



HASTINGS & ROTHER – NOVEMBER/ DECEMBER 2018

The East Sussex Parenting Project is now known as *'open for parents'*. Parents can now book directly on to parenting groups on our website – check it out www.openforparents.org.uk

PARENTING ADVICE LINE

The Parenting team are pleased to have launched the **brand new** Parenting Advice Line. Open from **11am-1pm every Thursday** for parents or professionals to call for individual brief advice and support from a parenting practitioner.

Just call 01424 725800

DROP IN DATES!

Free advice and support from a Triple P practitioner for parents and carers. These sessions are open to **anyone** wishing to attend – **there is no need to book!**

South Saxon House Surgery, St Leonard's, TN38 9TE

Thursday 1 November 1:00pm-4:00pm
Thursday 6 December 1:00pm-4:00pm

Battle Children's Centre, TN33 0HQ

Thursday 15 November 1:00pm- 3:00pm
Thursday 13 December 1:00pm- 3:00pm

High Weald Children's Centre, TN5 7DH

Tuesday 6 November 1:30pm- 3:15pm
Tuesday 4 December 1:30pm- 3:15pm

CAMHS, 729 The Ridge, Hastings, TN37 7PT

Thursday 29 November 10:00am-12:00pm

Hastings Food Bank, TN34 2SA

Friday 16 November 11:30am-1:30pm
Friday 21 December 11:30am-1:30pm

TRIPLE P FAMILY TRANSITIONS IN HASTINGS



SPACES ARE STILL AVAILABLE FOR THIS COURSE
STARTING THE WEEK COMMENCING 5TH NOVEMBER- DAY AND EVENING SESSIONS AVAILABLE.

Triple P Family Transitions is a 5 week course that can help families who are divorced or separated to deal with the fall-out from a family split.

Do you support families...

- where the child is caught in the middle?
- who are having problems with their extended family, new partner or ex?
- where issues around holidays and birthdays cause arguments?
- where the separation is having a negative impact on the children?
- who are having difficulty moving on following the separation?

If any of this sounds familiar- Triple P Family Transitions can help.

For more details please contact Sam Mills on 07917084691 or email samantha.mills@eastsussex.gov.uk



TRIPLE P- POSITIVE PARENTING PROGRAMME

ONE-OFF GROUPS for parents of 2-12 year olds

Dealing with Disobedience

Wednesday 21 November 9:30am- 11:30am Rye Harbour Village Hall, TN31 7TR

Hassle Free Shopping and Outings with Children

Wednesday 28 November 9:30am- 11:30am Rye Harbour Village Hall, TN31 7TR

Managing Fighting and Aggression

Wednesday 5 December 9:30am- 11:30am Rye Harbour Village Hall, TN31 7TR

Developing Good Bedtime Routines

Monday 3 December 9:00am- 11:00am All Saints Primary, TN35 5JU *

Wednesday 12 December 9:30am- 11:30am Rye Harbour Village Hall, TN31 7TR

Friday 14 December 10:00am-12:00pm Robsack Children's Centre, TN38 9TW

E-Safety Workshop

Monday 19 November 10:00am-12:00pm Hastings Town Children's Centre, TN34 1RT

ONE-OFF GROUPS for parents of children with additional needs / challenging behaviours

