

the local parent

Connecting Families- Growing Community

Red Lodge · Mildenhall · Lakenheath

Surviving Christmas!

**Tips to make your
Yuletide bright.**

KIDS LIFE!

Parenting Q + A

What's On?

E.P.I.C. Dad

www.sharingparenting.com

Welcome to **the local parent** Christmas Issue.

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.

Wishing you a Merry Christmas,

Amber and Amba

Sharing Parenting Outreach Workers



FACEBOOK COMPETITION

We'd love to hear from you on Facebook!

Go to our page, Sharing Parenting, Like, Share and Comment 'Magazine' in the Competition Event and the 50th person to do so will win a PRIZE!!



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SURVIVING CHRISTMAS!

It's coming. Are you ready?

Christmas is a time of year that can be both exciting and stressful for parents. The joy in their children's eyes about the coming Yuletide event fills a parent's heart with joy. However, financial stress and looming expectations can weigh heavy. We understand.

Here are a couple of tips:

1. Prepare.

To avoid disappointments and stress, know your limits. Make a Christmas budget and stick to it. Spending too much can lead to unnecessary stress and arguments within the family. Also, go easy on yourself. Christmas is a time for you as well, Mum and Dad. Leave some room in the budget for you two!

2. Have a Family Meeting.

While gathered together at dinner, or any convenient time you can all be together, ask your kids to write their Christmas list. For the older ones, let them know the limits for the Christmas budget. You can say "We have £100 to spend, how should we divide it for Christmas?" They may decide to split it evenly, or they may choose to put it towards something together. This gives them a voice and a sense of responsibility within the family.

For the little ones, work with them to write a letter to Father Christmas. Help them to choose which things they would most like from him. You too Mum and Dad! Why not make posting the letter a family activity?



Send letters to:

FatherChristmas/Santa,
Santa'sGrotto,
Reindeerland,
XM4 5HQ

By 8th December.



Sharing Parenting offers FREE

"SURVIVING CHRISTMAS!"

Workshops

We say "Christmas", referring to the time of year, however, we (of course!) welcome and include all cultural and religious traditions. Please email amber@sharingparenting.com for more information and to sign up!

Holiday events for the local parent

1st December

Lakenheath Academy
Christmas Fayre
3-5pm

2nd December

Christmas Fayre
Red Lodge Sports Pavilion
2:00-5:30pm

3rd December

Christmas Tree Festival
St. Mary's Church
Mildenhall
3:30pm

7th December

Merry Mildenhall
Market place & adjacent precinct
4:30-7:30pm

8th December

Christmas Tree Festival
St. Peter's Church
Brandon
6pm

9th December

Who Let the Dad's Out
Family Xmas Party
Abundant Life Church
Lakenheath
10-1pm

Great Heath Primary
School Christmas Fayre
12-3pm

Meet Santa in his Grotto
Red Lodge Sports Pavilion
1-4pm

17th December

Christmas Family Service
Abundant Life Church
Lakenheath
10-12pm

21st December

Children's Christmas Party
Millennium Centre
Red Lodge
12-2pm

What's on for the local parent?

Calling all book lovers!

The Holidays are the perfect time to grab a favourite story, snuggle under a blanket and get lost with your little one in a far-away place.

It doesn't have to stop there, Sharing Parenting have set up several Reading Cafes in schools across Forest Heath to provide you and your child with a time to read together.



Participating Schools:

St Marys, Mildenhall

Lakenheath Community Primary

West Row Primary

Beck Row Primary

WE WANT YOU!

Calling all Red Lodge, Mildenhall and Lakenheath locals! This is YOUR magazine and we want YOU to be a part of it!

Would you like to advertise your business or contribute your ideas and writing? Do you have some news or funny parenting stories that you would like to share? If so, please email us at:

amba@sharingparenting.com

We look forward to hearing what you have to say!

