

Pre-school Learning Alliance Lewisham Newsletter



March 2015

Empowering families, inspiring children

Pre-school Learning Alliance in Lewisham runs a wide range of services to support families. The Family Services Department has responsibility for delivery of Children's Centre services in the south of the borough including family support in the home, targeted group work, a fathers support programme, a toy library and parenting courses.



We also have a wider family support offer across the whole borough through our Family Pathways Project, working with partner organisations **Family Action, St James Family Learning Centre, School-Home Support, Carers Lewisham** and **Your Room for Thoughts**.

All referrals for support through our family support services or parenting courses should be emailed to **Christine Fisher**, our Family Support Manager via our secure email Lewisham.Secure@pre-school.org.uk

Christine can also be contacted by mobile on 07964 357902 or via her normal email christine.fisher@pre-school.org.uk

Loscinia Smarth is the Children's Centre Programmes Manager and should be contacted for information about delivery of services in **Bellingham Children's Centre, Torridon Children's Centre** and **Limelight Family Learning Centre** and our **Toy Library**.

Loscinia can be contacted via loscinia.smarth@pre-school.org.uk or by mobile on 07975 526965.

Welcome to our New Staff Members!

Four new members of staff who have recently joined us at the Pre-School Learning Alliance, Lewisham.

Christine Fisher joins us as Family Support Manager, Tara Taylor as a Toy Library Worker, Sam Everson is our new Parenting Therapist & Grace Pope is our new Data Entry Clerk.

Children & Young People Improved Access to Psychological Therapies (CYP IAPT) programme.

The Children and Young People's Improved Access to Psychological Therapies programme (CYP IAPT) is a service transformation programme delivered by NHS England that aims to improve existing Child and Adolescent Mental Health Services (CAMHS) working in the community. The programme works to transform services provided by the NHS and partners from Local Authority and the Third Sector that together form local area CAMHS Partnerships.

The programme began in 2011 and has a target to work with CAMH services that cover 60% of the 0-19 population by March 2015.

Towards the end of 2013 Lewisham CAMHS, LB Lewisham, the Pre-school Learning Alliance Lewisham and Place 2 Be formed a partnership which was approved to participate in the 3rd Wave of the CYP IAPT programme. The partnership is linked to a Higher Educational Institution (HEI) which provides training to staff, following the CYP IAPT National Curriculum. This involved staff being trained to deliver either CBT or the Incredible Years Programme and Parent Child Game. CAMHS Partnerships that are part of the programme are also given resources to improve participation by children, young people and

their families in service delivery and design, and to carry out session by session routine outcome monitoring (ROM). From January 2015, the partnership will be delivering services, with PSLA Lewisham providing the following 2 programmes:

PARENT CHILD GAME

The PCG is an intensive parenting programme in which carers/parents are coached by a parenting practitioner while they are interacting with the child. It is based on Social Learning Theory and Attachment Theory principles, and is evidence-based, which means that it has been proved effective in several trials. It is also recommended by the NICE guidelines. Its effects can be seen fairly quickly, so it is very popular with parents.

The aim of PCG is to improve the observational and discriminative skills of parents and to increase the sociable and cooperative behaviours of the child through the use by parents of their newly learnt



skills of differential attention. Parents/carers will learn to express interest, warmth and approval when their child is displaying appropriate/ acceptable behaviours and safely ignore or extinguish inappropriate behaviours.

INCREDIBLE YEARS

Incredible Years is an evidence based parenting programme, focusing on strengthening parenting skills and fostering parent involvement in children's school experiences, to promote children's academic, social and emotional skills and reduce conduct problems.

Group sessions focus on strengthening parent-child interactions, nurturing relationships, reducing harsh discipline, and fostering parents' ability to promote children's social, emotional, and language development.

The next course starts with a coffee morning on Tuesday 14th April at Concept House in Downham. To make a referral Contact Christine using the contact details on the left.

