

Parenting Matters E-Bulletin

HASTINGS AND ROTHER – MAY/JUNE 18

NEWS...

NEW GROUPS AVAILABLE IN HASTINGS AND ROTHER!

Family Transitions is a Triple P group intervention that specifically addresses risk factors and enhances protective factors for parents who are divorced/ separated.

Family Transitions consists of 5 weekly, 2 hour sessions. Groups will run concurrently, so each parent can attend separately but work through the same content within the same timescale, it is *not compulsory* for both parents to attend.

GROUP 1 Starts Tuesday 12 June 6-8pm at Horntye Park Sports Complex, TN34 1EX

GROUP 2 Starts Wednesday 13 June 10-12pm at St Leonards Children's Centre, TN38 0QE

Preparing Your Child to Start School is a new session designed to help schools with their transition process for new starters. The session aims to improve school readiness and reduce anxieties in both children and parents. The session is 45 minutes long and parents are given a handy tip sheet to take away with them, covering six essential skills for parents to get their child 'school ready':

1. Show respect to others
2. Be Considerate
3. Have good communication and social skills
4. Have healthy self-esteem
5. Be a good problem solver
6. Be independent

Fighting, Rules and Co-operation – This discussion group looks at some of the reasons why children fight. The group will give parents and carers skills to teach their children to play cooperatively and get along with others. Parents can learn how to teach skills such as sharing, communicating and being gentle and also what to do when fighting does occur.

Wednesday 23 May 9.30-11.30am at Tesco Community Room, Hastings, TN38 9RB

Tuesday 26 June 9.00-11.00am at Westfield School, TN35 4QE*

Behaviours, Boundaries and rewards - This discussion group provides examples of different behaviours and discusses why children have difficulty following instruction. A number of positive parenting strategies are introduced to help parents teach their children boundaries and maintain their progress for the future.

Tuesday 12 June 9.00-11.00am at Ark Castledown Primary Academy, TN34 3QT*

Thursday 14 June 10.00-12.00pm at The Pelham, Bexhill, TN40 2DD

Tuesday 19 June 9.00-11.00am at Westfield School, TN35 4QE*

For more information please contact tripleteam@eastsussex.gov.uk

HAVE YOU SEEN OUR FACEBOOK PAGE?

[Parenting Matters East Sussex](#) has useful information for parents and carers, such as Wisdom Wednesdays, Top Tips and current details of upcoming groups and new session. Like and share our page for more info!

If your service has a Facebook page and you would like us to share any of your content with our followers, contact triplepteam@eastsussex.gov.uk

PARENTING SUPPORT AT GP SURGERIES

A Parenting Practitioner will be available at the [South Saxon House Surgery, 4 Whatlington Way, St Leonard's on Sea, TN38 9TE](#), providing information, advice and brief 1-1 support to parents and carers in the area.

Parents and carers **do not** need to be registered at the practice and **do not** need to pre-book to access this drop-in at the times below:

Thursday 3 May	1-4pm
Thursday 7 June	1-4pm

PARENTING SUPPORT AT CAMHS

A Parenting Practitioner is available at CAMHS, 729 The Ridge, Hastings, TN37 7PT on a monthly basis to provide information, advice and brief 1-1 support to parents and carers. Please note this service is term-time only.

Thursday 28 June	10-12pm
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PARENTING SUPPORT AT FOOD BANK



A Parenting Practitioner is available at Hastings Foodbank, The Hastings Centre, The Ridge, Hastings, TN34 2SA on a weekly basis to provide information, advice and brief 1-1 support to parents and carers.

Fridays	11-1:30pm
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REFUGE

Parenting Practitioners are delivering Triple P at REFUGE in Hastings and Rother, including one-off short groups in May. If you are working with clients supported by REFUGE and would like to offer them parenting support, contact jo.finnemore@eastsussex.gov.uk

TRIPLE P – POSITIVE PARENTING PROGRAMME



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

2-12 YEAR OLD SEMINARS

The Power of Positive Parenting

- Friday 11 May** 2.00-3.00pm at Rye Primary Academy, TN31 7ND*
Monday 25 June 2.00-3.00pm at Rye Primary Academy, TN31 7ND*

Raising Confident, Competent Children

- Tuesday 15 May** 2.00-3.00pm at Rye Primary Academy, TN31 7ND*
Friday 18 May 2.00-3.00pm at Rye Primary Academy, TN31 7ND*

Raising Resilient Children

- Monday 21 May** 2.00-3.00pm at Rye Primary Academy, TN31 7ND*
Friday 25 May 2.00-3.00pm at Rye Primary Academy, TN31 7ND*

To book onto or find out more about any of the above discussion groups contact tripleteam@eastsussex.gov.uk or call 01424 725800

E-SAFETY WORKSHOPS

A 90 minute workshop aimed at helping parents to keep their children safe online. This can be adapted to suit the parents and their children's ages.

