

Parenting Matters E-Bulletin

EASTBOURNE, LEWES AND HAVENS AREAS – MARCH/APRIL 18

NEWS...

Networking Events:

We will be hosting two more networking events in the West of the county, where professionals and volunteers working with families in Wealden, Lewes & The Havens can come together and learn about other services available. Speed networking will also be back by popular demand!

Wednesday 21st February 10.00am -1pm at *The Civic Centre, Uckfield TN22 1AE*

Thursday 29th March 10.00am -1pm at *Florence House, Southdown Rd, Seaford BN25 4JS*

If you would like to attend or contribute to these events please contact us at:

tripleteam@eastsussex.gov.uk

TRIPLE P – POSITIVE PARENTING PROGRAMME



Listings marked * are for families attending that school or setting ONLY

2-12 YEAR OLD GROUP- 5 week group session [click here for further info](#)

Starts Tuesday 17 April 9.30am -11.30am at *Tesco, Lottbridge Drove, Eastbourne BN32 6QJ*

Starts Thursday 19 April 9.30am -11.30am at *Hillcrest Centre, Newhaven, BN9 9LH*

2-12 YEAR OLD DISCUSSION GROUPS

Various Discussion Groups - Lewes

Wednesday 7 March 9.00am -11.00am at *Mallings Centre, BN7 2HQ*

Wednesday 14 March 9.00am -11.00am at *Mallings Centre, BN7 2HQ*

Various Discussion Groups - Eastbourne

Monday 23 April 12.00am - 2.30pm at *Archery Youth Centre, BN22 7RR*

Monday 30 April 9.00am - 11.00am at *Archery Youth Centre, BN22 7RR*

Wednesday 21st March 9.00am - 11am *Managing Challenging Behaviour at Langney Village Hall, Etchingam Rd, Eastbourne BN237DX* for more information or to book please contact Dawn Wingett on Dawn.wingett@eastsussex.gov.uk

SCHOOLS AND NURSERIES OFFERING TRIPLE P SUPPORT

The Parenting Team is working with the following schools to offer parenting support, please speak to the school or contact the Parenting Team:

- St Mary's The Virgin C of E Primary School, Hartfield*
- Grovelands Community Primary School, Hailsham*
- Tollgate Junior School, Eastbourne*
- Wallands Community Primary School, Lewes*
- Polgate School, Polegate*
- Ocklynge Junior School, Eastbourne*
- Jarvis Brook School, Crowborough
- Sir Henry Fermor School, Crowborough
- White House Academy, Hailsham*

PARENTING DROP IN SESSIONS for parents and carers

Monday 12 March 9.30am-12.00pm *Waves Support Centre, Seaford*

Monday 9 April 9.30am-12.00pm *Waves Support Centre, Seaford*

Teen Discussion Groups – Click here for more info

Wednesday 14th March 10am -12pm *Getting Teens To Cooperate*

Wednesday 28th March 10am -12pm *Reducing Family Conflict*

Wednesday 25th April 10am -12pm *Building Teens Survival Skills*

All the above will be running at *Ringmer, Kings Academy BN8 5RB* for further details contact *Julieann Evans* on Julieann.evans@eastsussex.gov.uk

Wednesday 6th March 9.30am - 11.30am *Coping with Teens Emotions*

Wednesday 18th April 9.30am - 11.30am *Reducing Family Conflict*

All of the above are running at *Eastbourne Archery Youth Centre BN227RR* for more detail or to book contact *Jane Witts* on jane.witts@eastsussex.gov.uk

Teen Group – 5 week group session- Click here for further info

Tuesday 24th April 6.30pm - 8.30pm *Tesco Community room, Lottbridge Rd, Eastbourne BN236QD* for further details contact *Jane Witts* on Jane.witts@eastsussex.gov.uk

For full information or to book a place on any Triple P session please contact the practitioner listed by email or triplepteam@eastsussex.gov.uk

SAFER INTERNET DAY

The Parenting Team was proud to support Safer Internet Day in February. Several organisations are coming together to support children and families to navigate the online world safely in order to get the best out of it.

[CLICK HERE](#) to take the Safer Internet Quiz (aimed at 8-13 year olds) with young people that you are working with.

[CLICK HERE](#) to see some internet safety Top Tips for parents and carers.

[CLICK HERE](#) to download information packs aimed at different age and ability ranges of children, through to parent, carers and professionals

GET INVOLVED

Search **#SID2018** to stay up to date on social media and keep the conversation going. Follow us on [FACEBOOK](#) for helpful hints and tips about keeping safe online, and for up to date information about sessions available in East Sussex.

NSPCC & O2

The [NSPCC](#) has teamed up with O2 to launch their Share Aware campaign. This helps parents, carers and professionals to talk to young people about online safety, with the use of short videos, conversations starters and practical advice about setting parental controls and helping to keep families safe online. Click on the picture below to view one of the NSPCC Share Aware videos.



The NSPCC are also offering Speak Out, Stay Safe assemblies in schools across East Sussex. For more information contact Amanda.Rocca@nspcc.org.uk

HEALTH VISITING AND CHILDREN'S CENTRES

Children's Centres are offering the following course for parents of 0-5year olds:

Steps into Employment

A 5 week course that enables learners to build their confidence in realising their transferable skills. The course looks at job search techniques, how to create a CV and a covering letter to accompany it. How to complete an application form and how to be successful at interview.

- **Monday 26th March** – Settle & Play session an introduction to crèche & staff (10-11am)
- Course is 10am-12pm **Monday 16th, 23rd & 30th April and 14th & 21st May**

Contact Donna.McAdam@eastsussex.gov.uk

REFUGE

Parenting Practitioners are delivering Triple P at REFUGE in Eastbourne, Lewes & The Havens. If you are working with clients supported by REFUGE and would like to offer them parenting support, contact tripleteam@eastsussex.gov.uk

WEALDEN SAFETY DAYS

The Fun and Safety Days focus on personal and community safety and in the past have attracted over 800 people to one event.

Fun and Safety Days include a children's entertainer, play zone, arts and crafts, fire engine and community safety advice. Some events will include demonstrations by the East Sussex Fire and Rescue Service. These demonstrations vary depending on availability.

Everyone is welcome but children aged 10 years old and under must be accompanied by an adult. Our fun and safety days in 2018 will take place at:

Tuesday 3rd April 10 am - 1pm at *Uckfield Fire Station, TN22 5DQ*

Thursday 5th April 10am - 1pm at *Crowborough Fire Station, TN6 1AF*

PROFESSIONAL DEVELOPMENT AND REFLECTIVE PRACTICE

Over the next 12 months we will be running topics based reflective workshops around parenting. This will be an opportunity to reflect on how we work with parents and discuss both the challenges and solutions. It will be an opportunity to share good practice and perhaps take away some new ideas and ways of working.

The first topics will be :

- Supporting Parents: Mental Health - led by Scott Brunton on **27th March 10.00 -12.00pm** at *The Archery Youth Centre, Eastbourne.*

Places will be allocated on a first come, first served basis. If you are interested in attending please contact Scott Brunton on 07701 022224 or email scott.brunton@eastsussex.gov.uk