To make a referral to family support or a parenting course please email Lewisham.Secure@pre-school.org.uk or call Christine Fisher on 07964 357902

Triple P

'Triple P' is the Positive Parenting Programme that the Pre-School Learning Alliance has delivered in the south of the Borough for the past 5 years. It is for parents and carers who would like support on how to manage their child's behaviour and learning alongside other parents in a non judgemental atmosphere.

The Programme supports parents and carers to:

- **cope with the stresses of parenthood**
- **avoid power struggles and set boundaries**
- **develop creative and imaginative play opportunities with their children.**



Run over 5 weeks the sessions consist of 2 hours in the classroom with an additional 2 weeks support by telephone and are aimed at parents with children aged 2 – 8 years. Courses are held throughout the year at:

Torridon Children's Centre
Wednesdays - 9.30am-11.30am
Bellingham Children's Centre
Thursdays - 12.30pm-2.30pm
Thursdays - 6.30pm-8.30pm
A free crèche is available on request for daytime courses.

DADS' TRIPLE P

Dads' Triple P delivers the Triple P Programme, in the same way as the course detailed above, to Dad's only. This is a great opportunity to meet other Dads in the area and learn new skills and tools. Courses are held throughout the year at:

Bellingham Children's Centre
Thursdays - 6.30pm-8.30pm

Training for Professionals and Practitioners

For the past 2 years the Family Pathways project has been providing training to professionals working with Children and Families across the borough. As we move into our 3rd year we have further developed our partnership with

Catherine Rushforth & Associates to cover the following topics from 1 July 2014 – 30 June 2015.

These are:

- Understanding Attachment
- Building the Attachment Toolkit
- Advanced Level Attachment
- Working with Children and their Families
- Implementing a Reflective Supervision Model
- Making meaningful and lasting change with Children and their Families (Manager course)

For more information or to book on any of the above



To make a referral for support for a family or to a parenting course please email Lewisham.Secure@pre-school.org.uk or call Christine Fisher on 07964 357902

please contact admin@catherinerushforth.com

Alongside this we continue to work closely with Impact Matters to provide training on Outcomes Measurement and Family Star.

For more information on those courses, please contact Melanie Nelson on melanie.nelson@pre-school.org.uk

Toy Library

Our Toy Library is available for Children's Centres, Schools, Churches and Community Groups to buy in a Toy Lending Service for their families.



Our borrowing period is one month so we can visit your venue once a month or once a week depending on your budget.

The sessions can be run either as a Borrow and Play session in your venue if you have a suitable space or we have a Toy Library Bus that can be used to access communities which are hard to reach or areas where a suitable venue is not available.

We currently run 6 sessions during the week across the 4 Children's Areas. Families can access the Toy Library by paying a small yearly membership fee and supplying proof of address and ID. We are also able to offer free membership to families

experiencing financial hardship.

To find out more about our current

sessions please

visit the Toy Library page on our website

www.pslalewshamcc.org.uk/toy-library and for more

information about buying in our Toy Library along with

costs please email jo.cooper@pre-school.org.uk



Domestic Violence and Abuse

The Community Groups Programme is a 12-week community based programme for children and their mothers who have been exposed to domestic abuse.

The programme gives children an opportunity to process and understand the violence and abuse they have experienced. The group is delivered by trained facilitators from across the Borough, managed by PSLA.

The 12 week programme will start in March/April 2015, depending on the number of referrals for each age group. Prior to acceptance on the programme the CGP assessors need to make a home visit and the school also has to be approached to

obtain permission for the child to be authorised absent from school. Therefore we require all referrals for the programme to be with us no later than 1 week prior to the start of a programme. For referral packs or to submit a referral, please email Lewisham.Secure@pre-school.org.uk

PSLA currently facilitate a Domestic Violence and Abuse Network. Originally aimed at bringing providers together in the borough to share information and develop shared practice, the network will also focus on supporting professionals to identify and support families at an early stage, how Local Authority networks and fora can

incorporate early identification of families experiencing DV, developing referral pathways across services, and developing tools or protocols to support this. The group meet quarterly with the next meeting being planned for March 2015. If you would like to join this group or attend this meeting, please contact Melanie Nelson on melanie.nelson@pre-school.org.uk

