

Sharing Parenting's Newsletter for Professionals

Autumn 2020



WELCOME to our 3rd Professionals Newsletter

If you know a family that needs our support, one of our friendly team would be happy to help! Please pass on our details:

Telephone or text: 07867 568339

Email: info@sharingparenting.com

Contact us via our website www.sharingparenting.com

Remember, we are happy to chat to professionals too!

To receive our termly newsletters please [contact us](#) so we can email you it.

Please also forward this newsletter to other professionals you know.

Summer Fun Treasure Trail Success

We are delighted that over 40 families completed our Summer Fun Treasure Trails in Newmarket, Mildenhall, Brandon and Lakenheath during the summer holidays.

Each family that took part received a prize which for some included a [Crafty Foxes](#) activity too!

Due to popular demand and following on from the success of the summer we are [holding two more trails in October half-term](#) (still following social distancing rules of course).

Beck Row Tuesday 27th October anytime between 2-4pm - starting at by the Pirate Ship Play Park (across through Lamble Close, Beck Row)

West Row Thursday 29th October anytime between 2-4pm - starting by West Row Play Park (Chapel Road, West Row, IP28 8NY)

Families can also complete a treasure hunt at any time by downloading a form from our website or pick one up from us on the day at the above outside venues.

Once they have completed a trail they can collect their prize. Families can still download the treasure trails to do in Newmarket, Mildenhall, Brandon and Lakenheath from our [website](#).

For more information please see our website <https://www.sharingparenting.com/2020/10/08/bring-on-the-summer/>

or email info@sharingparenting.com for details.



270 Families Benefit from Our Family Resources Packs

Thank you to everyone who sent referrals or supported us in getting these packs out to families in West Suffolk. We have handed out 270 packs all together! and the response from families and professionals has been really positive.

We are thrilled were able to help so many families.



Fresh START



Sharing Parenting are pleased to introduce our exciting new 'Fresh Start' Project for parents and carers.

The project is 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**)

If you know a parent or carer who would benefit from the project or just want to know some more please get in touch.

To find out more, please contact Rich Keeble on 07717 744608 or email outreach@sharingparenting.com

New Support for Families with Children with Additional Needs

Did you know we have added a new support service available for parents and carers of those with children with additional needs.

Clare can offer 1-1 support to parents. As part of the project Clare is also running a face to face support group in Newmarket for parents:

SEN Parent Support Group

Every Tuesday 10.30am-12 midday
Newmarket (venue to be given on booking)

Due to COVID-19 restrictions we can only have a small group of parents at any one time. Parents need to email clare@sharingparenting.com to book a place.

If you know a family that would benefit from this support please share our details with them.





Corona-Superhero Training Manual

We have put together a fun interactive activity book for parents, carers and professionals to share with children.

Our aim is for this little book to help children understand a little more about how to keep safe, explore any feelings or anxieties about the COVID-19 virus and help them to feel safe and positive at school and when out and about.

Please email us at info@sharingparenting.com if you would like a free PDF version of this books.

Online Taster sessions

This autumn we have been busy creating some more online taster sessions via our [YouTube Channel](#).

We have covered the following topics:

- Let's Play
- Effective discipline
- Coping with anxiety
- Choices and consequences



If you have parents that would benefit from some parenting tips please send them to our [YouTube channel: Sharing Parenting](#).

Don't forget our website has lots of **news pages** which are regularly updated with blogs and useful information too: www.sharingparenting.com/news/

CPD Professional Development

Keep an eye on our [What's Coming Up for Professionals](#) Page on our Website for continuous Professional Development.

We are still delivering (both face to face and via Zoom) Raising Children, Raising Teens, Raising Children Refresher Course, Engaging Parents and lots more.

If you are looking for any particular training which is not currently advertised please email info@sharingparenting.com to express your interest.

Stay safe, from the Sharing Parenting Team

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