

## **Southwark Father's Group**

### **x8 week, Father's Group 2hr Workshop**

Start date: Friday 18th September 10:00 to 12:00pm.

Facilitated by Ben Campbell and Alex Francis. Please contact Ben on

(T) 07738 860 768 or (E) [ben.campbell@southwark.gov.uk](mailto:ben.campbell@southwark.gov.uk)

## **Empowering Parents Empowering Communities (EPEC): Being a Parent**

(For parents of children aged 2-11yrs)

EPEC are delivering the following parenting programmes:

**\*One 9 week, 'Being a Parent' video conferencing Parenting Programmes.**

**Start date: Week beginning 05/10/2020**

**\*One 9 week 'Being a Parent Together' virtual group.**

**Start Date: week beginning 05/10/2020**

*Information from EPEC is always available on Facebook and Instagram, which focuses on topics covered in the programmes.*

*Facebook: <https://www.facebook.com/Centre-for-Parent-and-Child-Support-CPCS-100276281421476/>*

## **Parent Champions**

Experienced and trained Parent Champions are parents within our community who work with Family Early Help, including Children and Family Centres, to provide support to parents on a practical level as well as helping signpost to appropriate services.

Please contact Claire Gager: (M) 07547 659 646, (E) [Claire.gager@southwark.gov.uk](mailto:Claire.gager@southwark.gov.uk)

## **Reducing Parental Conflict National Programme**

Gain access to articles, discussion points and videos that may help conversations around relationship difficulties: <https://click.clickrelationships.org/home/parenting-together/>

### **Resources for Parents/Carers from NSPCC**

<https://www.thinkuknow.co.uk/parents/support>

### **The National Parenting Support Service**

Family Lives offer parents a 24hour free helpline number on: 0808 800 2222, or

alternatively, email: [askus@familylives.org.uk](mailto:askus@familylives.org.uk) for support

### **Families Under Pressure**

A series of eight short films offering parenting tips was launched this week by Kings College London and the Maudsley Hospital

Featuring the recognisable voices of a host of well-known parents including Olivia Colman, Rob Brydon, Holly Willoughby, Danny Dyer, Sharon Horgan, Dame Jessica Ennis-Hill, Romesh Ranganathan and Shappi Khorsandi.

- TIP 1: Keeping positive and motivated .
- TIP 2: Making sure everyone knows what's expected of them.
- TIP 3: Building your child's self- confidence and trust in you.
- TIP 4: Getting your child to follow instructions.
- TIP 5: Promoting better behaviour.
- TIP 6: How to limit conflict
- TIP 7: Keeping calm when your kids act up.
- TIP 8: Using sanctions carefully– Comedian and author.

Please go to: [www.familiesunderpressure.org](http://www.familiesunderpressure.org)

**The Nest Back to Education Support Group for Parents and Guardians**

**This 8 Week Group provides the opportunity for parents and guardians to explore and understand the mental health impact of Covid-19 on their children.**

<p><b>Areas Covered:</b></p> <p><b>Wk 1</b> The Nest, recognising mental health concerns.</p> <p><b>Wk 2</b> Rebuilding Structure in your child's life.</p> <p><b>Wk 3</b> Loss of control and how to get it back.</p> <p><b>Wk 4</b> Talking to your child about difficult topics and feelings.</p> <p><b>Wk 5</b> How stress impacts your child and how best tackle it.</p> <p><b>Wk 6</b> Therapies and strategies for young people; how and why they work.</p> <p><b>Wk 7</b> Managing your own wellbeing and the importance of self-care.</p> <p><b>Wk 8</b> A future for your child and beyond.</p>	<p><b>There are three ways to attend:</b></p> <p>Thursday evenings Via Zoom 4 - 5pm <b>20<sup>th</sup> August - 8<sup>th</sup> October.</b></p> <p>Tuesday evenings at The Nest 5 – 6pm <b>25<sup>th</sup> August - 13<sup>th</sup> October.</b></p> <p>Thursday evenings at The Nest 4 - 5pm <b>27<sup>th</sup> August - 15<sup>th</sup> October.</b></p> <p>.....</p> <p>Contact Details: 020 8138 1805</p> <p><a href="mailto:thenest@groundwork.org.uk">thenest@groundwork.org.uk</a></p> <p>The Nest, Unit4, Cooperative House, Rye Lane. Peckham. SE15 4NL</p>
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**Child to Parent Violence -Who's in Charge?**

**Sessions:**

<https://whosincharge.co.uk/wp-content/uploads/WIC-Addressing-Child-to-Parent-Violence-and-Abuse-Information-to-help-parents-V1-2020-3.pdf>

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