

# **Lancaster District Parenting Forum**

Child and Parenting Support Services, Sefton Drive, Lancaster  
LA1 2QD

Tuesday 3rd May 2011 @ 9.30am

## **Minutes of Meeting**

### **Present:**

**Sue Earnshaw**, Chair of Forum & District Parent Support Adviser, Lancaster

**Joyce Stanforth**, Lancashire Library Service

**Rose Roberts**, N. Lancs PCT

**Amy Parker**, Help Direct

**Sue Faulkner**, Safe Northwest

**Gina Hacker**, Safe Northwest

**Debbie Dawson**, Early Intervention Development Officer

**Emma Allen**, Social Work Student, Signposts

**Darren Lynch**, Social Work Student, Signposts

**Karen Hall**, Interpreter

**Kay McCred**, Interpreter

**Sally Anderson**, IDSS (Inclusion & Disability Support Service)

1. Sue Earnshaw welcomed everyone to the meeting. Introductions followed.

### **2. Apologies:**

**Debbie Dewhirst**, Vulnerable Household Project, Lancaster City Council

**Moyna Hargest**, Bay Childminding Network Co-ordinator

**Frankie Shorrocks**, Manager, Child & Parent Support Services

**Caroline Costello**, Development Manager, Unique Kidz

**Wendy Hart**, Child & Adolescent Mental Health Service (CAMHS)

**Joy Holmes**, Child & Adolescent Mental Health Service (CAMHS)

**Simon Rothwell**, Young Addaction

**Ben Powell**, Phoenix Project, n-Compass

**Cath Dennison**, Parent/Carer Development Worker

**Barbara Worrall**, ADHD N.West

3. Minutes of the last meeting were read and agreed

4. No Matters arising

5. Update from Sue Earnshaw, Forum Chair and District Parent Support Adviser – Lancaster.

- Frequency of future meetings: A discussion took place – it was decided to hold the meetings bi-monthly until the end of March 2012.

- ***Please find dates of future meetings at the end of the minutes.***

- National Family Week – Monday 30<sup>th</sup> May – 5<sup>th</sup> June 2011: Sue felt that the Forum should be represented during NFW. It was decided that Sue should work once again with the Library Service and promote the Parenting Forum website.

**Action – Sue to contact Joyce and make arrangements.**

- Review of Parenting & Early Intervention Action Plan – due July '11; Sue suggested that the Action Plan be circulated for partners to update the plan and then meet up in July to discuss. This was agreed.

**Action – Sue to circulate the Action Plan beg. June '11 and ask for additions/updates.**

- Sue asked for members to come forward with ideas for future workshops; presentations; discussion topics etc.

**Action – Members to bring ideas to the July Forum.**

6. Presentation from:

**Debbie Dawson, Early Intervention Development Officer (Lancaster District)**

Debbie is the Senior EIDO; she is responsible for the work across Lancaster district; she is also line manager to the EIDO's in Wyre & Fylde.

The 'Early Intervention sub-group' will 'sit' under the Lancaster Children's Trust Partnership and will be responsible for commissioning and budgets.

The EI funding has funded the District Parent Support Adviser post (Sue - Chair) for another year.

Signposts Multi Agency Resource Centre, Morecambe have been funded to begin to update their electronic casework database.

80K is being considered for use as 'spot commissioning' money – Organisations will be able to apply for up to 2.5K to work with children & families. Applications will have to show that orgs. can show they are working with the whole family.

Sitting 'alongside' or 'under' the sub-group will be the EI Resource Panel. Debbie will 'Chair' this meeting. The aims will be to look at for example, 'gaps in services' and this information will be fed through to the EI sub-group. such as – the 'Butterfly project' is required in Lancaster District. Organisations may have come to a 'dead end' in their work with a child; perhaps no-one is willing to be the Lead Professional? This information will go up to the EI sub-group.

