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| **GREAT NEWS! Parenting Matters East Sussex has had a rebrand. Please contact us for information on resources available for your service to direct parents and carers.**  [**info@openforparents.org.uk**](mailto:info@openforparents.org.uk)  Need to talk to us about training? Contact us on [info@openforparents.org.uk](mailto:info@openforparents.org.uk) |
| **DROP IN DATES!** |
| Free advice and support from your Triple P practitioner for parents and carers. These sessions are open to **anyone** wishing to attend! |
| **Crowborough Children’s Centre, Beacon Community Academy, Green Lane, TN6 2XB**  Thursday 1st November 9:00 - 12:00pm  Thursday 15th November 9:00 - 12:00pm  Triple P Logo High Res versionThursday 29th November 9:00 - 12:00pm  Thursday 13th December 9:00 - 12:00pm  **Archery Youth Centre, Eastbourne, BN22 7RR**  Thursday 15th November 1:00 - 3:00pm  **Joff Youth Centre, Peacehaven , BN10 8BL**  Monday 3rd December 1:00 - 3:00pm  **Waves Family Support, 8 Church Street, Seaford, BN25 1HG**  Monday 5th November 10:00 - 12:00pm  Monday 3rd December 10:00 - 12:00pm  If you want further details about Waves support or the Waves drop in please contact Jane Witts at [WAVESEAFORD@hotmail.co.uk](mailto:WAVESEAFORD@hotmail.co.uk) |
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| **TRIPLE P – POSITIVE PARENTING PROGRAMME**  ***Listings marked \* are for families attending that school or setting ONLY***  [**2 – 12 YEAR OLD ONE-OFF GROUPS**](https://www.triplep-parenting.uk.net/uk-en/get-started/triple-p-courses-for-parents-of-children-birth-12-years/triple-p-discussion-groups-for-common-parenting-problems/)  **Dealing with Disodebiance**  Monday 3rd December 10:00-12:00pm, Joff Youth Centre , Peacehaven , BN108BL      **Polegate Primary School BN26 6PT\***  **ASD Behaviour, Boundaries and Rewards**  Thursday 1st November 9:00 -11:00am  **ASD Fighting, Rules and Cooperation**  Thursday 15th November 9:00 -11:00am  **Heron Park School , Eastbourne, BN22 9EE\***  **Sleepless Nights and Bedtimes**  Thursday 2nd November 9:00 - 11:00am  **Coffee Morning Drop : Topic Self Esteem/Stress**  Thursday 8th November 9:00 - 11:00am  **Dealing with Disobedience**  Friday 16th November 9:00 - 11:00am  **Bourne School, Eastbourne, BN22 8BD\***  **Managing Fighting and Aggression**  Friday 9th November 9:00 - 11:00am  **Hassel Free Shopping**  Thursday 6th December 9:00 - 11:30am  **Harbour Primary School, Newhaven BN9 9LX\***  **ASD Behaviour, Boundaries and Rewards**  Wednesday 21st November 1:00 - 3:00pm  **Shinewater Primary School,Eastbourne BN23 8ED\***  **Dealing with Disobedience**  Thursday 29th November 9:00 - 11:00am  **Park Mead Primary School Hailsham BN27 3QP\***  **Parenting support session**  Coffee Morning drop9:00 - 11:00am  **Plumpton Primary School BN27 3EB(Sky Lark Federation Including Barcombe and Hamsey)\***  **Anxieties and Fears**  Tuesday 27th November 8:45 - 9:30am  **Tollgate Community Primary School, Eastbourne BN23 6NL\***  **ASD Behaviour, Boundaries and Rewards**  Thursday 29th November 1:00 - 3:00pm  **High Cliff Academy, Newhaven, BN9 9FD\***  **Self Esteem workshop**  Monday 26th November 8:45 - 10:45am    **Ocklynge School Eastbourne, BN20 8XN\***  **Self Esteem workshop**  Tuesday 4th December 9:00 - 11:00am    [**2 – 12 YEAR OLD GROUP – 6 week group session**](https://www.triplep-parenting.uk.net/uk-en/get-started/triple-p-courses-for-parents-of-children-birth-12-years/group-all-you-want-to-know-about-parenting/)  **Starts Wednesday 14th November** 10:15 - 12:15pm - Peacehaven Children Centre, Meridian Way, BN10 8NF  [**TEEN ONE-OFF GROUPS**](https://www.triplep-parenting.uk.net/uk-en/get-started/triple-p-courses-for-parents-of-teens/discussion-groups/)  **Coping with Teenagers Emotions**  Tuesday 