

# the local parent

Supporting families in Red Lodge, Lakenheath and Mildenhall

## **FREE Parenting Conference!**

**NEW DATE!**

**Thursday 3rd May**

**Newmarket Memorial Hall**

**9-2:30pm**

Community Spotlight

E.P.I.C. Dads

What's On?

KIDS LIFE

[www.sharingparenting.com](http://www.sharingparenting.com)





**Everyday**

**MAGIC**

By Ordinary People

**Thursday May 3rd 2018**

**9-2:30pm**

**Memorial Hall, High Street, Newmarket, CB8 8JP**

## **Your parenting questions answered in one day.**

To register choose two workshops for Part 1 and two workshops for Part 2

Please register by 30th April

**Part 1: (Please choose first & second choices)**

1. Sibling Rivalry
2. Homestart Birth and Beyond Project
3. Understanding Behaviour
4. ADHD and Autism
5. Mindfulness
6. True Colours (Personality Assessment)
7. Pre-teens / Teens

**Part 2: (Please choose first & second choices)**

1. Sibling Rivalry
2. Discipline
3. Understanding Behaviour
4. Toddlers / Sleep & Eat
5. Mindfulness
6. True Colours (Personality Assessment)
7. Pre-teens / Teens

**Name**

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**Address**

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**Email / Phone**

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**Choices**

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Please send your registration form to :

Sharing Parenting  
108 Freshfields  
Newmarket  
CB8 0EF

Or email info and choices to:

[info@sharingparenting.com](mailto:info@sharingparenting.com)



The local parent is here to connect families and

grow our community. We are passionate about parent support and happy kids.

Brought to you by the Sharing Parenting team, we want all families to feel connected, involved, and a part of their local community.

**Amber and Amba**  
Sharing Parenting  
Outreach Workers



## CONTENTS

- 2 Conference registration form
- 3 Parenting Q+A
- 4 E.P.I.C Dad, Kids Life and Scouts
- 5 Breast Feeding
- 6 What's On?
- 7 Millennium Centre
- 8 Sharing Parenting

This issue's Hot Topic:  
**HOMEWORK:**  
Does it work?



## PARENTING Q + A

If you could ask a psychologist any parenting question, what would it be?

Email your questions to  
[amber@sharingparenting.com](mailto:amber@sharingparenting.com)

**ANSWER:** The first thing to look at is whose responsibility is the homework? When they are young we have to take the lead role as parents, however as children grow up the responsibility should gently shift to the child. This allows the child to learn the consequences of not doing it and also the rewards when they do choose to do it. Embedding learning is an important part of progression and moving onto the next stage of learning. Recent research shows that homework does help students achieve higher grades and do better in exams. The research shows that 2 hours a day produces the best results, but in a busy family this can be hard to achieve. The important thing is to get in a routine as a family, with parents seeing homework as a positive part of the child's learning and future success. Remember the responsibility for doing the homework is the child's, our job, as parents is to support and help...when we can! Balance is so important in a child's life, you know them best so make time to play as important as the homework too and see your child thrive!





**SCOUTS!**



Recently, Guiding and Scouting members have come together in bag packing, seasonal festivities and to deliver biscuits to support the volunteers on the Big Build DIY SOS for Simon Dobbin.

Beavers sang carols at Risby Residential Care Home, had snowball fights and went ice skating.

Cubs term started with a trip to Legoland and they have been learning new skills with power tools, sewing and traditional scouting campfire songs.

Scouts conquered some extremely challenging badge work including Advanced Navigation, Survival Skills and the Expedition Challenge badge, with treats including a guided tour of the advanced Newmarket Firestation, a Lego night and campfire cooking!

E.P.I.C Dad is now a Community Interest Company! This means we can further develop the support and activities we are able to offer fathers, father figures and families across Forest Heath. On Saturday 28th April we have a Celebration Event at 10am until Midday at Abundant Life Church, (Back Street, Lakenheath, IP27 9HF). All are welcome to attend. This event includes refreshments, activities for kids and presentations about the growing work. We will also be launching the E.P.I.C Dad Survival Kits (Backpack with items for new dads and their new-born baby.) AND sharing about our brand new website, live at the end of April.



Contact Abi Gilby

07939 126809



<b>Rainbows</b>	<b>Rainbows, age 5-7</b> Tuesday 4.30 - 5.30pm
<b>Brownies</b>	<b>Brownies, age 7-10</b> Tuesday 5.45 - 7.15pm
<b>Guides</b>	<b>Guides, age 10-14</b> Tuesday 7.30 - 9.00pm
<b>The Senior Section</b>	<b>Senior Section, age 14-25</b> Monthly Tuesday 7.30 - 9.00pm

Contact Alison Woolliard

07718 301971



<b>BEAVERS</b>	<b>Beavers, age 6-8</b> Monday 4.30 - 5.45pm
<b>cubs</b>	<b>Cubs, age 8-10</b> Monday 6.00 - 7.30pm
<b>[SCOUTS]</b>	<b>Scouts, age 10-14</b> Monday 7.30 - 9.15pm
<b>EXPLORER</b>	<b>Explorers, age 14-18</b> Monthly - Third Thursday 7.00 - 9.00pm