Early Intervention will happen at Level 2 on the Lancashire Continuum of Need – it may overlap the boundary. EI will begin at the first sign of any issues in young people from 0 – 19 years.

**\*\* A 'Total Family' workshop may be a good idea for the Parenting Forum?**

Contact: [Debbie.dawson@lancashire.gov.uk](mailto:Debbie.dawson@lancashire.gov.uk) Mobile No: 07557030645

7. Information for the Parenting Website:

- Please visit [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) for the latest information.

### **General Information:**

- **Children's Centre News/What's On:** Now available from:  
[www.babymaze.co.uk/childrenscentres.asp](http://www.babymaze.co.uk/childrenscentres.asp)
- **Safe North West – A new service for Lancaster District** - Providing support in partnership with schools and parenting organisations, for Parent/Child and family relationships through group programmes which can -
  - Improve parent/child communication; help to reduce aggressive or withdrawn behaviour; Reduce exclusions; improve attendance and punctuality; improve parent/child and home/school relationships; address lack of pro social goals.

Initial contact with all our clients includes scoping meetings to identify the best programme or package to suit your needs.

Contact Sue Faulkner on [sue.safenorthwest@hotmail.co.uk](mailto:sue.safenorthwest@hotmail.co.uk) or Mob: 07756551146  
OR

Contact Gina Hacker on [gina.safenorthwest@hotmail.co.uk](mailto:gina.safenorthwest@hotmail.co.uk) or Mob:07971810577

- **Poulton Youth Café** – Are you aged 13 yrs+? Looking for somewhere to go in the evening? Every Saturday 6pm – 8pm at Food for Thought Café, behind the War Memorial Hall, Church St. Morecambe. Contact Steve Pedder at Signposts:  
[steve.pedder@signposts.org.uk](mailto:steve.pedder@signposts.org.uk) or Tel: 01524 419021

## LANCASHIRE CHILDREN & YOUNG PEOPLE'S PLAN 2011-2014

The new Children & Young People's Plan 2011-2014 has now been agreed. Copies of the full plan, a summary version and diagram are available to download from the new Lancashire Children's trust website: [www.lancashirechildrenstrust.org.uk](http://www.lancashirechildrenstrust.org.uk)

## TRUST TALK

This is the termly newsletter for Lancashire Children's Trust. Please find Spring 2011 Edition 1 on the Parenting website – [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)

- **West End Impact:** 12 – 14 Heysham Rd, Morecambe.  
Expectation Café open at 10.30am every Tuesday (**during term-time**) – come and join us for Coffee, cake and company – soft play area and toys – All welcome  
Impact Youth Group – 6.30pm every Wednesday. For more info: contact the Youth Pastor at: [zofia@mcc.uk.com](mailto:zofia@mcc.uk.com)  
Also find us on Facebook or Check out our website: [www.mcc.uk.com](http://www.mcc.uk.com)
- **Childminder Vacancy List** – contact Jo Dodd at Lune Park Children's Centre, Lancaster on 01524 382818.  
**Small Network Brochure** – shows contact details for Network Childminders (available to download from the Parenting Website) [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)  
**Bay Childminding Network Brochure** – explains what they do (available to download from the Parenting Website) [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)
- **Start4Life** – Start4Life is here to help you give your baby the foundations for a better start in life. [www.nhs.uk/start4life](http://www.nhs.uk/start4life)
- **'No Health without mental health'** – A cross Government mental health outcomes strategy for people of all ages – see the complete Strategy at [www.dh.gov.uk/mentalhealthstrategy](http://www.dh.gov.uk/mentalhealthstrategy)
- **Ben Powell – Phoenix Project** – Ben now has an office base with Health Trainers & Advocacy at St. Leonards House, Lancaster. Contact Ben on: 01253 362140 (Please find brochure for the Phoenix Project on the Parenting website – [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) )
- **'Gardening Matters' – For all your gardening needs – A furniture Matters Project** – contact 01524 426622 for more information/to arrange a no obligation quote or e-mail: [gardening@furniturematters.org.uk](mailto:gardening@furniturematters.org.uk)
- **One Parent Families Group – Lancaster area** - Group of one parent families who meet regularly to have fun together. Our activities include days out; walking; cinema; watersports; camping and much more! We also have a facebook page to keep in touch with each other. If you would like to find out more about this friendly group – please leave a message on 01524 423973 (Debbie)

