



GPPF Christmas Newsletter

No 7a, December 2013

What is the Greenwich Parenting Practitioners Forum (GPPF)?

A termly 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.

(Issue 7a is a slightly revised newsletter with the correct date of the next GPPF forum – 11 March. Issue 7 showed 4 March which was incorrect).

Next GPPF:
Memorial
Hospital on

Tuesday,
11 March
2014
from 2-4pm.

See you then!

This is the last GPPF newsletter!

Now that we have your attention, we can tell you why. From January 2014, GPPF news and all newsletters will be on the web. You can access information about the GPPF and *parenting classes* and *parenting support* at www.oxleas.nhs.uk/gppf



Pete would like to thank Julie McGeechan from Mulgrave Children's Centre for introducing these issues to him.



The 9th GPPF took place on Thursday 21 October 2013. On this occasion there was the special theme of **COMPUTER ADDICTION & INTERNET SAFETY**. Pete presented some video clips showing two scenarios of children's exploitation via social networking sites. He also presented '10 top tips' that parents should know to help manage their children's computer use. These will be delivered in some children's centres in 2-hour workshops during 2014. Pete highlighted in particular the potential dangers of smart phones and tablets (e.g. ipads). These devices are very easy to use (and very addictive!) but parental controls can be very difficult to set up (far more difficult than on laptops and computers). An example was shown of how ipads are now being commonly used as a 'childminder' for young children. A video clip was shown of a parent talking about how her 2½ year old son was becoming very irritable when using the ipad and how the cycle of increasing addiction was broken. (It seems that children come off ipads more easily if given short periods of up to 15 minutes. The golden rule is, the longer on the ipad (or smart phone), the bigger the tantrum when it's time to come off, especially if on continuously for an hour or longer).

Further resources:

- ◆ PACE (Parents against sexual exploitation). paceuk.info
- ◆ CEOP (Child Exploitation and on-line Protection centre) thinkuknow.co.uk
- ◆ CBBC – Stay safe on-line: bbc.co.uk/cbbc/topics/stay-safe
- ◆ Bwise2 Sexual Exploitation. Barnardos training DVD for working with 12-17 year olds: barnardos.org.uk/bwise2sexex
- ◆ Greenwich Safeguarding Children Board: e-safety- keeping children safe on-line. Next half day course: 11 Feb 2014.

Contact: wendy.sweet@royalgreenwich.gov.uk to check availability and bookings.

Parenting Courses / Parenting Support from January 2014 This list is not exhaustive. The FIS directory (see below) has a comprehensive list that you may want to refer to. Information correct at time of distribution. Please report any inaccuracies to pete.brown@oxleas.nhs.uk

Expert Patients Parenting course

6 week parenting course starts Feb 2014 at Eltham Toy Library. Crèche provided and course materials. Suitable for parents / carers of children with physical disabilities and other disabilities as well e.g. ADHD. Includes information on working with the school system. Contact 020 8921 5370 for further details.

NVR Parenting programme 'Rebuilding family relationships'

Next CAMHS 10 week course: Feb 2014. Tues 5-7pm, Memorial Hospital. Joint course from Bexley & Greenwich CAMHS. Families must be under CAMHS. Greenwich Children's Services also run NVR programme, including the latest NVR initiative - NVR & GANGS.

Enquires: elisabeth.heismann@oxleas.nhs.uk

Greenwich Welcare - Parenting Skills courses

Monday group: for parents / carers with learning support needs (30 weeks). Wednesday group: parenting skills (10 weeks). Parenting skills courses cover emotional well-being, keeping your children safe, social networks, education and learning, boundaries and behaviour, family routines, home and money, physical health. Starts Jan 2014. Contact: 020 8854 3865 Kaie.Kadiata@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).

STOP PRESS: Habibah is leaving the service on 20 Dec and a new worker should start in the New Year. Meanwhile, for any queries contact: laurel@greenwichmencap.org.uk (services manager).

Parent Support Group

Parenting workshops running at some Lewisham Children's Centres (Greenwich parents welcome). Also drop-ins and counselling. Contact: admin@psg.org.uk Helpline: 07908 101 767 Also see www.psg.org.uk

Attachment and Parenting workshops for parents / carers at Greenwich Children's Centres

CAMHS run attachment workshops (- 9 months to under 1's) and parenting workshops (aged 2 and above) at many children's centres across the borough. Contact your local children's centre or email pete.brown@oxleas.nhs.uk

Dad's Coaching

4 week course in Greenwich starting Feb 2014 in a Children's Centre in Woolwich (venue to be determined). Contact pete.brown@oxleas.nhs.uk for details.

