



GPPF Newsletter

No 6, June 2013

'for all workers / professionals in Greenwich who support children & families'

What is the Greenwich Parenting Practitioners Forum (GPPF)?

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.

The 8th Greenwich Parenting Practitioners Forum took place on Tuesday 21 May 2013

Three presentations took place followed by networking including updates to the Families Information Service Directory.

The Next GPPF will take place at Memorial Hospital on THURSDAY 24 OCT 2013. See you then!



1. DiscoverME confidence building courses for parents

Anna talked about the DiscoverME courses that are running in a number of Greenwich Children's Centres. Discover Me is a confidence building programme for parents, not a parenting programme and coaches parents around increased confidence and empowerment. Marion and Olma, two parents who have completed the programmes, talked movingly about what the programmes had done for them and how they have moved forward with starting businesses and increased self-confidence in all areas of life. For more information visit garciainspiredtraining.com

discoverME ®



2. KCA Young People's Substance Misuse Services

Heather talked about the services of KCA in Greenwich. Based at The Point in Woolwich, KCA offers services for vulnerable young people aged 10 – 18 who are misusing or at risk of misusing drugs and /or alcohol. KCA offers intervention for young people and a consultation service for professionals and parents. If parents are worried they seek support even if the young person refuses to be seen.

Contact KCA at The Point for further information and copies of the information leaflet. Tel: 020 8921 6907. Email: GreenwichYPS@kca.org.uk Web: kca.org.uk



Greenwich Young People's Substance Misuse Services

Information for professionals working with young people



3. Parents as Partners: a groupwork programme with a couple approach.

Tracey from Family Action and James from TCCR (Tavistock Centre for Couple Relationships) talked about this new programme starting late June / early July on Saturdays. The first group will be a joint Lewisham & Greenwich group. There should be at least one child under 11 and the group lasts 16 weeks. Couples and separated couples can be referred.

For full criteria, further information and referral forms, please contact parentsaspartners@family-action.org.uk or call 020 7380 1973.



Confident Me, Confident Children.

This 10 week parenting course for mothers who experienced domestic violence was a positive success for our mothers, who all had very low self-esteem, did not like group sessions and found it hard to engage about such distressing and personal experience. It ran at Welcare from Feb – May and was delivered by Poppy from Women's Aid Housing for Women and Mirela from Brookhill Children's Centre.

As the sessions went on our mothers become very confident, were able to share experiences, support each other and make positive relationships with group members and facilitators. One of our mothers said *'I hate groups, but I dunno what it is about this group but I'm able to talk about things like my baby, father and weight issues'*.

Overall, the feedback was positive, mothers found sharing ideals and supporting each other very useful; also realising they are not alone in dealing with such horrific past events and now having to work with social services and agencies to maintain responsibility for their children. Mothers could not understand why such parenting was not always available for women who experienced domestic violence.

Feedback from professionals working with the mothers was positive and they could see a difference in their working relationship and how the attitude/confidence of the mothers changed. We did start off with 15 mothers and finished with 8 regular mothers who saw the group to the end. Some of the parents comments included:

"I have learnt that I have to look after myself"

"I feel more comfortable to talk about myself with other people"

"I found out that I am not the worst parent and that other parents struggle too" *"I did not know that there is so much support available for mothers".*

Poppy Nair & Mirela Siminiceanu



To find out more contact Petra Hilgers at The Children's Society on 0207 3582017

Dads Parent Coaching

Thursdays 4th 11th 18th 25th July 2013 from 6.30 - 8.30pm at Quaggy Children's Centre, SE13 7QZ. To find out more or book a place call 020 8465 9785 Or email pete.brown@oxleas.nhs.uk

Families Information Service

Directory: eleven sections packed with details of teams and organisations that support parents and families in the Royal borough of Greenwich.

fis@royalgreenwich.gov.uk

020 8921 6921

The Expert Patients Supporting Parent's Course

Next course starts Feb 2014, at The Eltham Toy Library with the usual free crèche facilities, refreshments and course materials. Call 020 8921 5370 for further details.

Next GPPF: Thursday 24 October 2013 1.30-4pm at Memorial Hospital: Special theme: Internet Safety.