

# **Lancaster District Parenting Forum**

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

Tuesday 5th July 2011 @ 9.30am

## **Minutes of Meeting**

### **Present:**

**Sue Earnshaw**, Chair of Forum & District Parent Support Adviser, Lancaster  
**Rose Roberts**, N. Lancs PCT  
**Sue Faulkner**, Safe Northwest  
**Sally Anderson**, IDSS (Inclusion & Disability Support Service)  
**Alison Tankard**, Social Wk. Student - Lonsdale District Carers  
**Helen Dickinson**, Regent Park Studios  
**Sarah Haddington**, Gypsy, Roma, Traveller Achievement Service  
**Claire Wareing**, Job Centre Plus, Lone Parent Adviser  
**Julie McTominay**, Job Centre Plus, Lone Parent Adviser  
**Gary Humphreys**, University of Lancaster, Trainer, Coach, Researcher  
**Joy Holmes**, Lancashire Care Foundation Trust (CAMHS)  
**Barbara Worrall**, ADHD N.West  
**Stewart Orton**, Student – Child & Parent Support Service (CAPSS)  
**Laura Moreton**, Student – Child & Parent Support Service (CAPSS)  
**Donna Whittaker**, Child & Parent Support Service (CAPSS)  
**Leah Marsden**, Student Nurse  
**Caroline Costello**, Unique Kidz & Co, Development Manager  
**Rose Roberts**, NHS N.Lancs  
**Wendy Jackson** – Youth Offending Team

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  
**Wendy Hart**, Lancashire Care Foundation Trust (CAMHS)  
**Simon Rothwell**, Young Addaction  
**Ben Powell**, Phoenix Project, n-Compass  
**Cath Dennison**, Parent/Carer Development Worker  
**Debbie Dawson**, Early Intervention Development Officer  
**David Holleley**, HomeStart  
**Joyce Stanforth**, Lancashire Library Service  
**Jo Stretch**, Health Visitor

**Trisha Wilkinson**, Lune Pk C/C  
**Sarah Deakin**, Rainbow Toddlers, Lancaster  
**Lorna Banks**, Balmoral C/C  
**Gina Hacker**, Safe Northwest.

3. Minutes of the last meeting were read and agreed

**4. Matters arising** – There was an error in the recording of the last minutes (3.5.11) under 'Round the Room Updates' Rose Roberts NHS Public Health. The piece showed 'there are going to be 3 Lancashire Trusts' to be deleted & replaced by – '*There are currently Public Health staff working in the 3 PCT's in Lancashire and in the 2 unitary areas, Blackpool 7 Blackburn with Darwen. It is these 5 lots of Public Health staff who are coming together to form Lancashire Public Health. Frank Atherton, Director of Public Health for NHS North Lancashire has agreed to work with LCC as Lead Director of Public Health for the transition, with effect from 3<sup>rd</sup> May'11.*'

Apologies from the Chair.

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

- National Family Week – Monday 30<sup>th</sup> May – 5<sup>th</sup> June 2011: Sue informed the Forum that the partnership working between herself, on behalf of the Forum and the Library Service had once again been a success. Sue presented information and ran a colouring competition for the children in both Heysham and Lancaster libraries. 10 children received Book Token prizes to the total value of £75. Thanks to all who helped with this, including Signposts admin.
- Review of Parenting & Early Intervention Action Plan – due July '11; After discussion with the Early Intervention Development Officer, Debbie Dawson, it has been decided to update the **Lancaster District Parenting Strategy** instead for 2011; so many partners who participated in the action plan have left their service or their service no longer exists.
- Review of the Lancaster District Parenting Forum 'Terms of Reference' This was last reviewed in 2010. Please find a copy attached with the minutes. I will circulate separately as well. Please let me know if you would like to see anything further added.
- Sue asked for members to come forward with ideas for future workshops; presentations; discussion topics etc.

