

Sharing Parenting Parent & Carers' Newsletter Summer 2021



Welcome to our Summer Newsletter 😊

Welcome to our latest newsletter where we look back on May half-term fun and look forward to our Summer holiday activities too. We are always impressed with the resilience you parents and your children show but even more so in the past 18 months! I think we have all learnt so much (online learning being a huge learning curve) and proved to ourselves that we can handle anything that comes. What a great message to pass on to our children.

Please remember if you (or anyone you know) would like any advice/support from one of our friendly team we are here to help and look forward to talking to you. Please contact us: Telephone: 07867 568339

Email: info@sharingparenting.com

You Did It Again!!!



Thank you to everyone who came along to our May half-term activities in Newmarket and Lakenheath. The sun shone and we all had a great time giving out seeds and playing Frisbee Golf.

You can see (and add) more photos of all our activities on our online notice board here:
<https://padlet.com/ginny13/ezyoseykdbtsk7ba>

FREE Family Activities - Summer 2021

During the Summer holidays do come along and say 'hi' at our pop-up sessions:

Sharing Parenting will be part of **Lakenheath Fete** on **Saturday 7th August at 12 noon to 4pm** on the playing fields next to Lakenheath Pavilion. We will have a stall with free information, fun activities and giveaways. Hope to see you and all the family there!



We will also be at **The Memorial Gardens in Newmarket** on **Thursday 12th August from 12-4** as part of the [Earth Arts Festival](#) which runs from July 29th-August 26th every Thursday from 1.00-4.00pm where there will be free activities for families. You can find out more here:

<https://www.newmarket.gov.uk/event/memorial-gardens-summer-entertainment/>

SEND Support

For all your advice and support around SEND during the summer please contact:

clare@sharingparenting.com



Look out on our website: <https://www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/> for our next Outside the Box course on Zoom which supports all parents and carers with children with SEND with simple but effective positive tips and strategies.

We have a regular group in Lakenheath for parents and carers of children with SEND and are hoping to open a SEND support group in Mildenhall too, but the details are not finalised just yet. Look out on our website for updates: <https://www.sharingparenting.com/for-parents/send-support/>

1 to 1 Support Returning to Training, Education or Employment

Our [Build Your Rainbow](#) offer is still going strong and we were delighted to receive this wonderful feedback recently:



"I will just update you that I was offered a job yesterday.....these past few weeks have been a bit of a whirlwind, lots of changes and I have been implementing a lot of the thought processes every day. I feel like the fog has cleared and I have regained some power in myself. You've no idea how much our conversations have literally transformed my mindset and I can't thank you enough for your listening ear and guidance.... I have struggled and wobbled so much throughout my life and especially recently but I do feel like if it wasn't for you, I would still be hiding from my fears. The power of working with someone is incredible and has confirmed my belief in myself, my future and my career. I am so so thankful and grateful, you've pushed me out of my shell."
(LC participant May 2021)

If you would like 1 to 1 support getting back to work, training or education please contact:

hannah@sharingparenting.com or come along to our drop in sessions at Gatehouse, Dettingen Way, Bury St Edmunds, IP33 3TU on July 29th 9 – 12am, August 10th 9 – 12am, August 26th 9 – 12am. For more dates please see our website: <https://www.sharingparenting.com/for-parents/where-to-meet-us/>

Community Ambitions

We are excited to announce we have a new project called 'Community Ambitions'.

The Community Ambitions project is a two year project working with [All Saints CEVA](#)

[Primary School](#) and [Laureate Community Academy School and Nursery](#)

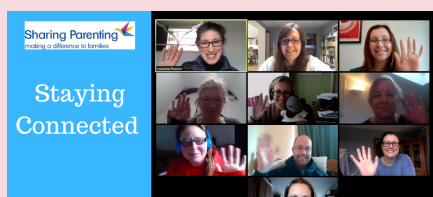
supporting families with English as an additional language in school and the community. The project will also support vulnerable families. At this stage the project is working with families to research what families need and want. The research will then form the design of the project.

If you would like to know more about the project, are interested in working together or are interested in volunteering please get in touch and email nina@sharingparenting.com



Time Out Tuesdays

From Tuesday 21st September 2021 we will be hosting 1-hour sessions via Zoom every Tuesday from 10.00-11.00am. These will include our very popular True Colours taster, Sibling Rivalry, Parenting Styles and lots more. Take a look on our website <https://www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/> for the full list and dates.



Keeping in touch

We are very pleased that parents/carers and professionals are continuing to find us and keep up to date through our website and social media channels. It is probably no surprise that views to our website www.sharingparenting.com have increased massively since the pandemic. Please remember to share our videos, news and online support with other parents and carers you know:

<https://www.sharingparenting.com/for-parents/sharing-parenting-courses/online-sharing-parenting-courses/>



At the end of June 2021 we had 1,036 people who had liked our [Facebook](#) page and follow us. If you are one of them, a big THANK YOU, and you will be up to date with our news, tips and information. If you are not, head over to the page now and give us a 'like'.

We host a monthly drop-in on **Facebook Live** on the last Wednesday of every month from 1.00-1.30pm (Term time only). You can catch us live or take a look at our videos on Facebook to watch previous sessions. These include themes such as: Mindfulness for Parents, Birth Order (and how this can affect us or our children), Effective Discipline and more

Families are continuing to follow us on [Instagram](#) where we post photos of us out and about in the community.

If [Twitter](#) is more your thing you can find us at <https://twitter.com/sharingparents/>

You Tube - Viewers spent 878 minutes watching our videos in 2020. Our short videos (which include Choices and consequences, Top tips when you are feeling anxious, Sibling Rivalry, Fill your jug, Active Listening, I Statements, How to Avoid the Power Struggles and more) were very popular and great if you like visual tips and strategies which can quickly turn around negative behaviour. Take a look at our channel:

https://www.youtube.com/channel/UC_RUZ6Yjg1mIrd-BeiLR5Cg

We also have a [Linkedin](#) page! If you work with families please take a look and follow us at: <https://www.linkedin.com/company/13040560/admin/>

Date for your diaries

We will be running our flagship Raising Children Course on Zoom starting from Thursday January 20th 2022 in the evenings from 6.45-8.15pm. Email info@sharingparenting.com or find us at

<https://www.eventbrite.co.uk/e/raising-children-starting-thursday-20th-january-2022-for-10-weeks-tickets-161930577717> to book your FREE place.

Do you work with children and/or families?

If you work with children and/or families and you may be interested in our courses and workshops for professionals. Our True Colours (looking at different personalities) is one of our most popular workshops and

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Thank you for the training last week. I was at GYROS yesterday and they were all talking about how much they enjoyed it – they are about to move into a new office and looking how they can incorporate the colours into the office as a reminder that we are all different but essential to a fully functioning team!



Professional
Attended True Colours

Work with Parents

In September we will be running our new 'Work with Parents' course which is full of everything you will need to support you in your role. Take a look on our website: <https://www.sharingparenting.com/for-professionals/whats-coming-up-for-professionals/>

"Completing the WWP made me want to research more to improve my work"



Professional
Completed WWP Training

If you know someone who would like to receive our newsletter please ask them to email:

info@sharingparenting.com.

Until the next issue, stay safe and have fun,

The Sharing Parenting Team x