

Sharing Parenting Parent & Carer's Newsletter July 2020



Remember we are still OPEN for support during the Summer!

If you need advice you can contact us for confidential support.

Email info@sharingparenting.com

Telephone or text: 07867 568339

Family Resource Packs

We have now handed out nearly 270 Family Resource Packs to families in West Suffolk!! Thank you to Rich who has been very busy delivering the packs to families.



You can see lots of photos and positive comments from parents, carers and professionals who have been helping and receiving the packs, on our online notice board [HERE](https://padlet.com/ginny13/ezyoseykdbtsk7ba)
<https://padlet.com/ginny13/ezyoseykdbtsk7ba>

Social Media

Did you know you can follow us on [Facebook](#), [Twitter](#), [Instagram](#), [LinkedIn](#) and [YouTube](#)!

We post daily and share lots of tips and ideas. We currently have 936 likes to our Facebook Page - could you help us get to 1,000?

We also have a [YouTube](#) channel with short videos (vlogs) where we share tips with topics such as Going Back to School, Sibling Rivalry and Active Listening. Please take a look and subscribe to our channel for updates.



Summer Fun Treasure Trail

We are excited to announce during the summer we will be holding 4 treasure hunts in West Suffolk.

We will be handing out goody bags to families completing the treasure hunt, following social distancing guidance of course!

Please remember to follow the current guidelines <https://www.gov.uk/coronavirus>

If you would like to complete a treasure hunt you can download them from our [website](#) or pick one up from us on the day.

We will be at the following locations (as long as there is no torrential rain!) on:

- **Newmarket Clock Tower on Thursday 30th July 2020 from 2.00-4.00pm**
- **Mildenhall Market Place on Thursday 6th August 2020 from 2.00-4.00pm**
- **Lakenheath Children's Play Area, next to Lakenheath playing fields (Eriswell Road) on Thursday 13th August 2020 from 2.00-4.00pm**
- **Brandon Market Square on Thursday 20th August 2020 from 2.00-4.00pm**

We look forward to seeing you there - we have missed you ☹️

If you are unable to meet us on these dates you can still take part in a treasure trail. If you would like more information please see our website

<https://www.sharingparenting.com/2020/07/07/bring-on-the-summer/>

or email info@sharingparenting.com for details.



Special Needs Support

We have additional support available for families with children with additional needs. When social distancing allows, we want to set up peer support groups in West Suffolk. If you have a child with additional needs and would be interested in attending or would like some advice please get in touch: nina@sharingparenting.com



Sharing Parenting are pleased to introduce our new 'Fresh Start' Project. For those wanting to build their confidence and skills, as well as exploring job and volunteering opportunities, the project seeks to support parents and carers as they take these positive steps forward in their lives.

The LIFE Aims and Activities of the Fresh Start Project are to:

L – Listen (Listening to parents' concerns and interests through an **initial contact**)

I – Inspire (Inspiring future possibilities through **one-to-one meetings**)

F – Find (Finding relevant job and volunteer opportunities through **signposting**)

E – Equip (Equipping parents with useful life skills through **training courses**)

To find out more, please contact Rich Keeble on 07717744608 or email outreach@sharingparenting.com



Facebook Live Drop In Sessions

You may have seen we have started running taster sessions of our courses on Facebook Live. Sessions take place on the first Thursday of the month from 1.00-1.30pm but can be watched anytime. If you would like us to cover anything specific please let Nina know: nina@sharingparenting.com



Well Done

Look out for our new banners. We wanted to shout out a big well done to all parents and carers who have done an amazing job supporting their children during some very strange and trying times.



Courses

Join us for our **FREE** new ZOOM tasters:

Successful Habits for Families on Zoom

Date: Tuesday 28th July 2020

Time: 9:30-11:00am

Mindfulness on Zoom

Date: Wednesday 2nd September 2020

Time: 9:30-11:00am

Building Resilience on Zoom

Date: Tuesday 14 July 2020

Time: 9:30 – 11:00am

Please email us for a Zoom login.

Info@sharingparenting.com

We are keeping our fingers crossed that we will be able to start our face to face courses again next term too. We have planned:

- **Dads Matter**
- **Let's Play course**
- **Outside the Box (For families with children additional needs)**
- **Raising Children**
- **Raising Teens**

Please see our [website](http://www.sharingparenting.com) or email info@sharingparenting.com to register your interest.

Have a great summer and stay safe

The Sharing Parenting Team x

www.sharingparenting.com email: info@sharingparenting.com