- Monday 14 May** 10.00-12.00pm at Battle Library, TN33 0XB
Thursday 14 June 10.00-11.30am at Egerton Park Children's Centre, TN39 3HL

For more information, to book a parent onto an E-Safety Workshop, or to book a session for your setting, contact tripleteam@eastsussex.gov.uk

2-12 YEARS DISCUSSION GROUPS

Dealing with Disobedience

- Tuesday 1 May** 9.30-11.30am at Battle and Langton CE Primary, TN33 0HQ*
Wednesday 2 May 9.30-11.30am at Ore Church Mice Preschool, TN35 5BG*

To book onto or find out more about any of the above discussion groups contact tripleteam@eastsussex.gov.uk or call 01424 725800

TEEN DISCUSSION GROUPS

Reducing Family Conflict

Thursday 7 June 6.00-8.00pm at Bexhill Academy, TN39 4BY

Coping with Teenagers' Emotions

Wednesday 2 May 6.00-8.00pm at Robertsbridge Community College, TN32 5EA

Thursday 14 June 6.00-8.00pm at Bexhill Academy, TN39 4BY

Getting Teenagers to Cooperate

Wednesday 9 May 6.00-8.00pm at Robertsbridge Community College, TN32 5EA

Thursday 21 June 6.00-8.00pm at Bexhill Academy, TN39 4BY

Building Teens' Survival Skills

Wednesday 16 May 6.00-8.00pm at Robertsbridge Community College, TN32 5EA

Thursday 28 June 6.00-8.00pm at Bexhill Academy, TN39 4BY

To book onto or find out more about any of the above discussion groups contact tripleteam@eastsussex.gov.uk or call 01424 725800

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

Starts Wednesday 2 May 10am-12pm at The Pelham, Bexhill, TN40 2DD

Contact tripleteam@eastsussex.gov.uk

TEEN GROUP- 5 week group session [click here for further info](#)

Starts Wednesday 16 May 6.30-8.30pm at Hastings Town Children's Centre,
TN34 1RT

Contact Catrina.Lafferty@eastsussex.gov.uk

SCHOOLS AND NURSERIES OFFERING TRIPLE P SUPPORT

The Parenting Team is working with the following settings to offer parenting support. To find out more please speak to the setting or the contact listed below:

- Bexhill Academy, contact Sue.Antell@eastsussex.gov.uk
- Hastings Academy, contact office@educationfuturetrust.org
- Dudley Infant Academy, Hastings, contact office@educationfuturetrust.org
- West St Leonards Primary Academy, contact office@educationfuturetrust.org
- St Leonards C.E. Primary School, contact office@educationfuturetrust.org

For the settings below please contact tripleteam@eastsussex.gov.uk

- King Offa Primary Academy and Nursery, Bexhill *
- All Saints C.E. Primary, Bexhill *
- Castledown School, Hastings *
- Sandown School, Hastings *
- Churchwood Primary Academy, St Leonards *
- Rye Community Primary School, Rye *
- Battle & Langton C.E. Primary School, Battle *
- St Pauls C.E Primary Academy, St Leonards *
- Hollington Primary Academy, St Leonards *
- Glenleigh Park Primary Academy, Bexhill *
- Chantry Community Primary School, Bexhill *
- Pebsham Primary Academy, Bexhill*
- Amberley Nursery, Bexhill *
- Christ Church C of E Primary School, St Leonards *
- Battle Abbey Nursery, Bexhill *
- Catsfield C of E Primary, Battle *
- Ore Village Primary Academy, Hastings *
- Ark William Parker Academy

REFLECTIVE PRACTICE for practitioners

Over the next 12 months we will be running topic based **reflective workshops** around parenting. This will be an opportunity to reflect on how we work with parents, as well as a chance to share good practice and perhaps take away some new ideas and ways of working.

The next topics will be :

Supporting Parenting: Substance Misuse

Led by Scott Brunton on 30 May

10am-12pm at Archery Youth Centre, Eastbourne

Group Dynamics

Led by Scott Brunton on 28 June

1pm-3pm at Hollington Youth Centre, Hastings

Places will be allocated on a first come, first served basis. If you are interested in attending contact Scott Brunton on 07701 02224 or email scott.brunton@eastsussex.gov.uk

OPTIVO

Motiv8 is a free, weekly session for 10-16 year olds, providing fun activities, sports and food.

Every Thursday and Friday during term time, 5-6pm at Broomgrove Community Centre, TN34 3PY

For more information contact Donna.Cassam@optivo.org.uk

BUILD YOURSELF- FREE COURSE

Free practical course with hands on experience in trade skills such as repair brickwork, tiling, plastering and decorating. Open to unemployed aged 18+.

10am-12pm Tuesday 22 and 29 May at Bexhill Boxing Club, TN40 1RT

For more information contact buildyourself@freshvisions.org.uk

EDUCATION FUTURES TRUST

Education Futures Trust have several courses available throughout May and June, including led walks, forest school, wellbeing courses and much more including Triple P Parenting groups.

For up-to-date information about the courses available, head over to their [website](#) or [Facebook](#) page.

CLASS + TELEPHONE ADVICE LINE

CLASS + provides a telephone advice line for parents and carers of children with ASD and/or Social Communication Difficulties, as part of the Communication Learning and Autism Support Service.

Every Monday 10:00 – 1:00pm

Every Friday 12:00 – 3:00pm

Call 01273 336887 and ask for the CLASS + advice line or email

CLASS@eastsussex.gov.uk