

Family Lives is an independent national charity. We offer **free** and confidential group and individual face-to-face or telephone support to help make family life less stressful! Parents can phone **01707 630105** or email louisev@familylives.org.uk for more information or to book a place on a parenting group. We also offer training for professionals.

STOP PRESS! FAMILY LIVES ARE NOW OFFERING A TELEPHONE PARENTING GROUP, 'UNDERSTANDING CHILDREN'S BEHAVIOUR' ON TUESDAY EVENINGS, 1, 8, 15, 22 & 29 March from 7pm to 8.30pm. Our Family Lives worker will call the parents on a conference call and deliver the course by phone. **PLEASE LET PARENTS KNOW ABOUT THIS NEW VENTURE.** Call Louise on 01707 630105 or email louisev@familylives.org.uk for more information or to book a place on this group before 25 February 2016.

Professional Training – places are available for professionals working with families.

'Engaging with Parents' whole day workshops (9.30 to 4.30) on:

9 March, 13 April, 10 May, 15 June and 12 July 2016

Venue: Heathfield House, Coombe Lane, Croydon, CR0 5RH

To book a place email Earlyhelp@croydon.gov.uk with your chosen date

Parent Groups February - March 2016

Call Louise on 01707 630105 or email louisev@familylives.org.uk for more information or to book a place on these groups

Parent Group	Dates and time	Venue
Understanding Children's Behaviour (5 sessions)	TUESDAY EVENINGS, 1, 8, 15, 22 & 29 March from 7pm to 8.30pm	A TELEPHONE PARENTING GROUP. Our Family Lives worker will call the parents at home on a conference call and deliver the course by phone. Call Louise on 01707 630105 or email louisev@familylives.org.uk for booking and information by 25 February 2016.
Parenting Children with Challenging Behaviour (5 sessions) 1626EI	Wednesday 24 February & 2, 9, 16, 23 March 9.15 – 11.15	Kensington Avenue Primary School Thornton Heath, Surrey CR7 8BT
TBC (5 sessions) 1629EI	Wednesday 24 February & 2, 9, 16, 23 March 1 - 3	Rowdown Primary School Calley Down Crescent New Addington Croydon CR0 OEG
Bringing Up Confident Children (4 sessions) 1630EI	Tuesday 1, 8, 15, 22 March 1-3 1 – 3	All Saints C of E Primary School 2 Upper Beulah Hill, London SE19 3LG
Understanding Children's Behaviour	Tuesday 7 March	West Thornton Primary Academy Rosecourt Road,

(1 session) 1627EI	1 - 3	Croydon CR0 3BS
Can Do Kids (1 session) 1628EI	Monday 14 March 2016	West Thornton Primary Academy Rosecourt Road, Croydon CR0 3BS

IF YOU ARE INTERESTED IN HOSTING A PARENTING GROUP, PLEASE CONTACT KATH COLLINS ON 01707 630107 OR kathc@familylives.org.uk

Family Lives Helpline - For immediate support parents/carers can call 0808 800 2222 free from all landlines and most mobile networks, 24 hours a day, 7 days a week.

Interactive website at www.familylives.org.uk.

Online Parenting Group – Parents can work their way through a parenting group in the comfort of their home and at their own pace online. Email parentssupportherts@familylives.org.uk to find out more.

Individual Support – 6 sessions (either by phone or face to face at a number of venues) with a Family Lives family support worker who will listen to parents and work alongside them to help identify and define what the issues are, help parents think of ways to change the situation and signpost or refer them to further support if needed. Call Louise on 01707 630105 or email louisev@familylives.org.uk for more information.

Independent Supporter Service - transferring from SEN statement to Education, Health and Care Plan (EHCP)

Family Lives operates the Independent Support Service in Croydon to help people to transfer from a statement of SEN to an Education Health and Care Plan (EHCP) or to apply for an EHCP.

The service will:

- Provide advice and support for parents of children with SEN, and young people (16+) with SEN, through the statutory assessment and EHCP processes.
- Help parents and young person through transferring statement of SEN to an EHCP process.
- Help parents of young children, who are **new** EHCP referrals, and/or young people who are coming up to school leaving age and would have had a Learning Disability Assessment under the old system.
- Help young person to ensure their views are heard and understood.
- Liaise across a range of local services with the parent or young person to help gather the information required for an EHCP.
- Help to build resilience in families by offering a range of time-limited support such as liaison across different agencies and advice on personal budgets. The level and nature of that support will be tailored to the particular needs of individual families.
- Signpost parents and young people to local Information Advice and Support Service, when the issue is outside the remit of an Independent Supporter.
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To contact an Independent Supporter, call 020 3131 3150 or email parentssupportherts@familylives.org.uk.

Positive Choices Project

Family Lives, through its Teen Boundaries programme, will deliver a school and family support programme on relevant issues concerning Sexualisation, Objectification, Sexual Bullying and peer pressure across schools in Croydon North Locality to young people.

Our 6 session weekly programme challenges sexualisation, the use of technology in this arena and focuses on developing healthy choices, respectful and safe behaviours to enable young people between 11-16 years to develop positive and consensual relationships. Lesson plans include a final session for parents who will receive an overview of the

course including relevant support and information to support parent's confidence in talking with their child, and enable them to address any worry in partnership with their child's school.

Volunteer Opportunities: Family Lives are currently recruiting outreach volunteer 'Family Champions' to provide added value in supporting families and continuing support in schools to bring about positive messages to young people, through distribution and display of posters and materials, targeted messages, information and signposting, ensuring a continuing whole community school approach to this issue.