Useful websites:

www.lewisham.gov.uk/inmyarea/publicsafety/domestic-violence/Pages/default.aspx

www.refuge.org.uk

www.victimsupport.org.uk

www.womensaid.org.uk

www.avaproject.org.uk

Family Support

We offer a range of services, sessions and activities to support mothers, fathers and carers and you can talk to any member of our staff team by popping into one of our centres.

We offer:

- 1:1 support in the family home with any stressful situation families are encountering.
- Support in accessing activities in our centres for the first time.
- Help with appointments, form filling and practical issues.
- Parenting courses and workshops.
- And a range of group sessions where families can relax and have fun with the support of our friendly staff.

Roots of Empathy in Lewisham

We have completed the first two years of the Roots of Empathy programme in Lewisham and have reached over 1000 children in 16 primary schools so far. Each year the number of schools involved and programmes delivered increases and in our 3rd year there are 26 programmes in 17 schools meaning another nearly 800 children in Lewisham will benefit from the Roots of Empathy programme in 2014/15.

At the heart of the programme are classroom visits by a parent and baby. Through guided

observations of this loving relationship, children learn to identify and reflect on their own thoughts and feelings and those of others – developing emotional literacy and empathy.

We will soon be sending information to primary schools to invite them to join the programme from September 2015.

If you would like to find out more about the programme and how to get involved there will be a For more details please email: celia.akenhead@pre-school.org.uk

To make a referral for support for a family or to a parenting course please email Lewisham.Secure@pre-school.org.uk or call Christine Fisher on 07964 357902

Lewisham Dads

Our Dads groups are a chance for Dads, Granddads, Male Carers and their children to get together, meet other Dads, complete activities, plan future events and have fun.

Some of the things we have done in the past include cooking, arts and crafts, outings, camping, picnics, hostelling, rambling, educational visits and much more.

Dads always receive a friendly welcome from the staff and the other Dads, and most events are free.

If you would like to find out more about our Dad's sessions throughout the borough please contact Richard on 07772 894390, richard.fowler@pre-school.org.uk or visit www.lewishamdads.com



Quote from a recent Ofsted report following an inspection in Dec in a Lewisham primary school:

'Pupils respect each other's varied backgrounds and the thoughtful personal and social education programme run by the school enhances this. Lessons such as 'Roots of Empathy' contribute significantly to this development.'

Mary Gordon Visits Lewisham

Despite being the founder and president of Roots of Empathy Mary Gordon remains very involved in all aspects of Roots of Empathy and has visited several 'Roots of Empathy' schools in Lewisham over the last 2/3 years. We were thrilled that through lottery funding Mary was able to host/deliver a Professional Workshop day on Emotional Literacy in the Classroom for Lewisham class teachers and other interested people in October 2014.

In December she also visited Lucas Vale Primary School to view a Roots of Empathy family visit to a Year 5 class.



When asked by the children why she started Roots of Empathy she replied '*Children are not just part of our future, they are all of our future*'.

A local head teacher had this to say about the programme in her school '*With the support of Roots of Empathy, we will have a greater understanding of the spectrum of children and families we work with in our community. Roots of Empathy allows our children to have a greater understanding of their own personal experiences, which enables them to positively interact and understand other people developing the value of empathy.*'

Special point of interest:

- Nearly 2000 children in Lewisham Primary Schools have participated in the Roots of Empathy programme in the first 3 years

Contact: celia.akenhead@pre-school.org.uk for more details.

Find us at : www.pre-school.org.uk/lewisham
or follow us on Facebook & Twitter



Pre-School Learning Alliance
Children's Centre 3 & 4



@Limelightflc

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Family Services Department

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And

Family Support Coordinator

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For referrals for Family Support

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