



## HASTINGS & ROTHER – JANUARY/FEBRUARY 2019

### PARENTING ADVICE LINE

Don't forget about our new Parenting Advice Line: open **EVERY THURSDAY 11 – 1 PM** for parents/carers or professionals to call for individual brief advice and support from a trained parenting practitioner. Just call us on: **01424 725800**.

### DROP INS – FREE ADVICE & SUPPORT FROM A PARENTING PRACTITIONER

These sessions are open to **anyone** wishing to attend (unless stated) – **there is no need to book!**

#### **Turner House, St Leonards, TN38 0JZ (NB: Only for residents)**

Wednesday 2<sup>nd</sup> January 11.30 am – 1.30 pm

Wednesday 6<sup>th</sup> February 11.30 am – 1.30 pm

#### **South Saxon House Surgery, St Leonards, TN38 9TE**

Thursday 3<sup>rd</sup> January 1.00 pm – 4.00 pm

Thursday 7<sup>th</sup> February 1.00 pm – 4.00 pm

#### **Station Plaza Surgery, Hastings, TN34 1BA**

Wednesday 16<sup>th</sup> January 1.30 pm – 4.30 pm

Wednesday 20<sup>th</sup> February 1.30 pm – 4.30 pm

#### **CAMHS, 729 The Ridge, Hastings, TN37 7PT**

Thursday 31<sup>st</sup> January 10 am – 12 noon

#### **The Baird Academy, Hastings, TN34 3QT**

Friday 11<sup>th</sup> January 9.00 am – 11.00 am

Friday 8<sup>th</sup> February 9.00 am – 11.00 am

#### **Ark Castledown Primary Academy, Hastings, TN34 2HU**

Wednesday 18<sup>th</sup> January 9.00 am – 11.00 am

Wednesday 30<sup>th</sup> January 9.00 am – 11.00 am

Wednesday 13<sup>th</sup> February 9.00 am – 11.00 am

#### **The Hastings Academy, Hastings, TN35 5DN (NB: only for families at Hastings Academy)**

Wednesday 9<sup>th</sup> January 9.30 – 11.30 am

Wednesday 6<sup>th</sup> February 9.30 – 11.30 am

#### **i-Rock, Hastings, TN34 1DT - Home Ed Drop In**

Friday 25<sup>th</sup> January 10.00 am – 4.00 pm

Friday 15<sup>th</sup> February 10.00 am – 4.00 pm

#### **Battle Children's Centre, TN33 0HQ**

Thursday 17<sup>th</sup> January 1.00 pm – 3.00 pm

Thursday 28<sup>th</sup> February 1.00 pm – 3.00 pm

#### **High Weald Children's Centre, TN5 7DH**

Tuesday 29<sup>th</sup> January 1.00 pm – 3.00 pm

Wednesday 13<sup>th</sup> February 1.00 pm – 3.00 pm

# TRIPLE P – POSITIVE PARENTING PROGRAMME



## ONE-OFF GROUPS for parents of 2-12 year olds

### **Dealing with Disobedience**

Tuesday 22 <sup>nd</sup> January	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
Friday 25 <sup>th</sup> January	9.00 am – 11.00 am	The Baird Academy, Hastings, TN34 3QT
Tuesday 12 <sup>th</sup> February	10.00 am – 12.00 pm	Hastings Town Children's Centre, TN34 1RT
Tuesday 26 <sup>th</sup> February	9.30 am – 11.30 am	Battle Baptist Church, TN33 0EG
Wednesday 27 <sup>th</sup> February	9.00 am – 11.00 am	Ark Castledown Primary Academy, TN34 2HU (NB: only for families at Castledown)

### **Managing Fighting and Aggression**

Tuesday 29 <sup>th</sup> January	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
Monday 25 <sup>th</sup> February	10.00 am – 12.00 pm	Hastings Town Children's Centre, TN34 1RT

### **Hassle Free Shopping and Outings with Children**

Tuesday 5 <sup>th</sup> February	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
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### **Developing Good Bedtime Routines**

Tuesday 12 <sup>th</sup> February	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
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## 2 – 12 YEAR OLD GROUPS – 5 week group session

Starts Monday 14 <sup>th</sup> January	9.30 am – 11.30 am	Hollington Youth Centre, TN38 9LL
Starts Wednesday 9 <sup>th</sup> January	9.30 am – 11.30 am	The Pelham, Bexhill, TN40 2DD

