



COMMITTED TO  
EXCELLENCE

GREENSHAW HIGH SCHOOL

# **Help for the Holidays**

## **Easter 2023**

**A guide to sources of support for  
Greenshaw High School  
parents and students**

# Parent/Carer Coffee Information Sessions

The Quad, Green Wrythe Lane, Carshalton, SM5 1JW  
April – December 2023



*Would you like to meet with other parents/carers in a cosy, non-judgemental and welcoming environment?*

*Would you like to find out about services that are available in the London Borough of Sutton that may benefit you and your family?*

*Would you like to give your opinion about what you feel is needed in your local area?*

*Do you require any parenting advice?*

*Maybe you just want some advice on a matter and you don't know where to turn.*

If your answer is 'yes' to any of the questions above, we are now facilitating parent/carers coffee/information sessions in your local area.

The very least you will get from attending our coffee/information sessions, is a genuine and sincere warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

We can organise guest speakers who can offer you advice on a range of issues and we can signpost you to relevant services if required subject to your needs.

Parenting can be so rewarding however, at times it can also bring its challenges and worries.

You don't need to make an appointment. Just turn up.

If you would like to find out more about the sessions, please contact:

**Theresa Cameron Parenting Coordinator 07736 338924**

**Chanika Gulli Parenting Support Worker 07564043426**

## Session Information:

17/04/23	8.45-11.30	17/07/23	8.45-11.30	30/10/23	6pm-8pm
17/04/23	6pm-8pm	17/07/23	6pm-8pm	13/11/23	8.45-11.30
15/05/23	8.45-11.30	11/09/23	8.45-11.30	13/11/23	6pm-8pm
15/05/23	6pm-8pm	11/09/23	6pm-8pm	27/11/23	8.45-11.30
05/06/23	8.45-11.30	25/09/23	8.45-11.30	11/12/23	8.45-11.30
19/06/23	6pm-8pm	09/10/23	8.45-11.30	11/12/23	6pm-8pm
03/07/23	8.45-11.30	30/10/23	8.45-11.30		

**Please Note: We will not be running sessions during the school holidays.**

# Parent/Carer Coffee Information Sessions

The Youth Zone, Phoenix Centre, Mollison Drive, Wallington, SM6 9NZ  
April – December 2023



## How the sessions will run

Welcome and check in – how are things going for you?

Problem solving – for any issues that you may be facing and finding difficult. Peer support is excellent in these sessions. If you need to talk in private, please let us know.

We can make referrals to other services if required.

Guest Speaker (30-45 mins) if requested – We listen to what parents tell us and we try whenever possible, to get workers from other agencies, to come in and inform parents of what they can offer to help. Obviously, a guest speaker may not be relevant to every person attending. Sometimes we have to book a speaker subject to their availability so we may not have time to inform you beforehand. The guest speaker will be invited subject to parent/carers needs or to inform you of things that may benefit your family.

What is going on in the local area – parents/carers inform others of what is going on in the area.

Updates from facilitators about what may be relevant for group members.

If you would like to find out more about the sessions, please contact:

**Theresa Cameron Parenting Coordinator 07736 338924**

**Chanika Gulli Parenting Support Worker 07564043426**

## Session Information:

25/04/23	8.45 -11.30	11/07/23	8.45 -11.30	14/11/23	8.45 -11.30
09/05/23	8.45 -11.30	12/09/23	8.45 -11.30	28/11/23	8.45 -11.30
23/05/23	8.45 -11.30	26/09/23	8.45 -11.30	12/12/23	8.45 -11.30
13/06/23	8.45 -11.30	10/10/23	8.45 -11.30		
27/06/23	8.45 -11.30	31/10/23	8.45 -11.30		

# Understanding Your Child

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

inourplace 

**NHS**

**NINE  
fantastic  
ONLINE  
courses!**

'UNDERSTANDING  
YOUR...'

Check out  
the Solihull  
Approach  
series  
for ALL parents,  
grandparents  
and carers



...PREGNANCY

...BABY

Ever wondered  
why they behave  
like that?

...CHILD

Ever been curious to  
know what is going  
on in their brain?

...CHILD  
WITH ADDITIONAL NEEDS

Interested to look  
at you and yours  
differently?

...TEENAGER

...RELATIONSHIPS

[inourplace.co.uk](http://inourplace.co.uk)

AND MORE...



## Do you live in Sutton?

1. Visit [www.inourplace.co.uk](http://www.inourplace.co.uk)
2. Enter access code:
3. Begin learning

Access Code:

**TREE**

.....

# Parenting Support Offer

London Borough of Sutton  
Family Hubs



# Parenting Support Offer

We know that being a parent can be both rewarding and challenging, and we all need a helping hand at times.

Knowing where to go and who to turn to can be vital to getting that help early and preventing further escalation.

Our parenting programmes are a source of support for all parents and carers and offer an opportunity to share parenting experiences, develop a greater understanding of child development, build positive relationships and learn skills to deal with challenging behaviour.