- Sue read out some key points from the recent Lancashire Parent Task Group Meeting (29.6.11) at Lancashire College, Chorley. Cath Coucill (East Lancs Parenting Co-ordinator) chaired the meeting.
  - Cath is to circulate last years 'comments' from parents, taken from the Participatory Research questions undertaken by all DPSSA's in post at the time. *Could be used in future Forum discussion?*
  - Sue circulated a handout of '*The achievements of the Parenting Task Group Meetings*' up until end of March 2011. *Sue will put this on the Parenting website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)*
  - *The present Task Group have agreed to formulate the Action Plan on 'Total Family', (which includes Parenting) a priority from the new Lancashire Children & Young People's Workforce Strategy.*
  - Evidence Based Parenting Programmes – once again some EI sub groups are looking at how the situation may have changed in their districts? Ie: who is trained to deliver? What can they deliver? Where can they deliver etc. via a questionnaire.
  - Updated information re. Early Intervention funding in the districts from Lousie Elo, Senior EIDO, Chorley & S. Ribble. Many questions asked at this point. All districts are at a different stage in the tendering process. There will be a new Strategic Lead for EI in the autumn as Jo Stephenson leaves. New specialist EI posts being considered for Early Years; Primary & Secondary.
  - Cath looking to set up a Central Resource Library of Parenting Programme resources for all practitioners to borrow and return. Cath to send out an 'amnesty' e mail requesting resources.
- Sue handed round an update handout from Debbie Dawson, Lancaster District EIDO. Main points –
  - The first meeting of the **EI sub group** took place on the 18<sup>th</sup> July '11. This group will commission services across the district; details of a spot commissioning opportunity for services to apply for money to provide services; equipment and/or opportunities for children & families as an Early Intervention approach. This will launch in September'11. The sub Group will also be responsible for assessing the 'gaps in service' forms and accelerating CAF (Common Assessment Forms) that come from the Resource panel, to inform commissioning and work in the district.

- **CAF refresher training** was delivered to over 20 organisations in Lancaster. CAF is still very much on the agenda and we should be trying to embed this approach locally. this is one of the actions from the recent children's Trust workshop.
- **'Drop in CAFé's'** – Debbie is hoping to organise some opportunities across the district this year for workers to meet and develop their CAF skills, check their practice and 'pick the brains' of some expert colleagues. They will be informal and aimed at anyone using CAF.
- **Total Family** – The Total Family and Early Intervention approaches are closely linked. A group are currently looking at driving the Total Family approach in Lancaster District. Total family is about looking at the context the child is in and 'working together' to support the family to change/gain new skills and develop resilience.
- **LDATT money** – there is £30K available for delivering alcohol & drug work with young people in Lancaster District. This is a small grant opportunity and if you are interested please contact either Lee Girvan – [lee.girvan@centrallancashire.nhs.uk](mailto:lee.girvan@centrallancashire.nhs.uk) or Debbie Dawson – [Debbie.dawson@lancashire.gov.uk](mailto:Debbie.dawson@lancashire.gov.uk) for an application form. This money will be commissioned through the Early Intervention sub group

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

A discussion took place with Forum members on the subject of funding and how the spot commissioning process will work, especially if there are several partners involved.

**Action** – Sue to ask Debbie to attend the next forum to explain the process.

## 6. Presentation from:

**Helen Dickinson – Regent Park Studios, Morecambe (This took place at the beginning of the meeting as Helen had another appointment)**

Regent Park Studios was set up in 2005 as an activity centre, mainly for extreme sports. It was set up by a stunt man.

In 2008 it became a childcare setting for children 0 – 5years. Some of the children are funded by CAPSS (Child & Parent Support Services' on flexible

placements. Unfortunately there is no lift facility for children with physical disabilities. Approximately 10% of the children are on the autistic spectrum/ have ADHD (Attention Deficit Hyperactive Disorder) The activities are varied with a 'roll on roll off activity swap' so there are not always the same children in the groups. They have a Family Support 'pick up' service; they can offer 2 nights respite for Mum; autistic training; and some new developments with local schools. The centre has a wide remit; It has a film suite.

They are looking for ideas to work with their families; they are looking at new premises as they are outgrowing their own.

