



HASTINGS & ROTHER – JANUARY/FEBRUARY 2019

PARENTING ADVICE LINE

Don't forget about our new Parenting Advice Line: open **EVERY THURSDAY 11 – 1 PM** for parents/carers or professionals to call for individual brief advice and support from a trained parenting practitioner. Just call us on: **01424 725800**.

DROP INS – FREE ADVICE & SUPPORT FROM A PARENTING PRACTITIONER

These sessions are open to **anyone** wishing to attend (unless stated) – **there is no need to book!**

Turner House, St Leonards, TN38 0JZ (NB: Only for residents)

Wednesday 2nd January 11.30 am – 1.30 pm

Wednesday 6th February 11.30 am – 1.30 pm

South Saxon House Surgery, St Leonards, TN38 9TE

Thursday 3rd January 1.00 pm – 4.00 pm

Thursday 7th February 1.00 pm – 4.00 pm

Station Plaza Surgery, Hastings, TN34 1BA

Wednesday 16th January 1.30 pm – 4.30 pm

Wednesday 20th February 1.30 pm – 4.30 pm

CAMHS, 729 The Ridge, Hastings, TN37 7PT

Thursday 31st January 10 am – 12 noon

The Baird Academy, Hastings, TN34 3QT

Friday 11th January 9.00 am – 11.00 am

Friday 8th February 9.00 am – 11.00 am

Ark Castledown Primary Academy, Hastings, TN34 2HU

Wednesday 18th January 9.00 am – 11.00 am

Wednesday 30th January 9.00 am – 11.00 am

Wednesday 13th February 9.00 am – 11.00 am

The Hastings Academy, Hastings, TN35 5DN (NB: only for families at Hastings Academy)

Wednesday 9th January 9.30 – 11.30 am

Wednesday 6th February 9.30 – 11.30 am

i-Rock, Hastings, TN34 1DT - Home Ed Drop In

Friday 25th January 10.00 am – 4.00 pm

Friday 15th February 10.00 am – 4.00 pm

Battle Children's Centre, TN33 0HQ

Thursday 17th January 1.00 pm – 3.00 pm

Thursday 28th February 1.00 pm – 3.00 pm

High Weald Children's Centre, TN5 7DH

Tuesday 29th January 1.00 pm – 3.00 pm

Wednesday 13th February 1.00 pm – 3.00 pm

TRIPLE P – POSITIVE PARENTING PROGRAMME



ONE-OFF GROUPS for parents of 2-12 year olds

Dealing with Disobedience

Tuesday 22 nd January	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
Friday 25 th January	9.00 am – 11.00 am	The Baird Academy, Hastings, TN34 3QT
Tuesday 12 th February	10.00 am – 12.00 pm	Hastings Town Children's Centre, TN34 1RT
Tuesday 26 th February	9.30 am – 11.30 am	Battle Baptist Church, TN33 0EG
Wednesday 27 th February	9.00 am – 11.00 am	Ark Castledown Primary Academy, TN34 2HU (NB: only for families at Castledown)

Managing Fighting and Aggression

Tuesday 29 th January	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
Monday 25 th February	10.00 am – 12.00 pm	Hastings Town Children's Centre, TN34 1RT

Hassle Free Shopping and Outings with Children

Tuesday 5 th February	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
----------------------------------	--------------------	---------------------------------------

Developing Good Bedtime Routines

Tuesday 12 th February	12.30 pm – 2.30 pm	High Weald Children's Centre, TN5 7DH
-----------------------------------	--------------------	---------------------------------------

2 – 12 YEAR OLD GROUPS – 5 week group session

Starts Monday 14 th January	9.30 am – 11.30 am	Hollington Youth Centre, TN38 9LL
Starts Wednesday 9 th January	9.30 am – 11.30 am	The Pelham, Bexhill, TN40 2DD

E-SAFETY WORKSHOPS for parents of children of all ages

Wednesday 6 th February	1.30 pm – 2.45 pm	The Baird Primary, Hastings, TN34 3QT
------------------------------------	-------------------	---------------------------------------

To book onto any of the above groups contact info@openforparents.org.uk

ONE-OFF GROUPS for parents of teens

Getting Teenagers to Cooperate

Monday 11 February	10:00am- 12:00pm	Hastings Town Children's Centre, TN34 1RT
--------------------	------------------	---

Building Teenagers' Survival Skills

Wednesday 16 January	6:30pm- 8:30pm	Hastings Town Children's Centre, TN34 1RT
----------------------	----------------	---

TEEN GROUP- 5 week group session

Starting Wednesday 6 th February	6:30pm-8:30pm	Hastings Town Children's Centre, TN34 1RT
---	---------------	---

To book onto the above contact catrina.lafferty@eastsussex.gov.uk / 07812 524 311

SAFER INTERNET DAY 2019 – TUESDAY 5TH FEBRUARY

Open for Parents will be running E-Safety workshops for parents and carers in schools and community venues across Hastings and Rother. This 90 minute session covers some of the potential risks and concerns that parents have about their child accessing the internet and electronic devices, such as viewing inappropriate materials, cyber bullying and screen time. It can be adapted to suit parents with children of any age, and covers a range of strategies for improving communication in the home and keeping children and young people safe online. For more information please visit the [website](#) where you can book on directly, call 01424 725800 or email info@openforparents.org.uk

OTHER PARENTING SUPPORT

HENRY - supports families to provide the best possible start in life for babies and children.*

<https://www.henry.org.uk/homepage>

Tuesdays, 8 th January – 12 th March	9.00 am – 1.00 pm	St Leonards Children's Centre
Fridays, 11 th January – 15 th March	9.00 am – 1.00 pm	Egerton Park Children's Centre, Bexhill

* **Intervention referral form required** - All referrals must be via the family's Health Visitor, where possible families should be encouraged to self-refer. For more information please contact:

Donna.Meenan@eastsussex.gov.uk

EDUCATION FUTURES TRUST

Education Futures Trust is running the following events in Hastings:

Forest School Fun for Under 5s

Fridays, 11 th January – 8 th February	10.00 am – 11.30 am	Alexandra Park
--	---------------------	----------------

Understanding Autism

Fridays, 18 th January – 8 th February	9.00 am – 12.15 pm	Venue to be confirmed
--	--------------------	-----------------------

Adult Wellbeing: Time2Be

Wednesdays, 9 th January – 27 th March	9.30 am – 12.00 noon	Wellington Square Baptist Church
--	----------------------	----------------------------------

Without Walls

10 week conservation course for adults - gain an award, improve confidence and communication

Mondays, 28 th January – 1 st April	10.00 am – 11.00 am	Asda Café, Silverhill
---	---------------------	-----------------------

A Walk in the Park

Fridays, 11 th January – 22 nd March	1.00 pm – 3.00 pm	Alexandra Park
--	-------------------	----------------

For more information and for bookings, please email: office@educationfuturestrust.org

THE PANTRY

The Pantry is open twice a week for people who need help with food.

OPEN: Tuesdays and Fridays, 12 noon – 3.30 pm

4 Middle Street, Hastings, TN34 1NA.

For more information call Melanie on: 01424 444691 or 07990 553759

TRIPLE P STEPPING STONES GROUP STARTING IN MARCH - BOOK NOW!

STEPPING STONES GROUP- Stepping Stones is for parents and carers of children with SEND

Starts Thursday 7th March

9.30 am – 12 noon

Ore Community Centre, TN35 5BH

To book onto this group, please contact info@openforparents.org.uk

MERRY CHRISTMAS!

Open for parents would like to wish you all a very Merry Christmas and a Happy 2019!

