

# Sharing Parenting Parent & Carer's Newsletter Autumn 2020



## Welcome to our Autumn Newsletter

If you would like some advice/support from one of our friendly Family Workers please contact us:

Telephone: 07867 568339 Email: [info@sharingparenting.com](mailto:info@sharingparenting.com)

## Success with our FREE Family Treasure Trails



We were thrilled to see so many of you at our FREE Family treasure trails in the Summer and at October half term. Many of you collected your 'treasure' at the end of the trail and some of you were lucky enough to receive a Crafty Foxes craft bag too! Thank you to [Crafty Foxes](#) for partnering with us for this and also to all of you who turned up to meet us through rain, wind and (very hot) sunshine!

Remember you can see all the photos on our [online notice board](#) and you can even add some of your own too.



All our treasure trails are on our website and can be downloaded (or viewed by a smartphone) for FREE to do at anytime: <https://www.sharingparenting.com/2020/10/08/bring-on-the-summer/>

You can even download your own certificate once you have completed it too.

We have plans for more treasure trails in Red Lodge and Haverhill coming up soon, so watch this space (and our website) for more information.

## What's Coming Up for Parents?

Please keep an eye on our [What's Coming Up for Parents on our website](https://www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/) <https://www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/> to register for your FREE place on any of our courses and workshops.

Some of these are able to continue face to face (socially distanced of course), such as our Let's Play course and some are online on Zoom, such as Sibling Rivalry and True Colours.

Please contact us if you would like further information about any of our courses and let us know if you would like to join our interest list for a course which is not currently scheduled.

## Planning to Return to Training, Volunteering or Employment?

We have 2 projects which can support you to return to training, volunteering or employment. This may be an initial conversation to get a plan together, support with CV's, interview skills and/or to start looking at local contacts.

Please take a look at both projects on our website:

Hannah can support you via [Build your Rainbow](https://www.sharingparenting.com/for-parents/1-to-1-support/build-your-rainbow/)

<https://www.sharingparenting.com/for-parents/1-to-1-support/build-your-rainbow/>



"After being a stay at home mum for 11 years, I was anxious at the thought of returning to work. After contacting the Build Your Rainbow project, I received weekly meetings with Hannah, who not only helped me update my CV but continually gave me support and encouragement which gradually helped me gain the confidence and belief that I would be able to achieve employment in the near future."



Rich can support you with [Fresh Start](https://www.sharingparenting.com/for-parents/1-to-1-support/fresh-start-support-with-employment-volunteering-and-training/) <https://www.sharingparenting.com/for-parents/1-to-1-support/fresh-start-support-with-employment-volunteering-and-training/>



"Would just like to say a big thanks to you for this morning, as you said it has been a long time since I have sat and had a face to face chat to someone. Haven't felt this good in a long time. Have talked through your idea, am going to really look into it".



Fresh Start Participant

Or contact [hannah@sharingparenting.com](mailto:hannah@sharingparenting.com) or [outreach@sharingparenting.com](mailto:outreach@sharingparenting.com) for more information.

## SEND Support



Do you have children with Special Educational Needs or Disability?

Clare, our SEND Project Worker can support you with resources, information and a chance to get together (face to face and Zoom) with other parents who have children with SEND.



Our social groups are a chance for you to get together with other parents, chat, and enjoy time out (and when our venues are open with some coffee, cake). Talking is one of the best way to share help, advice or just get things off your chest

Email [clare@sharingparenting.com](mailto:clare@sharingparenting.com) or telephone 07519038536 for more information or to book a FREE place. Due to COVID-19 restrictions we can only have a small group of face to face parents at a time.

## Emergency Contacts

If you need support please do get in touch. Parenting can be a difficult job at the best of times and this year has been particularly trying. We also have a selection of organisations and emergency contacts who can support with debt, benefits, housing, domestic violence and lots of other issues on our website too:

<https://www.sharingparenting.com/2020/06/21/emergency-contacts/>

A very useful helpline has been set up for Suffolk also: <http://newmarketcoronavirus.co.uk>

Tel: 08000683131 9am-5pm Monday to Friday.

## Corona Superhero Work Book

During the summer we put together an activity book for parents/carers and their children to work through together. Our aim is for this little book to help your child understand a little more about [how to keep safe and explore any feelings or anxieties about COVID-19](#).



Please [info@sharingparenting.com](mailto:info@sharingparenting.com) if you would like a PDF version of this book.

## News, Blogs, Information

Keep in touch with us via our social media channels [Facebook](#), [Twitter](#), [Instagram](#), [You Tube](#) and [Linkedin](#). (Remember to comment, like and share when you can).



We have lots of online support and [blogs/news](#) support on our [website](#) and our drop in continues on Facebook Live the LAST Thursday of each month at 1.00pm.

Stay strong and stay safe

*The Sharing Parenting Team x*