In the school holidays they have a holiday club for £25 per day or £12.50 half a day.

At the weekends the facility can be hired for parties; and they have wrestling sessions for the over 10's.

Any further information – please contact Helen on: [helenrps@hotmail.co.uk](mailto:helenrps@hotmail.co.uk)

## 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 Dewhurst ( Project Manager) on 01524 582677 or Mob: 07920766796 or e-mail: [ddewhurst@lancaster.gov.uk](mailto:ddewhurst@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.

- **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.13** – available from the Parenting website: [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk). *Includes an equipment questionnaire and a guide to all the holiday playschemes in Lancashire for children with additional needs.*
- **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
- **TO ALL HELP DIRECT CONTACTS AND PARTNER AGENCIES:**

Please find details for the L.E.S.S. Utility Bills clinics being held at Morecambe, Heysham and Lancaster libraries over the coming months.

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

L.E.S.S. is a local not-for-profit organization, one of whose aims is to help people save money by saving energy, and the Utility Bills Clinics may be able to help them find a cheaper tariff for gas or electricity. The service is free and no appointment is necessary, though you would need to bring along your recent utility bill statements.

For more information, phone L.E.S.S. on 01524 66100, or visit their website [www.lessuk.org](http://www.lessuk.org)

**Simon Denerley**

Area Co-Ordinator

Help Direct Lancaster District

7 - 11 Chapel Street

Lancaster LA1 1NZ

**Email:** [simond@loc.helpdirectlancls.org.uk](mailto:simond@loc.helpdirectlancls.org.uk)

**Website:** [www.helpdirect.org.uk](http://www.helpdirect.org.uk)

**01524 387853 07896 600186**

## Lancaster District Summer Playschemes Information:

***\* please see Parenting Website for latest information on Lancaster District Playschemes and booking forms***

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

### Marsh Community Centre:

Marsh Community Centre in partnership with Lancaster City Council is delivering 2 playschemes in Lancaster for children aged between 8 -11yrs. Each day only costs £1. Play schemes start on Monday 1st August and finish on Friday 26th August. Times are between 10am-4pm.....all for £1 per day!! One playscheme is being delivered at Our Ladys Catholic College and one at Willow Lane Primary School. For more information and a registration form, please contact the Marsh Community Centre on 01524 843300 / 07876225633. Alternatively, all forms and information can be downloaded from the centres website at [www.mcccc.org.uk](http://www.mcccc.org.uk) . Posters and registration form for each scheme are attached.

Marsh Community Centre will also be delivering a number of projects for young people aged 11-19. If you know young people that live in the Castle Ward area of Lancaster, please contact us on the information provided above.

Finally, as part of the build up to the Olympics next year, Marsh Community Centre is opening its doors on the weekend of 22-24th July between 1pm-4pm. Completely free, people can come and check out our facilities and try some boxing and fitness. For more information please call us or check out Lancaster City Councils Website for more information. Yakub Patel Centre Manager

### Signposts and Poulton Children's Centre:

Summer Playschemes have been planned again for this year – please find information on the Parenting website; [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) which have all the details plus a 'playscheme letter' asking if you can offer support to this years playschemes?

Signposts is running **two** play schemes

1. for Lancaster City Council at Morecambe Youth and Community Centre, Woodhill Lane, Morecambe from 1st - 26th August (Monday - Friday 10am-4pm) with only **£1** per day entrance costs. The playscheme is for 8-11 years olds.

Posters and flyers are available from the Parenting website (Morecambe Playscheme).

Booking forms are available at [www.signposts.org.uk](http://www.signposts.org.uk)

Check out the webpage on **Lancaster City Council's website** - <http://www.lancaster.gov.uk/sports-and-leisure/leisure-development/summer-playschemes>

Here you will find details of other Summer Playschemes in the district. Further information can be found by following the links down the right hand side of the page.