Cheers,

The Sharing Parenting Team

Timetable for weekly events.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Sensi Treatment-</u> children- (Millennium Centre, Red Lodge) 10:30-3:30pm <u>Quilting Angels-</u> <u>Crafting drop in -</u> open to all ages (Red Lodge Sports Pavilion) 10-3pm <u>Scouts - different</u> <u>times for different</u> <u>age groups-</u> (Millennium Centre, Red Lodge)	<u>Lakenheath</u> <u>Parent, Toddler</u> <u>and Baby Group-</u> (Village Hall) (9:30-11:30am) <u>Jus Kids</u> <u>Performing Arts</u> <u>Club - ages 6+</u> (Millennium Centre, Red Lodge) 5:30-7pm	<u>Breastfeeding Support</u> <u>Group (The Stable,</u> <u>Newmarket) 10-12pm</u> <u>Pre-Football</u> (Millennium Centre, Red Lodge) 10-11am <u>Mr Melody - Babies</u> <u>And Toddlers</u> (Millennium Centre, Red Lodge) 11-12pm <u>Red Lodge Under 12'</u> <u>& under 15's Football</u> (Red Lodge Sports Pavilion) 6-8pm <u>Tai Chi -open to all</u> (Red Lodge Sports Pavilion) 7-8pm	<u>Stay and Play -</u> Babies and toddlers (Millennium Centre, Red Lodge) <u>Red Lodge Under</u> <u>10's Football (Red</u> <u>Lodge Sports</u> Pavilion) 6-7pm <u>Brandon Leisure</u> <u>Centre Soft Play</u> 9:30-12:20pm	<u>Dad's Drop-In</u> <u>Weekly Café for</u> <u>dads and male</u> <u>carers (Lakenheath</u> <u>Methodist Church,</u> Back Street, Lakenheath) 9-10:30am <u>Moo Music Baby</u> and Toddler (Millennium Centre, Red Lodge) 9:30-11:00am

*Have something you'd like to add? Please let us know at amber@sharingparenting.com



Community Spotlight

The halls of St. Christopher's echo with the sounds of Christmas performance rehearsals as parents giggle whilst walking past to attend a parenting course. The school is empowering parents in addition to students with knowledge, and in turn is creating an inviting and positive community environment.

The school prides itself on being able to pay close attention to what is happening within its walls, as well as what is happening with each student. With the help of the school's pastoral support worker, Sarah Pennell, both families and teachers can share an open line of communication that goes beyond how the children are doing in school subjects alone.

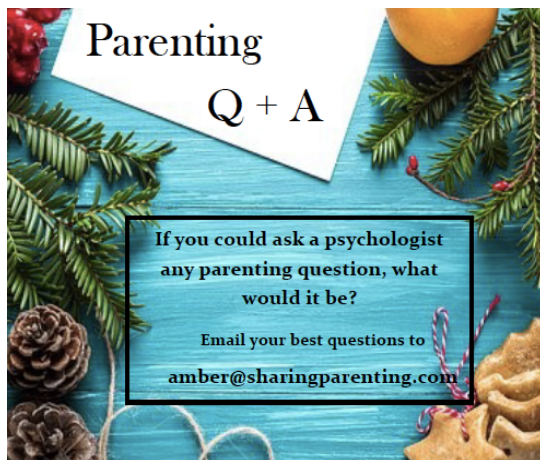
Chloe Brown, St. Christopher's Deputy head, states that having a pastoral support worker "allows time to build relationships with parents and children. It's an additional link." Mrs Pennell added that the children of the school have also come to her to work out friendship trouble and that she helps them with their "emotional literacy."

With the support of Headteacher, Caroline James, St. Christopher's school fosters community with a whole school and

whole community approach. It welcomes parents to attend parenting courses, coffee mornings, and even hosts grandparent coffee mornings. The school also has links with St. Christopher's Church and has made the local U.S. Air Force community feel welcome by hosting a Thanksgiving meal. The participation in Thanksgiving gives many children at the school the opportunity to learn about a different culture, whilst making another culture within the community feel right at home.

Do you know of a person or organisation that deserves to be the
Community Spotlight?