- **‘Positive Steps into Work’** – Project funded through the Lancaster District Local Strategic Partnership – for People who are Homeless; People with learning/physical disabilities; Young people aged 16yrs and over including school leavers; People with mental health/Health issues; Lone Parent families; Anyone living in the Poulton; West end; Westgate; Heysham North; Ryelands or Vale areas within Lancaster & Morecambe district. For further details on referrals or to make an appointment or to get more information; contact Debbie Dewhirst ( Project Manager) on 01524 582677 or Mob: 07920766796 or e-mail: [ddewhirst@lancaster.gov.uk](mailto:ddewhirst@lancaster.gov.uk)

(Please see Parenting website for brochure [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) )

- **Action** – a Drugs and Alcohol Handbook for Early Years Workers. [www.lancashire.gov.uk/education/childcare](http://www.lancashire.gov.uk/education/childcare)
- **Netmums:** a completely parent driven service.; unique free online support for Mums, providing 24 hour peer support (parent supporters) and support from a team of professionals. [www.netmums.com](http://www.netmums.com)
- **Useful link for Parents/Carers** – see ‘Parents Link’ on the Parenting website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)
- **Working Together to Safeguard Children (2010)** – sets out how individuals and organisations should work together to safeguard and promote the welfare of children. Download from [www.ecm.gov.uk/workingtogether](http://www.ecm.gov.uk/workingtogether)
- **Lancashire Prevention & Early Intervention Strategy** on Parenting Website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)
- **Small Sparks Funding – Help Direct**  
Funding for new Adult groups; existing groups etc. Covers Lancaster, Chorley and West Lancs.

For more information please e-mail Fiona Robinson at [smallsparks@loc.helpdirectlancs.org.uk](mailto:smallsparks@loc.helpdirectlancs.org.uk)

#### **Guidance on implementation of the Equality Act:**

[www.equalities.gov.uk/equality\\_act\\_2010/equality\\_act\\_2010\\_what\\_do\\_i\\_n.aspx](http://www.equalities.gov.uk/equality_act_2010/equality_act_2010_what_do_i_n.aspx)

- **North Lancashire HIV Support Group:** Meets in Lancaster on the 2<sup>nd</sup> Thursday in the month. This group is open to anyone living with HIV, regardless of gender, sexuality, race or nationality.  
We can offer help with travel expenses.

If you want to know more or need to discuss anything before coming along please call Peter for more information:

Please contact Peter: 07855342732.

- **National Family Week - 2011**

Monday 30<sup>th</sup> May – Sunday 5<sup>th</sup> June 2011 – dates for your diary!

[www.nationalfamilyweek.co.uk](http://www.nationalfamilyweek.co.uk)

- **Balmoral Children's Centre website** – Balmoral Children's Centre now have a website: Go to: [www.balmoral.childrencentre.org](http://www.balmoral.childrencentre.org)

- **Computerised Cognitive Behavioural Therapy** – CCBT is a new method for delivering CBT via a computer. Research has shown that CCBT improves anxious/depressed patients about as much as face to face therapy, but it is also more cost and time efficient without any side effects. It provides a solution for many sufferers who often prefer its convenience, confidentiality and reduction of stigma. Drop in and see us – Fridays at Signposts.

Come and have a chat – see if we can help you.

Appointments can be made for a private chat.

