

LIVERPOOL PARENTING NEWSLETTER JAN - APR 21



Liverpool
City Council

This is our very first Parenting Newsletter and we will be bringing updated ones every quarter with a flavour of what is going on across the city from the City Council and Partners in regards to parenting programmes and courses.

It's been an interesting year in 2020 with services across the city adapting to the restrictions and finding new innovative ways to support parents in the city of Liverpool, with parenting groups offered either face to face on a 1-2-1 basis, small groups or via platforms like Zoom or Google Meet.

We'd like to say a big thank you to everyone who has helped to make this happen - colleagues who have co-delivered and supported programmes (and their managers who released them), those who have come to talk at meetings and programmes, those who have offered additional funding or venues so we could put on more programmes or those who have been a critical friend and encouraged us to continually review and improve what's on offer.

And most of all a huge thank you to the parents, carers, guardians and friends who have given up their time to attend and shared so much in the groups.

Remember to check online and click here [Liverpool Early Help directory](#) for regular updates and new programmes from a wide range of council and partners services. If you have an event you feel would be of interest to parents we would be happy to publicise it with our partners then please just get in touch at parenting@liverpool.gov.uk.

Included are a range of courses including Nurturing programme, Solihull, Parentalk, Chatterbox, You & Me Mum and Learn about Play through our new exciting Play programme.



[Family Links Nurturing Programme](#) is designed to help you deal with the challenges of family life. This 10 week parenting course is offered to parents/carers.

Liverpool Children Centres will be delivering this programme in 2021, for further information please look at [Liverpool Early Help directory](#) for your nearest one and their contact details.



YPAS Liverpool have a variety of programmes and services available in the New Year for parents to support you on your journey

- [Parentalk - The Teenage Years Programme](#)
- [Youth Connect 5](#)
- [Incredible Years](#)
- [Virtual Coffee Mornings](#)

To book please complete a YPAS referral form available at www.ypas.org.uk or call 0151 707 1025. Further information can be found [HERE](#)



Liverpool Parents and Carers forum (LivPaC) support SEND families across the city they offer A listening ear, Collective voice of parents and carers, Training and Coffee Morning and Evenings with Guests. For more info email livpac@hotmail.co.uk or follow on Twitter @LivPaCL8



[Solihull Online Parenting guides](#)

Award winning [online courses](#)

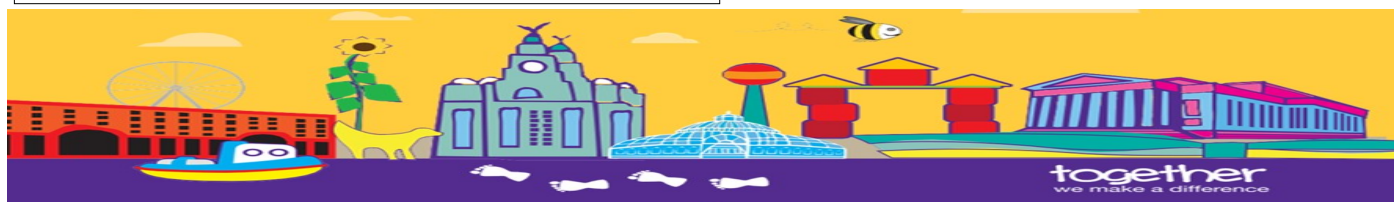
about being a parent. These online parenting guides are offered to parents/carers in Liverpool. Go to www.inourplace.co.uk Enter the ACCESS CODE: **PURPLE BIN**

- **Understanding your baby**
- **Understanding your pregnancy, labour, birth and your baby**
- **Understanding your child (0-19 years, main course)**
- **Understanding your teenager's brain (short course)**
- **Understanding your brain (For Teenagers Only)**



[You & Me, Mum programme](#) is a 10 week course programme for mothers which will help you understand how domestic violence effects you as a parent and how it effects your children.

Liverpool Children Centres will be delivering this programme in 2021, for further information please look at [Liverpool Early Help directory](#) for your nearest one and their contact details.





Merseyside Youth Association's mental health promotion team (RAISE Team) continue to deliver their range of bite-size courses, adapted from courses they



have previously delivered. These sessions cover a range of mental health issues which impact on children, young people and their families. Visit the CAMHS calendar [HERE](#) for further information on their range of support programmes and bite size sessions.



We Are With You and Liverpool City Council have developed a new short course for parents, three 1 hour interactive sessions around substances and child criminal exploitation in the Liverpool area via Zoom.

Session 1 - Cannabis

Session 2 - Prescription Drugs

Session 3 - Child Criminal Exploitation

We will explore each area in depth to provide those on the course with greater awareness around knowledge of each subject. Our skilled professionals will also offer time for questions and answers at the end of each session and signposting for further support for anyone who needs further information or would like support. Please email liam.otty@wearewithyou.org.uk to reserve a space on this course.



An opportunity to develop your understanding around neurodevelopmental conditions (NDCs), to ask questions and share learning and experience. You can talk to other parents, the ADDvanced Solutions team and visiting professionals who can help and support you. Please contact the office on 0151 486 1788 or email info@advancedsolutions.co.uk to register your interest and we will email you the link to join the meeting.

To book onto any of these learning workshops and learning programmes, please go to our website calendar. [What's on in Liverpool](#) | [Our Offers](#) | [Community Network](#) | [ADDvanced Solutions](#) Click on the activity and follow the link to register.



Liverpool City Council

Liverpool ASD Training Team

In the New Year the ASD Training Team will be providing ongoing support for families;

- Telephone Consultation
- 1:1 Zoom consultations
- ASD Training
- Pre Diagnosis Workshops.

To receive support email asdtrainingteam@liverpool.gov.uk who can offer advice and guidance.



Are you raising somebody else's child/ren? **KINSHIP CARERS LIVERPOOL** offer support to the Kin Carer and the Children via one to one and group support. Coming up we have cookery, teen chat, coffee mornings and training. For more information visit our website: www.kinshipcarersliverpool.co.uk or call us on 0151 270 2108



We run stop it now **Parents Protect** training on a monthly basis – This training aims to raise awareness of child sexual abuse it is aimed at parents, care givers and professional to assist them in spotting the signs of child abuse. Further resources can be found here, <https://www.stopitnow.org.uk/resources.htm>

Protecting Our Children is an 8hr course which is usually delivered over 4 x weeks. This programme explores attitudes and beliefs, communicating with our young children and teenagers, warning signs in children who may have been subjected to sexual abuse, warning signs displayed by abusers, development of family safety plans, child sexual exploitation, trauma, relationships, dealing with disclosures and resilience building.

For further information with regards to these courses please email referrals@rasamerseyside.org



Action for Children up and coming events: Digital Workshops: will be available in January and February 2021, please click [HERE](#) for further information. Services will include Digital Drop in's, Solution Focused Workshops, Wellbeing Workshops. Please email Julie.Riccio@actionforchildren.org.uk for services information.