



Parenting Forum Newsletter

Web: oxleas.nhs.uk/gppf

The 15th parenting forum took place on 1 Dec 2015 at the Memorial Hospital.

Part 1 of the meeting contained three informative presentations.

Part 2 was an opportunity for networking and updates about parenting support and classes running in the Royal Borough.

Newsletter

No 13

Mar/Apr 2016

What is the GPPF?

Greenwich Parenting Practitioners Forum

is a termly meeting to hear about parenting support and parenting classes running in the Royal borough from both voluntary and statutory agencies.

It is open to all workers / professionals in Greenwich who support families.

After each forum a newsletter is sent summarising presentations.

NEXT PARENTING FORUM:

Thurs 30 June 2016

(Tues 12 April has regrettably been cancelled).

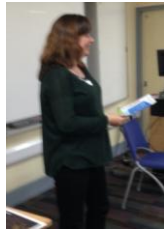
2 – 4pm

at Memorial Hospital, Shooters Hill, SE18 3RZ. (Ample free parking)

Special Presentation on 30 June:

Risk & Resilience in working with children's mental health & emotional wellbeing.

Find all GPPF newsletters on the web at oxleas.nhs.uk/gppf



1 Mum's Aid

Mum's Aid offers free perinatal and postnatal counselling for up to 12 sessions to women living within the Royal Borough of Greenwich. The counselling aims to: increasing the well-being of mothers who are experiencing post natal depression; increasing confidence in parenting skills; improve the bond between mother and baby (if this is an issue).



Counselling takes place at selected children's centres in the borough and mum's can be referred during pregnancy, with new babies and where there are young children up to the age of 2.

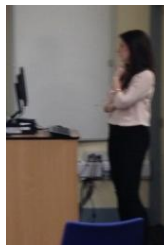
Web: mums-aid.org

Email: info@mums-aid.org



2 Parenting 4 Parents

The P4P programme was developed for parents with children aged 5-14 years old who are struggling to manage their child's behaviour. It is a seven week programme as is based on the Strengthening Families, Strengthening Communities programme. Referrals come from various sources, including schools and social care. The course is run regularly at different primary schools in the borough.



For more information about P4P programme contact the Early Help Parent Programme Officer, Natalie Martin.

Phone: 020 8921 6456

Email: early-help-refer@royalgreenwich.gov.uk



3 Parent Gym

Parent Gym is a 6 week parenting programme designed to build skills and confidence in parents of children aged 2 – 11. Parent Gym is a philanthropic programme set up by Mind Gym. It runs in 26 London Boroughs including Greenwich. The programme runs in Primary Schools, libraries, Children's Centres, Community Centres & Refuges.

It is offered free to parents and to host organisations. If you are interested in hosting Parent Gym or wish to find out where it is running in Greenwich contact Parent Gym.

Web: parentgym.com

Email: info@parentgym.com

The GPPF and newsletter aim to help to publicise parenting support in the borough. It does not endorse or monitor any specific resources which are the responsibility of the organisation or agency providing them.

NEXT PARENTING FORUM: **THURSDAY 30.6.16, 2-4PM, AT MEMORIAL HOSPITAL.**

EMAIL pete.brown@oxleas.nhs.uk to book a place.