## E-SAFETY WORKSHOPS for parents of children of all ages

Wednesday 6 <sup>th</sup> February	1.30 pm – 2.45 pm	The Baird Primary, Hastings, TN34 3QT
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To book onto any of the above groups contact [info@openforparents.org.uk](mailto:info@openforparents.org.uk)

## ONE-OFF GROUPS for parents of teens

### **Getting Teenagers to Cooperate**

Monday 11 February	10:00am- 12:00pm	Hastings Town Children's Centre, TN34 1RT
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### **Building Teenagers' Survival Skills**

Wednesday 16 January	6:30pm- 8:30pm	Hastings Town Children's Centre, TN34 1RT
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## TEEN GROUP- 5 week group session

Starting Wednesday 6 <sup>th</sup> February	6:30pm-8:30pm	Hastings Town Children's Centre, TN34 1RT
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To book onto the above contact [catrina.lafferty@eastsussex.gov.uk](mailto:catrina.lafferty@eastsussex.gov.uk) / 07812 524 311

## SAFER INTERNET DAY 2019 – TUESDAY 5<sup>TH</sup> FEBRUARY

Open for Parents will be running E-Safety workshops for parents and carers in schools and community venues across Hastings and Rother. This 90 minute session covers some of the potential risks and concerns that parents have about their child accessing the internet and electronic devices, such as viewing inappropriate materials, cyber bullying and screen time. It can be adapted to suit parents with children of any age, and covers a range of strategies for improving communication in the home and keeping children and young people safe online. For more information please visit the [website](#) where you can book on directly, call 01424 725800 or email [info@openforparents.org.uk](mailto:info@openforparents.org.uk)

## OTHER PARENTING SUPPORT

**HENRY** - supports families to provide the best possible start in life for babies and children.\*

<https://www.henry.org.uk/homepage>

Tuesdays, 8 <sup>th</sup> January – 12 <sup>th</sup> March	9.00 am – 1.00 pm	St Leonards Children's Centre
Fridays, 11 <sup>th</sup> January – 15 <sup>th</sup> March	9.00 am – 1.00 pm	Egerton Park Children's Centre, Bexhill

\* **Intervention referral form required** - All referrals must be via the family's Health Visitor, where possible families should be encouraged to self-refer. For more information please contact:

[Donna.Meenan@eastsussex.gov.uk](mailto:Donna.Meenan@eastsussex.gov.uk)

## EDUCATION FUTURES TRUST

Education Futures Trust is running the following events in Hastings:

### **Forest School Fun for Under 5s**

Fridays, 11 <sup>th</sup> January – 8 <sup>th</sup> February	10.00 am – 11.30 am	Alexandra Park
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### **Understanding Autism**

Fridays, 18 <sup>th</sup> January – 8 <sup>th</sup> February	9.00 am – 12.15 pm	Venue to be confirmed
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### **Adult Wellbeing: Time2Be**

Wednesdays, 9 <sup>th</sup> January – 27 <sup>th</sup> March	9.30 am – 12.00 noon	Wellington Square Baptist Church
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### **Without Walls**

10 week conservation course for adults - gain an award, improve confidence and communication

Mondays, 28 <sup>th</sup> January – 1 <sup>st</sup> April	10.00 am – 11.00 am	Asda Café, Silverhill
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### **A Walk in the Park**

Fridays, 11 <sup>th</sup> January – 22 <sup>nd</sup> March	1.00 pm – 3.00 pm	Alexandra Park
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For more information and for bookings, please email: [office@educationfuturestrust.org](mailto:office@educationfuturestrust.org)

## THE PANTRY

The Pantry is open twice a week for people who need help with food.

**OPEN: Tuesdays and Fridays, 12 noon – 3.30 pm**

**4 Middle Street, Hastings, TN34 1NA.**

For more information call Melanie on: 01424 444691 or 07990 553759

## TRIPLE P STEPPING STONES GROUP STARTING IN MARCH - BOOK NOW!

**STEPPING STONES GROUP- Stepping Stones is for parents and carers of children with SEND**

Starts Thursday 7<sup>th</sup> March

9.30 am – 12 noon

Ore Community Centre, TN35 5BH

To book onto this group, please contact [info@openforparents.org.uk](mailto:info@openforparents.org.uk)

## MERRY CHRISTMAS!

Open for parents would like to wish you all a very Merry Christmas and a Happy 2019!