Fighting, Rules and Cooperation

Wednesday 7 November 10:00am-12:30pm Battle Baptist Church, TN33 0EG

Wednesday 28 November 9:30am- 11:30am Sidley Children's Centre, TN39 5BD

Wednesday 19 December 10:00am-12:00pm Ore Community Centre, TN35 5BH

Behaviours, Boundaries and Rewards

Tuesday 27 November 12:30pm-2:30pm Rye Harbour Village Hall, TN31 7TR

Wednesday 12 December 9:30am-11:30am Sidley Children's Centre, TN39 5BD

Monday 26 November 10:00am-12:00pm St Leonards Children's Centre, TN38 0QE

E-SAFETY WORKSHOPS for parents of children of all ages

Thursday 1 November 9:30am- 11:30am Sidley Children's Centre, TN39 5BD

To book onto any of the above groups contact info@openforparents.org.uk

ONE-OFF GROUPS for parents of teens

Reducing Family Conflict

Thursday 1 November 6:00pm- 8:00pm Bexhill Academy, TN39 4BY

Wednesday 7 November 6:00pm- 8:00pm Robertsbridge Community College, TN32 5EA

Thursday 22 November 6:00pm- 8:00pm Claverham Community College, TN33 0HT *

Coping with Teenagers' Emotions

Thursday 8 November 6:00pm- 8:00pm Bexhill Academy, TN39 4BY

Wednesday 14 November 6:00pm- 8:00pm Robertsbridge Community College, TN32 5EA

Wednesday 28 November 12:30pm-2:30pm Hastings Town Children's Centre, TN34 1RT

Thursday 29 November 6:00pm- 8:00pm Claverham Community College, TN33 0HT *

Getting Teenagers to Cooperate

Thursday 15 November 6:00pm- 8:00pm Bexhill Academy, TN39 4BY

Wednesday 21 November 6:00pm- 8:00pm Robertsbridge Community College, TN32 5EA

Thursday 6 December 6:00pm- 8:00pm Claverham Community College, TN33 0HT *

Building Teenagers' Survival Skills

Thursday 22 November 6:00pm- 8:00pm Bexhill Academy, TN39 4BY
Wednesday 28 November 6:00pm- 8:00pm Robertsbridge Community College, TN32 5EA
Thursday 13 December 6:00pm- 8:00pm Claverham Community College, TN33 0HT *

To book onto the above contact Sue.Antell@eastsussex.gov.uk

TEEN GROUP- 5 week group session

Starting Thursday 1st November 10:00am-12:00pm Hastings Town Children's Centre, TN34 1RT

To book onto the above contact catrina.lafferty@eastsussex.gov.uk / 07812 524 311

REFLECTIVE PRACTICE FOR PRACTITIONERS

Topic based reflective practice workshops are available to all practitioners who work with parents. 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.

Supporting Parenting: Mental Health

Thursday 29 November 10:00am -12:00pm Hollington Youth Centre, TN38 9LL

Family Conflict

Wednesday 19 December 1:00pm-3:00pm Hollington Youth Centre, TN38 9LL

Places will be allocated on a first come, first served basis. If you are interested in attending contact Scott Brunton on 07701 022 224 or email scott.brunton@eastsussex.gov.uk

MY TIME PROJECTS

My Time is an emotional wellbeing service for children and young people aged 7-18 years.

My Time peer support groups are facilitated by trained staff and volunteers and meet weekly in schools or community venues across Hastings and Rother.

Group sessions make use of creative and therapeutic activities as well as group discussions on family relationships, managing emotions, building resilience, understanding mental health issues, confidence, self-esteem and wellbeing.

Please contact Rebecca Wilson Green for further details or to make a referral, on 01424 855222 or email rwilsongreen@fsncharity.co.uk

Find us on Facebook at www.facebook.com/MyTimeatFSN



NATIONAL LITERACY TRUST- COULD YOU BE A LITERACY CHAMPION?



The National Literacy Trust is looking for volunteers in Hastings to become Literacy

Champions and promote reading, writing and talking in their local communities. No previous experience is required and Literacy Champions will receive full training to deliver their own projects to support local parents and children. These projects could include running storytelling sessions, setting up a neighbourhood book swap or helping families to join their local library.

The Literacy Champions project is part of the National Literacy Trust Hub in Hastings, which is supported by the Hastings Opportunity Area. The Hub will work with a range of partners to deliver activities to equip local children and young people with the literacy skills they need to succeed. Watch this space for more details in the coming months and email Graeme.Quinnell@literacytrust.org.uk if you're interested in becoming a Literacy Champion or would like to find out more about the Hub.

NEW WEIGHT MANAGEMENT SERVICE FOR PRIMARY AGED CHILDREN

Ready, Steady, Go! is a new weight management programme for children aged 4-11 years and their families living in East Sussex. Ready, Steady, Go! consists of eight, one-hour sessions for children, their parents/carers and other members of the family, focused on healthy eating and physical activity. Sessions also cover a range of other topics which can impact on a child's weight, such as sleep and screen time. We will also shortly be launching our adolescent weight management programme #GOALS, a programme of personalised 1:1 sessions for 11-18 year olds in East Sussex.



Families and professionals can refer into both programmes through our [online School Health portal](#) and can contact the School Health Service on 0300 123 4062 or email kentchft.esschoolhealthservice@nhs.net for more information. Adolescents can additionally self-refer via our Chat Health service on **07507 332473**.

TRIPLE P GROUPS STARTING IN JANUARY- TAKING BOOKINGS NOW!

2 – 12 YEAR OLD GROUP – 5 week group session

Starts Monday 14 January 2019	9:30am-11:30am	Hollington Youth Centre, TN38 9LL
Starts Wednesday 16 January 2019	9:30am-11:30am	The Pelham, Bexhill, TN40 2DD

STEPPING STONES GROUP- Stepping Stones is for parents and carers of children with SEND

Starts Tuesday 15 January	9:30am-12:00pm	Sidley Children's Centre, TN39 5BD
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To book onto any of the above groups contact info@openforparents.org.uk