**Please ask for Emma or Sean at Signposts on Friday or call 01524 387857  
Monday – Thursday**

CCBT is run by Social Prescribing

- **Look out for Signposts range of Social Enterprise Services** – see details listed on Parenting website and Signposts website [www.signposts.org.uk](http://www.signposts.org.uk)
- **Parenting Workshops @ UCLAN** – New for 2011 – details on Parenting website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)
- **Operation Breakthrough – Lancashire Constabulary & Lancaster District Community Safety Partnership** – Operation Breakthrough is a specialist team dedicated to stopping sexual exploitation in the Lancaster & Morecambe area. 'Giving young girls cash, drugs or presents so they will have sex with you or your mates is sexual exploitation – and its against the law'

If you have information call: 01524 63333 or call Crimestoppers anonymously on 0800555111

- **Chill Out Zone – a free Parents Support Group with childcare for children with Autistic Spectrum Conditions.**  
A series of 6 support groups across Lancashire providing practical support to parents and carers of children & young people of up to 18yrs of age with Autistic Spectrum conditions.

Monthly groups taking place at:

- Rossendale – Bacup Monday evenings 6 – 8pm
- Ribble Valley – Whalley Tuesday evenings 5 – 7pm

- Hyndburn – Clayton-le-Moors Thursday evenings 6 - 8pm
- Pendle – Nelson Monday evenings 6 – 8pm
- **Lancaster – Lune Pk Children’s Centre – Thursday evenings 6 – 8 pm**
- West Lancashire – Skelmersdale Thursday evenings 6 – 8pm

Relax whilst your children are supported by trained staff in activities including: Games and messy play; Arts and Crafts; Wii console.

For further details and to book a place contact Julia Butcher at The National Autistic Society (NAS) on 0161 9453341 or Mobile: 07717577596 or e-mail:

[Julia.butcher@nas.org.uk](mailto:Julia.butcher@nas.org.uk)

- **Downs Syndrome Parents & Carers Group Newsletter No.11** – available from the Parenting website: [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk).
- **Your Guide to Grants for the Disabled – New website** [www.disability-grants.org](http://www.disability-grants.org)
- **Ludus Dance – New Classes**  
Book Online: [www.ludusdance.org](http://www.ludusdance.org) for orders over £8 or call: 01524 35936

## Training:

- **‘Speakeasy’** An 8 week course for Parents (with Open College Network Accreditation (OCN) = to GCSE Level A-C & D – F) on:  
‘How to answer the questions children ask about growing up, sex and relationships without feeling embarrassed!’

The course also covers puberty, media and peer influence, school sex ed. policies, types of contraception & information about sexually transmitted infections – Plus lots of chat and a bit of a laugh!

Courses are regularly running throughout the district.

For more information & to secure a place please call:

**Hazel Collier on 07970848393 or Rosie France on 07919497402.**

**See Parenting Website for downloadable poster:**

[www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)

- **FREE!! ‘Financial Capability Training’** - Learn about maximising income; budgeting; saving; borrowing debt; scams; tax codes – organise a group or 1:1 training can be given – content and time can be negotiated – contact Elaine Wilson on: [elainew@northlancashirecab.org.uk](mailto:elainew@northlancashirecab.org.uk)
- **FREE!! ‘Energy Best Training’** – This training looks at searching for better deals on gas and electric. The training can be presented to groups and last about an hour. In addition Elaine can offer some ‘Frontline Training’ Contact Elaine on: [elainew@northlancashirecab.org.uk](mailto:elainew@northlancashirecab.org.uk) to arrange dates and times convenient to your group.

