

the local parent

Supporting families in Red Lodge, Lakenheath and Mildenhall



New
DADS MATTER
course!!!

Community Spotlight

What's On?

KIDS LIFE

www.sharingparenting.com



This is the last issue of **the local parent!**
Thank you for having us in your communities. We hope that you have enjoyed our publication over the last year. Our hope has been for you to gain helpful tips in parenting, learn about something new, and hopefully get out and feel a part of your local community. Please keep in touch, meet us at one of our events and let us know how you found the local parent.

Keep your eyes open for our brand new mini-mag, coming soon!
Warmest Wishes,

Amber and Amba –Sharing Parenting Outreach Workers

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Can
learning
be fun?

PARENTING Q + A

Parenting question answered by
Suzanne Pearson, Psychologist, and Director of
Sharing Parenting

A problem with learning at school is sometimes children do not see the link with the world around them or with their goals and dreams. Learning because you are told to can be hard especially if you don't see the importance of it. Help children to see where learning fits into their goals and how it can help them in their world. Talk about inventors and discoveries and the learning around them. Link learning to your child's hobbies, what learning is going on there? What did they have to learn to do their hobby?

Children can often associate the word learning only with school and don't realise all the fun learning they are doing continually at home and with friends.

Help your child to understand where learning fits into their world. At home point out when you and your child are learning something new. If you go for a walk, talk with your child, point out the changing colour of the leaves, the leaves falling on the ground, say what you see then take it one more step.....'I wonder why that happens?' Explore ideas together. You may have to look up the answer when you can, but talk about possible reasons why. Be curious with your child, a curious mind is a learning mind. Having fun learning with a parent makes learning fun! It can establish a curious mind setting the foundations for achievement and enjoying learning at school.

Let your children see **you** learning something new, show them how to learn, make mistakes and relearn. Be a learning role model. Talk to your child if you are finding something difficult to understand and what you do reread, break instructions down to one step at a time, and ask for help.

-Suzanne

Did you know that there is a difference between praise and encouragement?

Praise focuses on the doer and the achievement of a goal whereas encouragement focuses on the deed and the effort put in, no matter the outcome.

Can you see the difference? Encouragement, rather than praise enables our children (and us!) to learn self-respect and pride in all they do, which increases self-esteem. It means that when they have spent hours practicing for a football match and still fail to score a goal, they know that this doesn't mean they are a failure but they can still be proud of the effort that they put in and in resilience by not giving up always trying again!

PRAISE OR

ENCOURAGEMENT?

Praise says...

What a good boy! You behaved well in the shop.

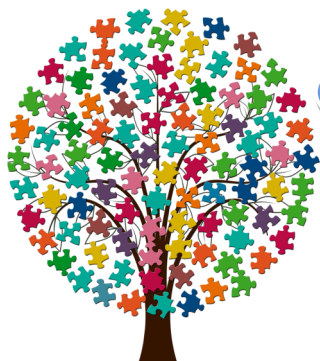
Wow! What a good dancer you are, you look so

Encouragement says...

Thank you for helping me with the shopping, I enjoyed our time together.

How do you think your show went? Did you enjoy yourself?

By using encouraging words we enable the child to self evaluate their own efforts without needing constant reassurance to whether they are good enough. Encouragement is unconditional and consistent, where as praise can be irregular and conditional. Encouragement is great because, even if the overall action was not a success we can help the child identify what did go well and what they can improve on next time. We show them that they are important, capable and loved.



Community Spotlight

We have compiled a list of the local resources and support we have encountered for families!

Alumah

Prevention and support for domestic violence
<http://www.alumah.co.uk/youth.html>

Amparo

Support for families affected by suicide
0330 088 9255,
amparo.service@listening-ear.co.uk, listening-ear.co.uk

Angels

Support group for any family living with Autism, ADHD and any spectrum diagnosis.
www.angels-autism.co.uk

Brandon Leisure Centre Soft Play

Thursdays 10:00-11:30am,
Church Road, IP27 0JB

Bereavement Café

Weekly drop-in group at The Bell
Hotel 25 High St., Mildenhall,
IP28 7EA
Fridays 10-12:00pm

Breastfeeding Support Group

Support for mothers by mothers,
Wednesdays 10-12pm, The Stable,
High Street, Newmarket,
Follow Newmarket

Breastfeeding Support Group on
Facebook

Citizens Advice

Free, confidential advice on
finances, benefits, care,
education, social issues & more.
www.citizensadvice.org.uk
Forest Heath District Council
Office, College Heath Road,
Mildenhall, P28 7EY, 0300 3301151

E.P.I.C. Dad

Supporting the role of fatherhood.
E.P.I.C. Dad's Drop In. Fridays
9-10:30am. Lakenheath Methodist
Church, IP27 9HW

Doorway

Support for Parents and inviting
space to learn and meet other
parents. Fridays during term time,
9:30-11:30am, Upstairs at King's
Project, Kings Street, Mildenhall

Community Action Suffolk

Supports organisations in Suffolk
and enables them to operate more
effectively.
www.communityactionsuffolk.org.uk

The Daisy Foundation

Supporting women, families and
infants throughout the entire
peri-natal period.