**What support can I get as a parent/carer and what do we offer in Sutton?**

**We provide the following parenting support programmes.**

## **Empowering Parents Empowering Communities (EPEC)**

- **Being a Parent**
- **Being a Parent - Together**

## **Care for the Family**

- **Time out for for Parents - The Teenage Years**
- **Time out for Parents - Managing Anger in the family**

## **Adapt to Learn**

- **Small Change, Big Difference**



## Course Information AND Contact Details:

### **EPEC: Being a Parent course**

11 May 2023 - 13 July 2023 / 9.30am - 11.30am / Tweeddale Children's Centre, Tweeddale Road, Carshalton SM5 1SQ

### **EPEC: Being a Parent - Together course**

14 September 2023 - 16 November 2023 / 6.00pm – 8.00pm / The Quad, Green Wrythe Lane, Carshalton SM5 1JW

### **Care for the Family: Time out for parents – The Teenage Years**

7 March 2023 – 9 May 2023 / 6.00pm – 8.00pm / The Quad, Green Wrythe Lane, Carshalton SM5 1JW

12 September 2023 – 7 November 2023 / 6.00pm – 8.00pm / The Phoenix Centre Youth Zone, Mollison Drive, Wallington SM6 9NZ

### **Care for the Family: Time out for parents – Managing Anger in the Family**

8 March 2023 – 29 March 2023 / 9.30am - 11.30am / Tweeddale Children's Centre, Tweeddale Road, Carshalton SM5 1SW

### **Adapt to Learn: Small Change, Big Difference**

21 February 2023 – 14 March 2023 / 9.30am - 11.00am / Belmont GP Centre, 10 Hardegray Close, Sutton SM2 5LT

19 April 2023 – 10 May 2023 / 9.30am – 11.00am / The Phoenix Centre Youth Zone, Mollison Drive, Wallington SN6 9NZ

27 September 2023 – 18 October 2023 / 9.30am – 11.00am / Sutton Family Hub, Civic Offices, St Nicholas Way, Sutton SM1 1EA

For more information contact:

Theresa Cameron – Parenting  
Coordinator

Phone – 07736 338 924

Email – [parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk)

Clare Kennedy- Parenting  
Administrator

Phone- 07873 702 777



<https://forms.gle/ffCHNsRKHx4sTgfo6>

# Other parenting support

- Playwise <https://playwise.org.uk/services/#family>
- Sutton Women's Centre <https://suttonwomenscentre.co.uk/what-we-offer/>
- Sutton Young Carers <https://www.suttoncarerscentre.org/young-carers-services>
- Sutton Parent Forum <https://www.suttonparentsforum.org.uk/>
- Cognus <https://www.cognus.org.uk/services-for-families/cognus-therapies/>
- Bags of Taste <https://bagsoftaste.org/>
- Sutton Children's Centres <https://www.sutton.gov.uk/-/children-s-centres-family-support>
- Homestart <https://homestartsutton.org.uk/get-support/>
- Solihull Parenting <https://solihullapproachparenting.com/online-course-for-parents-0-19/>
- Family Lives <https://www.familylives.org.uk/>
- Sutton Men in Sheds <https://www.daddilife.com/>
- Jigsaw4u <https://www.jigsaw4u.org.uk/parenting/>
- Transform Sutton <https://cranstoun.org/help-and-advice/domestic-abuse/transform-sutton/>





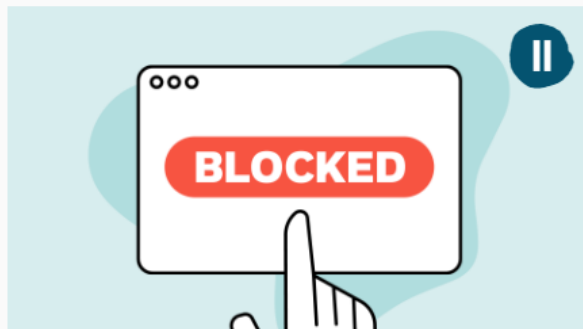
## Six tips to improve your family's online wellbeing



### 1. Screen-time savvy

Spending less time on screens is a great way to improve wellbeing both online and offline.

Try setting some limits and boundaries surrounding screens and make use of the wellbeing settings on apps such as Instagram and TikTok, or on your devices.



### 2. Navigate the negative

Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this.

They can also use settings that block words, phrases, or posts they don't want to see. Encourage them to make their online space a positive one!



### 3. Seeing isn't believing

Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they're viewing. This includes content that might be making them feel bad about themselves, or like they're missing out.

If this does happen, you could talk to your child about filters, edited images or the fact that people usually post about the best bits of their lives rather than the boring, everyday bits.



### 4. Mistakes happen

If your child makes a mistake online, such as getting into an argument or sharing personal information, be understanding. You could use this mistake as a learning opportunity!

This is a part of building digital resilience, which will help you all feel better about being online.



### 5. Take the lead

Your children look to you as an example. Make sure you're acting on your own online wellbeing advice – doing things like taking breaks and not engaging with negative content.



### 6. Get chatting

Have regular chats with your child about what they like doing online and how it makes them feel.

Don't forget to talk about the positives of being online as much as the negatives, and really listen to what they're telling you.

## Talking to your child about online wellbeing

Having a chat with your child about their online activities may feel tricky at first. But regular conversations can help build your child's confidence and may bring you closer together.

## We're working for a safer internet for children

Whether we're campaigning or counselling, we're fighting to protect children from online abuse and helping them recover if they've experienced it.

**For more information and support please follow this link:**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/>