**Poster available on Parenting website;** [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)

- **See all Training Course information attached on Parenting Website**

[www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)

8. Round the Room Updates (A 'brief' update on service information from forum members)

- **Joyce Stanforth – Lancashire Library Service:** The Summer Reading Challenge for 2011 is 'Circus Stars'. Children read 6 books over the Summer Holidays; they get a medal and a certificate for reading all 6 books; with a gift for each book read. – There are changes to the 'Bookstart' system – 'Baby Bookstart' is staying the same; 'Pre-school Bookstart' is going to be in a bag not a box; at 18 months there will be 'Bookstart Plus' not via Health Visitors as previous, but through local Children's Centres; 'Book Crawl' is changing to 'Bookstart Bear Club' (you get a folder and a Certificate for up to 10 visits) Bookstart Week is the first full week of June '11 – There is a big 'Bounce and Rhyme' in Fleetwood. Contact Joyce on: [joyce.stanforth@lancashire.gov.uk](mailto:joyce.stanforth@lancashire.gov.uk)
- **Sally Anderson – Inclusion & Disability Support Service:** From September '11 there will be a new service, specialist teachers supporting children with additional needs will be split – 1 group to work in schools with the teachers and 1 group to work with the Educational Psychologists. Contact Sally on: [sally.anderson@lancashire.gov.uk](mailto:sally.anderson@lancashire.gov.uk)
- **Amy Parker – Help Direct Adviser:** The recent Help Direct Review has resulted in the service being granted a further 2 years funding from November'11. There is now a new Gardening service called 'Gardening Matters' available for everyone; families on a low income can apply for a bursary to fund their gardening expenses. Contact Amy on; [amyp@loc.helpdirectlancs.org.uk](mailto:amyp@loc.helpdirectlancs.org.uk)
- **Sue Faulkner & Gina Hacker - SafeNorthwest:** Sue & Gina are former workers from Lancashire Parenting (Action for Children) Their new service, SAFE, stands for 'Supporting All Families Equally' This is a 'Not for Profit' service – providing support via evidence based Parenting Programmes such as: 'Surviving Teens'; 'Strengthening Families'; 'My Mum and Dad Argue A lot'; They wish to work with Schools to find out which courses would be most beneficial. Contact Gina and Sue for an informal chat on: [sue.safenorthwest@hotmail.co.uk](mailto:sue.safenorthwest@hotmail.co.uk) - Mob: 07756551146 or Gina on: [gina.safenorthwest@hotmail.co.uk](mailto:gina.safenorthwest@hotmail.co.uk) - Mob: 07971810577

- **Rose Roberts – NHS Public Health:** Links being made with Wyre and Fylde; Going to be 1 Lancashire wide Public Health; there are going to be 3 Lancashire Trusts. Rose will keep us updated. There is a 'Keep on Ticking' Fun Run on 3<sup>rd</sup> July '11 along Morecambe Prom. Information and Entrance Forms are now available. *Health Promotion based in New Mills, Lancaster, have books and resources available to loan out to services, groups and students.* Contact Rose on: [rose.roberts@northlancs.nhs.uk](mailto:rose.roberts@northlancs.nhs.uk)
- **Emma Allen – Social Work Student – Signposts:** Emma is on placement with Signposts in Preston. She is working with children & families and organising and planning activities in the Signposts' 3 Community Centres. She is involved in expanding provision and will be on placement with Signposts until July '11.
- **Darren Lynch – Social Work Student – Signposts:** Darren is also working in Preston. He is 3 days into his placement and it is all looking very encouraging.
- **9. A.O.B. – No Other Business**

## 10. Next Meeting

**Tuesday 5<sup>th</sup> July 2011 at CAPSS at 9.30 am.**

- Will include a presentation from Helen Dickinson Regent Park Studios, Morecambe

***All welcome, bring your colleagues; become members of the Lancaster District Parenting Forum. Join us as we move our work to align with the Prevention & Early Intervention Agenda.***

***Keep up to date with Integrated Working & Total Families as the Lancaster Children's Trust begins to address new priorities for young people, children and families.***

***Dates of Future bi-monthly Meetings:***

***Tuesday 6<sup>th</sup> September '11***

***Tuesday 1<sup>st</sup> November '11***

***Tuesday 10<sup>th</sup> January '12***

***Tuesday 6<sup>th</sup> March '12***

**Regards, Sue Earnshaw [sue.earnshaw@lancashire.gov.uk](mailto:sue.earnshaw@lancashire.gov.uk)**