Please, let us know at amber@sharingparenting.com





My name is Rich Keeble and I run the Fathers and Families Project called E.P.I.C. Dad. The letters of E.P.I.C. stand for Encourager – Provider – Instructor – Carer. These are four key roles of a father or father-figure we want to celebrate and help to encourage in families and communities.



OUR MISSION...

Supporting Men (through one-to-one support, mentoring, drop-in group, social events, referrals)

Empowering Fathers (through support groups, parenting courses, training opportunities)

Transforming Families (through toddler groups, dads and children's groups, family events, family trips, volunteering in the community)

JOIN US!

Dads Drop-In (Weekly café for dads and male-carers) -Friday mornings term-time at 9 to 10:30am (Lakenheath Methodist Church, Back Street, Lakenheath)

Time Out for Dads (Monthly Social and Support Group for dads and male-carers)- Last Thursday of every month at 7 to 9pm (Abundant Life Church, Back Street, Lakenheath)

Who Let the Dads Out?

(Monthly dads and kids club including bacon rolls, games and crafts) – 2nd Saturday of every month at 10am to 12noon (Abundant Life Church, Back Street, Lakenheath)

Christmas Party – Saturday 9th

December at 10am to 1pm at Abundant Life Church. Open to dads, mums, children and the wider family. Free activities including bouncy castle, crafts and games. There will also be a small charge for food.



KIDS LIFE!

Hey! I'm Beth, I'm 12 years old and I live in Lakenheath. There are lots of things going on in the village for me and my family to get involved with.

We have a Youth Club, sports clubs dance and drama activities, scouts and beavers and much more. I can also go roller skating at the Mildenhall Leisure Center, which I really like to do.

I go to Mildenhall College Academy, which is a great school. I have loads of opportunities to try new things, go on trips and develop the things I am good at and enjoy. We have a History Club after school and lots of musical activities at lunchtimes.

My family and I love to go up on to The Warren which is a massive nature reserve, really close to where we live. There is a huge crater in the middle that my brothers and I run down....and then climb really slowly back up. Its great for hide and seek!

Christmas is coming up and we'll be going to lots of Christmas events in the village and around the area. We loved the Christmas Light Switch On in Mildenhall last year. There were so many people there! Definitely going this year. There's also some really cool Christmassy services happening in the churches and schools, I'm singing in the choir at MCA's Carol Concert...eeek!

Luv Beth X

For more information on EPIC Dad please contact us on 07717744608 or at epicdadproject@hotmail.com

Sharing Parenting

making a difference to families



Who are Sharing Parenting?

Sharing Parenting is a Community Interest Company that offers a range of free parenting support programmes in addition to, training, mentoring and supervision for professionals working with parents and children. In a nutshell, Sharing Parenting is a resource for evidence based parenting support.

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

Over 300 parents in trials conducted by the University of London reported a positive impact on their family. There have also been evaluations completed by Educational Psychologists in Cambridge confirming the effectiveness of our courses. The U.K. Adlerian Society accredits our courses. Parenting U.K. has also awarded Sharing Parenting the CAN quality kite mark.

It doesn't end there...

In addition to the programmes offered, Sharing Parenting is also involved with various community projects. These include two Community Outreach Workers, two Family Support Workers located in four schools throughout Forest Heath, and a Reading Café Extraordinaire who has created 'reading cafes' focused on encouraging effective reading time with children at home.

We invite you to visit our website
www.sharingparenting.com
and follow us on Facebook and Twitter.

Join a course,

THEY ARE FREE FOR PARENTS!

Our next “Raising Children” course:

Tuesday 9th January 2018, 10 weeks
(excluding half term)

9:10 – 11:10am at Paddocks Primary School,
Rochfort Avenue, Newmarket CB8 0DL

Try a “Taster” session.

Friday 8th December 9:15-11:15 pm at
Laureate Primary School, Exning Road,
Newmarket, CB8 0AN

The primary aim of Sharing Parenting is to offer parents a supportive, informal environment, in which to gain information, knowledge, skills and confidence around parenting issues.



SHARING PARENTING

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Working in partnership with Suffolk Community Foundation