2. with Poulton Children's Centre Mondays and Tuesdays for five weeks over the summer holidays - full day trips for children with additional needs - details on Parenting website (Poulton CC Summer Scheme Application Pack)

**SCOPE @ Beaumont College:** For children & young people with additional needs aged between 8yrs and 18yrs.

Details on the Parenting website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)

**Unique Kidz & Co:** Details of Summer Playscheme on Parenting website.

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### **Job Vacancies:**

Help Direct Employment Adviser

Based in Lancaster

17.5 hours per week

Scale 5 pt 14 to pt 17 - £19,621 -£21,519 – pro rata per annum

(Fixed term contract till March 2012)

The Employment Service is managed by Help Direct and offers support specifically for individuals over the age of 50 who are looking for work, who may face redundancy or may want a career change. The successful applicant will have:

- An excellent face-to-face and telephone manner.
- Previous experience of working as an employment adviser or trainer.
- Knowledge of the local job market
- Previous experience of working with local training and support organisations
- Excellent communication skills.
- Ability to be a positive and effective team player.
- Ability to adapt your behaviour to treat customers as individuals
- Experience of working in the social care and/or third sector.

This is an excellent opportunity to be involved with this project which provides 1-1 support for those seeking employment

Due to the nature of this post, enhanced disclosure from the Criminal Records Bureau will be sought.

Closing date for applications is **Friday 29<sup>th</sup> July 2011** and interviews are planned for 4<sup>th</sup> August 2011  
For an application pack email [lizd@loc.helpdirectlancs.org.uk](mailto:lizd@loc.helpdirectlancs.org.uk) or telephone 01524 387858

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### **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)

- **Gary Humphreys Free Leadership Coaching**

Gary Humphreys, a qualified children's Social Worker, is currently undertaking his MA ILM Level 7 Leadership coaching award and in order to broaden his portfolio - is offering people in the voluntary sector a free short course of three leadership and management coaching sessions.

This could include strategic planning, restructuring, responding to change or professional development. He uses a mixture of solution focused and Goal Centred approaches that are creative and determined by the coachees agenda. The sessions, of 1 hour, can be based at the workplace in a suitable room or at his location in Lancaster.

For more information, call Gary on 07710 750 663.

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

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

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

- **Sally Anderson – IDSS (Inclusion & Disability Support Service)** Sally informed the Parenting Forum of her decision to retire at the end of July. Sally will pass on details of her successor to enable us to keep links with this valuable service. Sue expressed her thanks to Sally for her contributions to the work of the forum and wished her well for the future.
- **Barbara Worrall – ADHD N.West** Barbara's teams in North Lancs and East Lancs have recently moved premises. N. Lancs has moved into the CVS building in Lancaster, where they offer 1:1 appointments and parents can book a slot. They also run a Parents Support Group at Lancaster Rd School. A new Community room is presently being built at the school. ADHD N.West are still persevering with funding applications. They have been included in the Lancashire menu of Parenting Programmes with their accredited specialised parenting programme; they are presently undergoing a review for the programme which is time consuming and difficult to complete within the time scales given. The organisation will be having a couple of family trips out during the summer. The org. is currently linking in every month with 'Cheeky Monkeys' in Whittle le Woods to provide some fun time for families.

Contact Barbara on [reception@adhdnorthwest.org.uk](mailto:reception@adhdnorthwest.org.uk)

- **Sarah Haddington – Gypsy, Roma, Traveller Achievement Service** On the 21<sup>st</sup> September there will be a local practitioners meeting to be held in Skerton Learning Centre – anyone interested can go along.

Contact Sarah for further info on: [sarah.haddington@lancashire.gov.uk](mailto:sarah.haddington@lancashire.gov.uk)

- **Rose Roberts – NHS N.Lancs** Rose gave out details of a **Health Calendar** currently available (please see parenting website to download and print) [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) Rose continues to promote the breastfeeding initiative. She has been visiting premises around the district. A

recent conference she attended raised issues on the re-emergence of 'rickets' – a disease caused by too little Vitamin D. The recent 'Preventative Health Conference' in London attracted a large number of private companies. Re. the 'Child Measurement Programme' work is being done with school nurses around obesity and associated factors.