The Incredible Years parenting programme

Parenting course starting January 2014 run by CAMHS at Eglinton School for parents of children aged 6-10. Course lasts for 14 weeks. Children must be under CAMHS or attend Eglinton School. Contact: rekha.vara@oxleas.nhs.uk

Mums Aid (perinatal counselling service)

Free perinatal counselling to women living in Greenwich. Available in 4 children's centres, Brookhill, Storkway, Mulgrave and Robert Owen and is available to women who are either pregnant or have a baby under two years old, and who feel that they could benefit from emotional support. Free crèche support is available but mothers can also be seen with their babies. Referrals come largely from health-visitors, midwives, family support workers and Gp's but self-referrals are also welcome. Up to 12 sessions of counselling available. The therapists can work with perinatal mood disorders and have a broad range of skills including parent-infant psychotherapy, and are able to deal with the wide range of problems that occur during pregnancy and in the postnatal period. To get postnatal depression resources or to make a referral visit the MUMS AID website www.mums-aid.org

DiscoverME confidence building programme for parents

DiscoverMe courses run 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. For more information visit garciainspiredtraining.com

Greenwich Family Action

All three projects continue in 2014: **Building Bridges** – supporting families affected by a parent living with mental ill-health. **Talking Point** – a counselling service for children aged 9-16 (Contact: Corinne) and **Young People's Counselling** for young people not in employment, education or training. Age range 17-21 (24 if learning disability present). ☎ 020 8853 9065

Parents as Partners: a parenting programme with a couple approach (Family Action & TCCR joint project)

Parenting Programme hoping to commence in Jan 2014. Joint Lewisham & Greenwich group. Tuesday mornings at Forest Road Quaker Meeting House, 34 Sunderland Road, Forest Hill, SE23. 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.

'New Leaf' project from Her Centre and partners in Greenwich

New Leaf is a new joint project targeting abuse in young people's relationships and combines:

- ◆ Little Fish Theatre's touring productions and workshops raising awareness of abuse and healthy relationships. Contact: suha@littlefishtheatre.co.uk
- ◆ Her Centre's one to one support to help young women to break free of violent or abusive relationships. Contact & referrals: shirin@hercentre.org
- ◆ Her Centre's training for professionals to respond effectively to young people's experiences of abuse. Contact: anuk@hercentre.org
- ◆ TRYangle Project's one to one and group work to support young men build better relationships. Contact & referrals: ellis@tryangle2011.org.uk

ABC (About Boys Course)

New four week course all about parenting boys running across Children's Centres from 2014. Contact your local Children's Centre, or for an overview of where courses are running contact chrissy.ross@royalgreenwich.gov.uk

Greenwich Home Start

Home Start offers a service where a trained volunteer can visit a family in their own home to offer support, friendship and practical assistance. There must be at least one child under 5 and referrals can be made by professionals or families themselves. Home Start also organise family trips and arrange holidays in certain circumstances. ☎ 0208 317 4298 email: admin@homestartgreenwich.org.uk

Family Support Workers (Integrated Support, Children & Families)

Family Support Workers work in Children's Centres (under 5's) and from the Woolwich Centre (ages 5-11). They offer practical support and parenting advice to vulnerable families. For further information and possible referrals contact FIS (020 8921 6921) or email amanda.ratcliff@royalgreenwich.gov.uk

KCA young people's substance misuse services

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

Strengthening Families, Strengthening Communities parenting programme

From 2014 this programme will be running at The Point in Woolwich. SFSC runs three times a year for 13 weeks for parents of children aged 8 years and over. Next course starts Jan or Feb 2014. Themes covered are: Culture of Origin, Rites of Passage, Enhanced Relationships, Positive Discipline, Community Involvement. Referral pathways are (a) Parenting Orders via Magistrate's Court or (b) Other agencies working with families via referral.

For possible referrals contact: denise.wells@royalgreenwich.gov.uk or mullai.marimuthu@royalgreenwich.gov.uk

Families Information Service (FIS) Directory

If you can't find what you are looking for above try the FIS DIRECTORY. It has Eleven sections with details of teams and organisations that support parents and families in the Royal borough of Greenwich. The directory will soon be available on the web. Meanwhile, until this is available, contact fis@royalgreenwich.gov.uk ☎ 020 8921 6921. (Families Information Service (FIS) is also known as the Families Information Outreach Service (FIOS).

Next GPPF: Tuesday 11 March 2014 2-4pm at Memorial Hospital: Please book your place by email: pete.brown@oxleas.nhs.uk



Programme to be announced nearer the time.