Contact: Helen Plumb -
07738 122033,
helen-plumb@thedaisyfoundation.com
Tesco Newmarket Community
Space, Newmarket CB8 7AH

Health and Children's Centres

The Lark Children Centre,
Recreation Way, Mildenhall,
Suffolk, IP28 7HG.
Brandon Children's Centre, Bury
Road, Brandon, Suffolk, IP27 0BQ.

Family Support Workers

Many schools have their own family
support workers that work together
with the school and parents to
achieve the best outcome for the
child. Pop into your school office to
learn more about yours!



KCM Baby and Toddlers

Group on Thursdays
(term time) 10-11:30am Kings
Church, Mildenhall

Lakenheath Parent and Toddler Group

Tuesdays, 9:30-11:30am,
Village Hall, IP27 9EW

Nanas to Mamas

Support for those who are car-
ing for their Grandchildren Full
Time. Contact:
doorway@KCM.church

Olive Branch Therapies

Play Therapy and CPRT
Contact:
jim@olivebranchtherapies.org

Parent to Parent

A support service for parents by
parents in Newmarket and the
surrounding area.
Contact:
info@sharingparenting.com

The Parent Hub

Information on local parent
programmes, childcare, local
support, childcare and schools.
[www.suffolk.gov.uk/children-
families-and-learning/the-parent-
-hub/](http://www.suffolk.gov.uk/children-families-and-learning/the-parent-hub/)

Pebbles

Friendly Social Group for anyone
who has had a mental health
referral to a hospital or specialist
mental health worker recently or
in the past. Tuesday afternoons,
upstairs at Kings House,
Mildenhall

Relate

Counselling, support and
information for all relationships.
Bury St Edmunds, Contact:
01473254118,
info@relatenorfolksuffolk.co.uk

Sendiass

Special Educational Needs and
Disability Information Service.
Helping parents and children
come up with the best decisions
for their lives
www.suffolksendiass.co.uk
01473 265210

Sharing Parenting

Educational parenting
programmes, support, and
events
www.sharingparenting.com,
infor@sharingparenting.com,
01638 665997

Stay and Play Thursday

10:00-11:30 am
Red Lodge Millennium Centre,
Ip28 8TT

Suffolk Parent Carer Network

Support for parents caring for
children with special
educational needs and
disabilities.
Contact: admin@spcn.org.uk

Suffolk Family Carers

Supporting family carers find the
support they need to live fuller
lives.
01473835477
www.suffolkfamilycarers.org

Walk In Clinic

Parish Nurse, health advice, health
assessment, blood pressure and
weight, general support. Tuesdays
10-12pm
Kings Project, Mildenhall,
IP28 7EF

Turning Point

Support for substance abuse
[www.wellbeing.turning-
point.co.uk/suffolk](http://www.wellbeing.turning-point.co.uk/suffolk)

United States Air Force Airman and Family Readiness Centre, Family Advocacy and W.I.C. Program

Services supporting members and
families of U.S. Air Force
RAF Lakenheath Airman and Family
Readiness Center - 01638 523847
RAF Mildenhall Airman and Family
Readiness Center - 01638 543406
Family Advocacy - 01638 528070
WIC Program - 01638 521728

- Support
- Fun
- Information
- Medical

We hope that you found these
local resources helpful!

To find out about even more
family support contact us at
info@sharingparenting.com,
follow Sharing Parenting on
Facebook and visit
www.sharparenting.com



What's ON for the local parent

Contact Alison
Woodland

07718 301971



Beavers, age 6-8
Monday 4.30 - 5.45pm



Cubs, age 8-10
Monday 6.00 - 7.30pm



Scouts, age 10-14
Monday 7.30 - 9.15pm



Explorers, age 14-18
Monthly - Third Thursday
7.00 - 9.00pm

Contact Abi
Gilby

07939 126809



Rainbows, age 5-7
Tuesday 4.30 - 5.30pm



Brownies, age 7-10
Tuesday 5.45 - 7.15pm



Guides, age 10-14
Tuesday 7.30 - 9.00pm



Senior Section, age 14-25
Monthly
Tuesday 7.30 - 9.00pm



E.P.I.C Dad

It was a fun-filled summer at EPIC Dad! We enjoyed running a family fun day and supporting Lakenheath Fete. We also launched our new game 'EPIC Frisbee Golf' which was a great hit!

As we look ahead to the Autumn term we have many exciting opportunities to offer dads and their families. We are partnering with Source Fitness to run Bootcamps for dads and are also starting a Badminton group. As well as our regular groups, we are offering more one-to-one support for dads through the Dads Matter Course or our Mentoring Programme. Our fun clubs are developing in various local primary schools as we give dads and children opportunities to spend quality time together.

