

Sharing Parenting's Newsletter for Professionals

Autumn 2021



WELCOME to our 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:

Tel: 07867 568339

Email: info@sharingparenting.com

www.sharingparenting.com

We are happy to chat to professionals too!

To receive our regular newsletters please contact us so we can add your name to our database. Please also forward this newsletter to other professionals you know.

Looking back at our summer activities



We were so pleased to meet up face to face again with parents and carers this summer. Thank you to everyone who helped spread the word. We had 43 parents and 55 children who came to say hello and play frisbee golf with us on Saturday 7th August at Lakenheath Fete. The morning started with rain but the sun came out just in time

and so did they!

The following Thursday we had a great time meeting lots of families and playing with clay at a very busy (and sunny) Memorial Gardens in Newmarket as part of the [Earth Arts Festival](#)

Remember you can see more photos and comments on our [Online Notice Board](#).

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.

We need parents to complete the survey to help us design the project. Please can you ask parents to follow the link to complete the survey, it will only take a few minutes.

<https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIKWdsW0yxEjaJBLZtrQAAAAAFAAAAAAFigYaVKkNUMldEQ1U5UVILT01VMjBNMFpHODVEMEVEVWVi4u>

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



Time Out Tuesdays

We are hosting FREE 1-hour sessions for parents via Zoom every Tuesday from 10.00 - 11.00am. These include our very popular True Colours taster, Sibling Rivalry, Parenting Styles and lots more.

Take a look on our website www.sharingparenting.com/for-parents/whats-coming-up-at-sharing-parenting/ for the full list and dates.



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 know someone who would like support getting back to work, training or education please contact: hannah@sharingparenting.com or they can come along to our drop in sessions at Gatehouse, Dettingen Way, Bury St Edmunds, IP33 3TU anytime from 9am-midday on 21st October, 2nd, 18th or 30th November. For more dates please see our website: www.sharingparenting.com/for-parents/where-to-meet-us/



SEND

Clare will be delivering our FREE Outside the Box course for parents and carers (FACE to FACE this time!). The 4 week course supports all parents and carers with children with SEND with simple but effective positive tips and strategies and will be held in Newmarket from 9.30am-11.30am starting Tuesday 16th November 2021.



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: www.sharingparenting.com/for-parents/send-support/

For all advice and support around SEND please contact: clare@sharingparenting.com

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](http://www.sharingparenting.com) have increased massively since the pandemic and we are pleased to share our website in different languages now too, including Bengali, Chinese, Dutch, French, German, Italian, Polish, Portuguese, Russian and Spanish.

Please remember to share our videos, news and online support with parents and carers you know: www.sharingparenting.com/for-parents/sharing-parenting-courses/online-sharing-parenting-courses/

At the end of September 2021, we had 1,046 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

People are continuing to follow us on **Instagram** where we post photos of us out and about in the community [instagram.com/sharingparenting/](https://www.instagram.com/sharingparenting/)

If **Twitter** is more your thing you can find us at 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: 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: linkedin.com/company/13040560/admin/



Working Collaboratively

Our [website](#) has been attracting lots of collaborative working including our colleagues in China. We have shared lots of resources (including videos from SENDIASS on our [SEND webpage](#) (sharingparenting.com/for-parents/send-support/) and also books such as 'Mum, Dad, can you hear me?' to support separated parents, and podcasts on our [News page](#) (sharingparenting.com/2021/09/28/parenting-books-for-understanding-child-development-and-emotional-wellbeing/)

If you have anything you would like to share please do get in touch.



Stay safe, from the Sharing Parenting Team

T: 01638 665997 E: info@sharingparenting.com W: sharingparenting.com

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