Therapeutic responses to families in crisis' the film shows two families using Greenwich CAMHS and receiving help from a family therapy team. The film includes new scenes and gives an insight into some of the family therapy work taking place in CAMHS.



To view video clips from the film and to order a DVD visit the oxleas web site

www.oxleas.nhs.uk/familytherapy2012

Positive Parenting Mini Quiz

Try the short quiz below. The first five responses with the correct answers emailed to pete.brown@oxleas.nhs.uk will receive a free copy of the DVD 'Therapeutic responses to families in crisis'

- 1 When using time out (or naughty step) to be effective it should be used a maximum of (a) 3 times an hour, (b) 3 times a week, (c) 3 times a month, (d) 3 times a year.
- 2 To get better behaviour from your child, do you catch him or her being (a) bad, (b) good, (c) terrible, (d) outstanding?
- 3 Small rewards often promote good behaviour, but what is the difference between a bribe and a reward?
- 4 A recent survey showed that good stress management was by far the most important aspect for parents in promoting positive behaviour with children. Why?
- 5 Praising young children for helpful, kind or cooperative behaviour often brings about better behaviour, but why is noticing good behaviour often so difficult to do?
- 6 Quality time with children often helps to foster good relationships between parents and children. The most effective 'quality time' is (a) whole family time or (b) one on one time with an individual child. Explain your choice of answer.

NEWS



Family Action Greenwich (formerly Family Action Thamesmead) is moving on 3 Dec 2012 to New Charlton Community Centre, 217 Maryon Road, Charlton, SE7 8DB. Phone: To be confirmed.

Email: greenwich@family-action.org.uk

Services still include **Building Bridges; Talking Point and Young People's counselling.**

Family Action would like to invite you to their Welcome afternoon on: **12th December 2012 from 12 noon**



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@royalgreenwich.gov.uk

GPPF SPECIAL THEMES coming soon:

We intend to cover some specialist themes in some future GPPF's including Autism, Bereavement, Managing children's 'screen time' and internet use.

The next **Greenwich Parenting Practitioners Forum (GPPF)** will take place on **Tuesday 12 Feb 2013** from 1.30pm-4pm at the Memorial Hospital, Shooters Hill, SE18 3RZ. Ample free car parking. To book your place, please email pete.brown@oxleas.nhs.uk Programme to be announced nearer the time.