Contact Rose on [rose.roberts@northlancs.nhs.uk](mailto:rose.roberts@northlancs.nhs.uk)

- **Alison Tankard – Social Work student – Lonsdale District Carers** The Lonsdale Carers have moved into St Leonards Gate premises in Lancaster.. They are offering drop-in sessions in Morecambe Library on a Thursday.

Contact Alison on [allie.tankard@btinternet.com](mailto:allie.tankard@btinternet.com)

- **Joy Holmes – Ross Centre CAMHS** The previous work with the TAMHS project has now concluded. This project focussed on a wrap around service to schools to raise awareness of emotional health & well being to all. 9 schools have now continued to 'buy in' the service which is great news and sustains some staff posts for a further year. Joy and Wendy are now delivering the PEIS service (Preventative & Early Intervention Service) offering some 1:1 services; training & family support.

Contact Joy on [joy.holmes@lancashirecare.nhs.uk](mailto:joy.holmes@lancashirecare.nhs.uk)

- **Sue Faulkner – Safe Northwest** Sue is now a freelance Parenting Trainer/Family Support Worker along with her business partner Gina Hacker. They can deliver a range of 'Evidence Based Parenting Programmes'. Their package of support can be discussed and tailored to your requirements. They are engaged in a range of work with Pastoral workers and Headteachers.

Please contact Sue if you are interested on [sue.safenorthwest@hotmail.co.uk](mailto:sue.safenorthwest@hotmail.co.uk)

- **Donna Whittaker – CAPSS** Donna explained that CAPSS are now beginning to work with children's centres

Contact Donna on [donna.whittaker@lancashire.gov.uk](mailto:donna.whittaker@lancashire.gov.uk)

- **Caroline Costello – Unique Kidz & Co.** Caroline is now the Development Manager for Unique Kidz & Co. Unique Kidz are once again offering a Holiday Club for children from 3yrs of age at the Loyne Specialist School, Lancaster for the first 4 weeks of the school holidays from 8am – 6pm. There is also a Youth Zone for 12yrs – 19yrs on the first x4 Saturdays of the school holidays from 10am – 3pm at Woodhill lane Community Centre, Morecambe costing £18 per session. Lune Park C/C; Appletree C/C & Firbank C/C are providing a

0 -5yrs x3 hours session costing £3 per hour on a Wednesday, Thursday & Friday at alternating centres.

Details from Caroline on [carolineuniquekidzandco@yahoo.co.uk](mailto:carolineuniquekidzandco@yahoo.co.uk)

- **Wendy Jackson – Youth Offending Team** Undergoing staff changes and concentrating on the core business.

Contact Wendy on [wendy.jackson@lancashire.gov.uk](mailto:wendy.jackson@lancashire.gov.uk)

- **Claire Wareing/Julie McTominay – Lone Parent Advisers Job CentrePlus**  
Claire and Julie are part of a team who help lone parents to access training; employment. There are a lot of changes coming via Government which will impact on all sorts of issues for lone parents.

Contact Claire on [claire.wareing@jobcentreplus.gsi.gov.uk](mailto:claire.wareing@jobcentreplus.gsi.gov.uk)

Julie on [Julie.mctominay@jobcentreplus.gsi.gov.uk](mailto:Julie.mctominay@jobcentreplus.gsi.gov.uk)

- **Gary Humphreys – Training Coach & Researcher - University of Lancaster** Gary is a qualified Social Worker and has been in Family Support for 20 years. His business is called 'HAND' He is also a Leadership Coach working with Barnardo's and offers Solution Focused Training; Leadership & Management Coaching and coaching to families. Information on Gary's courses including some FREE Leadership coaching - see the Parenting website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) Contact Gary on [GJHumphreys4309@aol.com](mailto:GJHumphreys4309@aol.com)

9. **A.O.B.** – No Other Business

## 10. **Next Meeting**

**Tuesday 6<sup>th</sup> September 2011 at CAPSS at 9.30 am.**

***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.***