Contact us 07717744608,
email info@epicdad.co.uk,

- **EPIC Dad Fun Club**- 10th November at 10am to 12noon. @Abundant Life Church, Back Street, Lakenheath, IP27 9HF)
- **Time Out for Dads** – Thursday 29th November at 7 to 9pm
- **Autumn Crafts**– Wednesday 21st November, 10-2pm. @The Smarter Drop Shop, High Street, Newmarket.
- **NEW DADS MATTER COURSE!**
Coming to your area soon!
Contact Sharing Parenting at info@sharingparenting.com for details!
- **Sharing Time** - 29th November @10:30am, Story, song and craft time for children and their carers.



Hi, I'm Beth and I'm 13!!!!

This is my last time in the magazine and I've had lots of fun writing articles about my life and what I like to do. It's been a great experience and a

way to reflect on how I spend my time. I hope that it has been helpful to show the importance of relaxing and taking time for yourself as well as getting work done at the same time (there's even more homework now!) Spending time on this was actually a good way to distract me from all of the stress of school. Doing these articles could contribute to any applications in the future and would be good for if I ever wanted to be a writer, journalist or if I had a



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Millennium Centre



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childcare all year
round

Phone : 01638 750 760

Facebook : Sarah Bell MC

Email : info@rlmcsuffolk.co.uk

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
QUILTING & SEWING GROUP (AD) 10am - 3pm CONFERENCES DAY TIME (CH) BEAVERS (CH) CUBS (CH) SCOUTS (CH) Contact Margaret Chilestone 01638 717224 07712 890 809 margaretechilestone@hotmail.com (TT)	CONFERENCES DAY TIME (CH & AD) FIT CLUB (CH) 6.00pm - 7.00pm BarreTONE (AD) 7.00pm - 8.00pm HOP (CH) 7.30pm - 8.30pm	PRE FOOTBALL (CH) 10.00am - 11.00am MR MELODY (CH) 11.00am - 12 noon CARPET BOWLS (CH) 2.00pm - 4.00pm FOOTBALL (CH) FUN FACTORY (TT) 4.30pm - 5.30pm ZUMBA (CH) 6.00pm - 7.00pm KARATE (CH) 7.00pm - 8.00pm BADMINTON (CH) 8.00pm - 9.30pm	STAY & PLAY (CH) 10am - 11.30am (TT) ALL STARS (CH) 6.00pm - 8.00pm SEQUENCE DANCE CLUB (CH) 8.00pm - 10.00pm	MOO-MUSIC (CH) 9.30am - 11.00am (TT) SCRABBLE (BR) 2.00pm - 3.00pm THE STUDIO-CT DANCING (CH) 4.00pm - 8.00pm (TT) YOUTH CLUB (CH/AD) 7.30PM - 8.30PM (TT)	FIT CLUB (CH) 8.00am - 9.00am JAZZERCISE (CH) 9.30am - 10.30am FOOTBALL (CH) FUN FACTORY (TT) 11.00am - 12.30pm CHILDRENS PARTYS 1pm - 5.00pm (CH) EVENING EVENTS 5.00pm - Midnight (CH)	ZUMBA (CH) 9.30am - 10.30am CHURCH (CH) Liberty Worship Centre 11.00am - 2.00pm PARTY Hall Hire Available (CH) SOHAM BAND (CH) 6.00pm - 8.00pm

KEY : (CH) = Cooper Hall

(AD) = Allan Duncan Room

(BR) = Board Room

(TT) = Term Time Only

The best the village has to offer all under one roof



The Red Lodge Millennium Centre was officially opened on the 1st 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



Sharing Parenting

is a Community Interest Company whose aim is to see parents and families thrive!

At Sharing Parenting, we recognize that being a **parent** is one of the biggest and most influential jobs we will ever have!

We are here to support you in that role.

We offer a range of courses, short sessions, groups and events in an informal environment where you'll gain practical parenting strategies, mindfulness techniques, personality insight, mental health awareness, group support, one-to-one support, and so much more!

Follow us on Facebook, Instagram, Twitter, and

check out our new website!

www.sharinparenting.com

Follow us on Facebook to find out all the exciting opportunities available to you!

Tel: 01638 665997

Email: info@sharingparenting.com

What's On?

Surviving Christmas Taster

@ Glade Academy. Tuesday 4th December, 1-3pm

Raising Children 10 week course

@ Glade Academy, Starts 4th February, 2019 1-3pm

Raising Children 10 week course

@ All Saints CEVA Primary School, Starts 22nd January, 2019, 9:30-11:30am

Raising Teens 10 week course

@ All Saints CEVA Primary School, Starts 30th April 2019 9:30- 11:30 am

Sibling Rivalry short sessions

@ Paddocks Primary School, Newmarket. 20th & 27th Nov.
@ Burrough Green CoFE Primary School, Burrough Green

Parent Drop In clinic for

behaviour insight and support
@ Tesco, Community Room (in the back of Tesco), Newmarket

Anxiety Management Newmarket 2019

Suffolk Mind, in partnership with Sharing Parenting, is running an **anxiety management course** in Newmarket.

Coming in January 2019, this course will teach you useful skills to manage your anxiety. Residents of Newmarket are eligible for a place.

To book call 0300 111 6000

Website: suffolkmind.org.uk

Sharing Parenting
courses are

FREE

FOR PARENTS!

 **mind**
for better mental health

Suffolk