Scout Hut, St Andrew's St,  
Mildenhall, IP28 7HB

Hi, I'm Beth and I'm 12. School's out for Easter and I'm really excited because there's lots of chocolate around! Usually I read, watch movies, go swimming and hang out with my family in the holidays which is great for taking my mind off school stress. I have a lot of homework to do so it's always good to relax. One way is with a new app I tried out called Headspace. It gives short mindfulness techniques that you can use to just sit down, breathe and cope with pressure of life. You should try it! Luv Beth x



# Community

## Spotlight

The benchmark of any good community project is knowing it will continue with or without it's creator. This is exactly the case with Newmarket Breastfeeding Support Group. Hannah Reubin, founder, humbly boasts that **"the group would continue without me."**

Hannah's passion is what fuelled the group into fruition.

Struggling in her own breastfeeding journey, she found herself with little support in the Forest Heath area for breastfeeding guidance. After being discharged from the midwife at 10 days post partum, Hannah found herself struggling to do what she thought would come naturally.



Hannah, with baby "Frankie" in tow, decided to create her own support network with the help of other like-minded mums. In January 2017 Newmarket Breastfeeding Support Group was established. It is the only support group in Forest Heath to date. Since then it has held weekly meet-ups for mums on Wednesday at 10:00 am at The Stable. Here, Hannah warmly welcomes every mum who walks in with a gracious smile.



Hannah is a trained Mother Supporter with the Association of Breastfeeding Mothers and offers every

mother who walks through on a Wednesday morning support and reassurance to achieve whatever breastfeeding goals they have. Many mothers continue to come along to the group even after they've completed their breastfeeding journey.

The story doesn't end there, Newmarket Breastfeeding group has also hosted fundraisers to raise money

to train other mums within the group who are keen to become Mother Supporters themselves. The group also has an online following of nearly 350 mums on their Facebook page "Newmarket Breastfeeding Support Group."

Thank you Hannah, and Newmarket Breastfeeding Support Group, for the legacy you are leaving with every mother and baby you meet.

# What's On...

## for the local parent

### **E.P.I.C Dad Celebration Event**

Saturday 28th April, 10-12pm  
@Abundant Life Church, Back  
Street, Lakenheath, IP27 9HF.

### **Kentwell Hall Tudor May Day**

Saturday 5th May to Monday 7th May  
@ Kentwell Hall, High Street, Long  
Melford, Co10 9BA

**Framlingham Gala Fest** Saturday 26  
May to Monday 28 May, Castle  
Meadow, Framlingham, IP13 9BP.



A fun filled 3 day event  
Saturday - Team Duathlon, BBQ &  
Live Music, Sunday - Craft Fair &  
Music By The Pond, Monday - Free  
entry to the Castle Meadow!! Parade,  
Games, Live Music, BBQ, Paella &  
Grand Draw  
For any further information please  
contact Tim Scotchmer on  
07876654902 or e-mail  
framgalafest@gmail.com

### **The Highway Rat Trail**

Ongoing @ Highlodge,  
Thetford Rd, Off The  
B1107, Brandon, IP27 0AF.



### **Children's Festival**

Tuesday 29 May to Wednesday 30 May,  
10 til 4pm @ Stonham Barns, Pettaugh  
Road, Stonham Aspal, Stowmarket,  
IP14 6AT

**DON'T FORGET OUR**  
**EVERYDAY MAGIC CONFERENCE**  
**3rd of May 2018!**

### **PLAY GROUPS**

**Stay and Play** Thursdays 10:00 - 11:30 am  
at Millennium Centre, Red Lodge

**Lakenheath Parent and Toddler Group**  
Tuesdays, 9:30-11:30am. £2.50 first child,  
others 50p. Includes coffee/tea and  
cake for parents and snack for  
children.

**Buggy Fitcamp** Tuesday 10am, at Red  
Lodge Sports Pavillion, IP28 8FQ.

**Brandon Leisure Centre Soft Play**  
Thursdays 9:30-12:30pm, Church Road,  
IP27 0JB

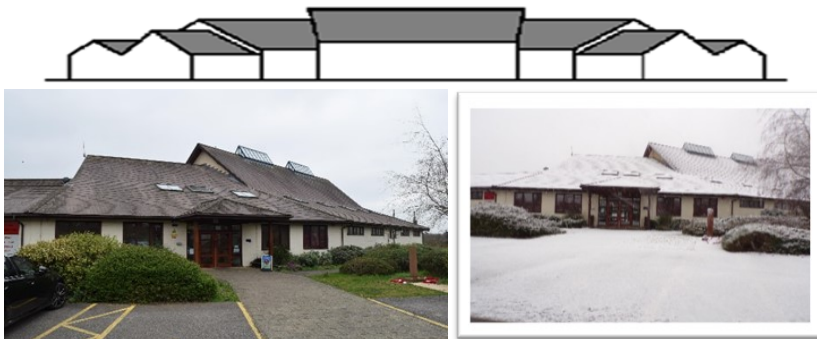


Calling all keen photographers! We would love to feature  
some local talent in a future issue of the Local Parent.  
Would you like to have a go and take some pictures for  
us? Take a picture that sums up 'Parenting' to you and  
send it in...you never know, it may end up on our cover!!