13th November 9:30 - 11:30amThe Archery, Eastbourne, BN22 7RR  **Reducing Family Conflict**  Tuesday 11th December 9:30 - 11:30amThe Archery, Eastbourne, BN22 7RR    **Gildridge House School , Eastbourne , BN20 8AB\***  **Building Teenagers Survival Skills**  Thursday 8th November 6:30 - 8:30pm  **Getting Teenagers Connected**  Thursday 15th November 6:30 - 8:30pm  **Coping With Teenagers Emotions**  Thursday 22nd November 6:30 - 8:30pm  **Reducing Family Conflict**  Thursday 29th November 6:30 - 8.30pm  **Seaford Head School , Seaford, BN25 4LX\***  **Coping with Teenagers Emotions**  Tuesday 27th November 4:30 - 6:30pm **t**  ***Listings marked \* are for families attending that school or setting ONLY***  **SCHOOL TRANSITIONAL SEMINARS\*** |
| **Heron Park School , Eastbourne, BN22 7RR**  **Raising Resilience Children**  Friday 23rd November 9:00 - 11:00am  **Hellingly School , Hailsham BN274DS\***  **Raising Resilient Children**  Friday 20th November 9:00 – 11:00am  **Southover C of E Primary, BN7 1JP**  **Raising Resilient Children**  Friday 23rd November 9:10 - 11:10am  **Power of Positive Parenting**  Thursday 28th November 9:10 - 11:10am  **Raising Confident Competent Children**  Friday 7th December 9:10 - 11:10am    **Pashley Down Infant School, BN20 8NX**  **The Power of Positive Parenting**  Monday 10th December 10:00 – 12:00am  **Session at the Refuge**  Monday 12th November Eastbourne 9:00 - 11:00am  Monday 19th November Lewes 9:00 - 11.00am  Monday 22nd November Wealden 9:00 - 11.00am |
| **REFLECTIVE PRACTICE FOR PRACTITIONERS**  **Topic based** **reflective** is not training butworkshops available to all practitioners who work with parents. This will be an opportunity to reflect on how we work with parents, the challenges as well as a chance to share good practice and perhaps take away some new ideas and ways of working.  **Supporting families with Mental Health**  Thursday 29th November 10:00 - 12:00pm at Hollington Youth, TN38 9LL  **Supporting parents struggling with parental conflict**  19th December 1:00pm - 3:00pm at Hollington Youth Centre, TN38 9LL  **For both these session please use the entrance door on Wishing tree Rd North**.  Places will be allocated on a first come, first served basis. If you are interested in attending contact Scott Brunton on 07701 022 224 or email [scott.brunton@eastsussex.gov.uk](mailto:scott.brunton@eastsussex.gov.uk) |

**Triple P Positive Parenting Programme** – see our website for information on courses in your area, booking information and general advice [www.openforparents.org.uk](http://www.openforparents.org.uk) or email [info@openforparents.org.uk](mailto:info@openforparents.org.uk)

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| **NEW WEIGHT MANAGEMENT SERVICE FOR PRIMARY AGED CHILDREN** |

**Ready, Steady, Go! is a new weight management programme for children aged 4-11**

**years and their families living in East Sussex.** Ready, Steady, Go! consists of eight,

one-hour sessions for children, their parents/carers and other members of the family,

focused on healthy eating and physical activity. Sessions also cover a range of other

topics which can impact on a child’s weight, such as sleep and screen time.

We will also shortly be launching our adolescent weight management programme

#GOALS, a programme of personalised 1:1 sessions for 11-18 year olds in East Sussex.

Families and professionals can refer into both programmes through our [online School Health portal](https://www.kentcht.nhs.uk/forms/school-health-service-east-sussex-referral-form/) and can contact the School Health Service on 0300 123 4062 or email [kentchft.esschoolhealthservice@nhs.net](mailto:kentchft.esschoolhealthservice@nhs.net) for more information.  Adolescents can additionally self-refer via our Chat Health service on **07507 332473.**