Send photos to [amba@sharingparenting.com](mailto:amba@sharingparenting.com)



# Millennium Centre



## What's On at The Millennium Centre?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>PRE FOOTBALL</b> (CH) 10.00am - 11.00am	<b>STAY &amp; PLAY</b> (CH) 10am - 11.30am	<b>MOO-MUSIC</b> (CH) 9.30am - 11.00am	<b>FIT CLUB</b> (CH) 8.00am - 9.00am	
		<b>MR MELODY</b> (CH) 11.00am - 12 noon			<b>YOGA/PILATES</b> (CR) 8.30am - 9.30am	
		<b>CARPET BOWLS</b> (CH) 2.00pm - 4.00pm		<b>FOOTBALL</b> <b>FUN FACTORY</b> (CH) 11.30am - 12.30pm	<b>JAZZERCISE</b> (CH) 9.30am - 10.30am	<b>REACH CHURCH</b> (CH) 11.00am - 2.00pm
<b>BEAVERS</b> (CH) 4.30pm - 6.00pm		<b>PRIVATE TENNIS</b> (CH) 4.00pm - 5.00pm		<b>SCRABBLE</b> (BR) 2.00pm - 3.00pm	<b>FOOTBALL</b> <b>FUN FACTORY</b> (CH) 11.00am - 12.30pm	<b>PARTY</b> <b>Hall Hire Available</b> (CH & CR)
<b>CUBS</b> (CH) 6.00pm - 7.30pm	<b>FIT CLUB</b> (CH) 6.00pm - 7.00pm	<b>ZUMBA</b> (CH) 6.00pm - 7.00pm	<b>ALL STARS</b> (CH) 6.00pm - 8.00pm	<b>THE STUDIO-CT</b> <b>DANCING</b> (CH) 4.00pm - 7.15pm	<b>CHILDRENS PARTYS</b> 12.30pm - 5.00pm (CH & CR)	
<b>SCOUTS</b> (CH) 7.30pm - 9.00pm	<b>HOP</b> (CH) 7.30pm - 8.30pm	<b>KARATE</b> (CH) 7.00pm - 8.00pm	<b>SEQUENCE</b> <b>DANCE CLUB</b> (CH) 8.00pm - 10.00pm	<b>YOUTH CLUB</b> (CH) 7.30PM - 8.30PM	<b>EVENING EVENTS</b> 5.00pm - Midnight (CH & CR)	<b>SOHAM BAND</b> (CH) 6.00pm - 8.00pm
		<b>BADMINTON</b> (CH) 8.00pm - 9.30pm			<b>DEN'S BINGO</b> (CR) 2nd Sat every month 7.30pm - 9.00pm	
<b>KEY :</b> (CH) = Cooper Hall (CR) = Conference Room (AD) = Allan Duncan Room (BR) = Board Room						
Red Robins (Conference Room) Monday - Friday 9.00am - 5.30pm Baby Robins (Allan Duncan Room) Monday - Friday 8.30am - 5.30pm						

The Red Lodge Millennium Centre was officially opened on the 1<sup>st</sup> December 1999 by Allan Duncan and has been serving the local community ever since.

Situated in Rural Suffolk, within easy access of the A11, the A14 and in a small housing estate.

We have the Large Cooper Hall, the Conference Room, the Allan Duncan Room and a Board Room all ranging in different sizes. There is also Clicks Bar & Grill, a Pre-School and a number of local community groups and fitness classes for the small to the not so small. We have space for Weddings, Conferences, Functions and Parties.

Contact us by phone 01638 750760 or email to [info@rlmcsuffolk.co.uk](mailto:info@rlmcsuffolk.co.uk)





### Who are Sharing Parenting?

Sharing Parenting offer a range of free parenting support programmes and also provide training, mentoring and supervision for professionals working with parents and children. In a nutshell, Sharing Parenting is an independent resource for evidence based parenting support.

### The term “evidence-based” means that our programmes work!

Sharing Parenting also provide the services of two Community Outreach Workers, and two Family Support Workers located in four schools throughout Forest Heath.

Find out more about what we do at our local coffee mornings and pop ups through out schools, public libraries and local businesses in the Forest Heath area. Find out more through our website [www.sharingparenting.com](http://www.sharingparenting.com) and Follow us on Facebook and Twitter.

### Raising Teenagers:

Laureate Primary School  
Exning Road, Newmarket,  
CB8 0AN

Friday April 27th 2018

For 10 weeks-Please call to book.

Westfield Academy  
Chalkstone Way, Haverhill,  
CB9 0BW

Thursday April 26th 2018

For 10 weeks – Please call to book.

### Raising Children:

Exning Primary School  
Oxford Street, Exning,  
CB8 7EW

Tuesday April 24th 2018

For 10 weeks-Please call to book.

**All courses are Term Time  
Only**

### Pop Ups

#### Coffee Morning

Millennium Centre, Red Lodge  
May 15th 2018, 10:00 - 12:00 mid

