

Evidence Based Parenting Programmes in Sheffield

What's on?

June - September 2018

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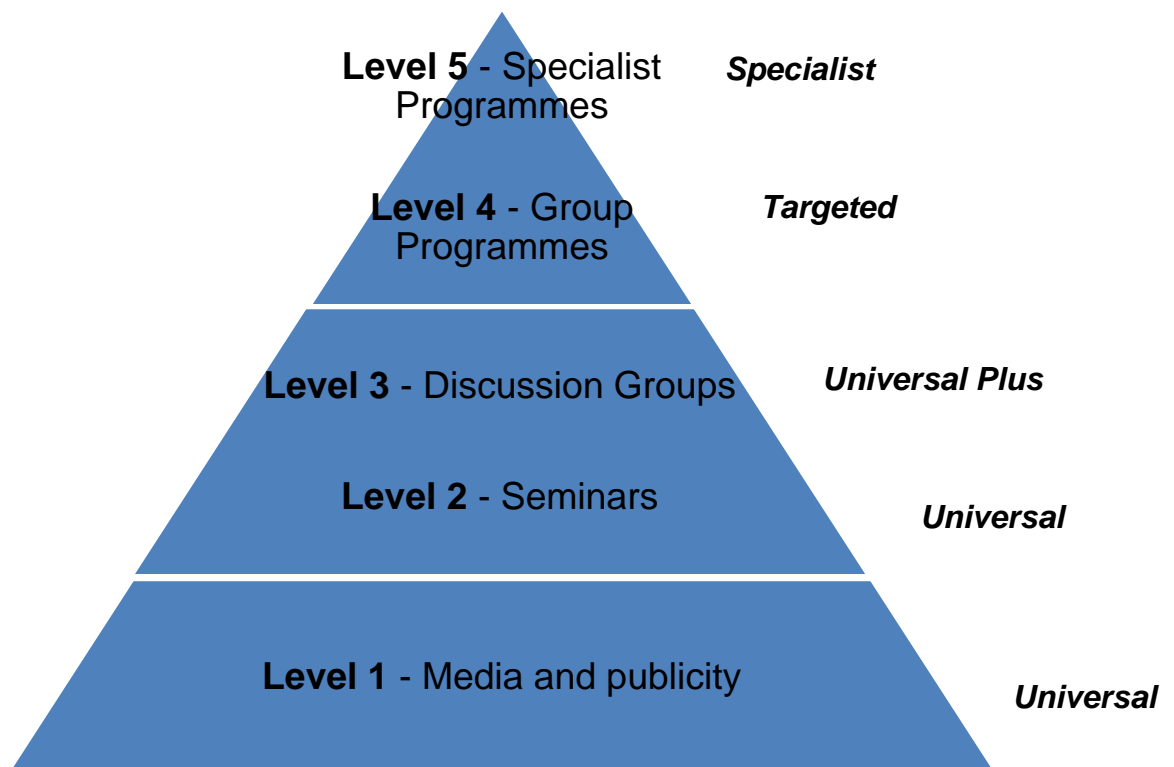
Sheffield Parenting Delivery model

The way that Evidence Based Parenting is delivered in Sheffield is changing.

The new model of Evidence Based Parenting delivery will involve the introduction of Triple P Seminars and Discussion Groups to enable parents to access one off standalone parenting sessions. The service will continue to deliver Incredible Years and Triple P group programmes and these will be targeted at parents / carers who need, or wish to receive this level of input, whilst others may find single sessions to be enough to support their needs.

The new model works across the continuum of need and draws upon the Triple P and Incredible Years evidence based models. This works on the basis of five levels of support:

- **Level 1:** Public information and awareness raising.
- **Level 2: Seminars.** Triple P Stand-alone 'light touch' parenting information sessions to large groups. These will be organised in School and community settings.
- **Level 3: Discussion Groups.** Triple P Stand-alone small group parent discussion groups on commonly encountered problems.
- **Level 4: Group Programmes.** Triple P and Incredible Years targeted group programmes of 8 - 15 weeks covering a range of parenting strategies.
- **Level 5: Specialist Programmes.** High intensity programmes for complex needs.



Making a referral

The referral route for all Discussion Groups and Group Programmes continues to be through MAST screening. Please be aware that Social Workers should continue to refer using the MAS form on Carefirst.

Below is a schedule of what's on across the city including Discussion Groups (single group sessions) and Group Parenting Programmes. Parents can attend a programme in any area of the city.

For more information or to discuss a case prior to making a referral, please contact the Specialist Parenting Practitioner in your area.

North MAST	East MAST	West MAST
Sorby House 42 Spital Hill Burngreave S4 7LG 0114 2331189	First Floor Shortbrook Primary Site Northway Westfield S20 8FB 0114 2053635	Old Sharrow School South View Road S7 1DB 0114 2506865
Parenting Specialists: <ul style="list-style-type: none"> • Barbara Sharrock • Laura Barma • Saika Mustafa • Diane Butcher 	Parenting Specialists: <ul style="list-style-type: none"> • Patience Bush • Anne Ives • Caroline Falconer • Bev Lancaster 	Parenting Specialists: <ul style="list-style-type: none"> • Fiona Brown • Yvonne Higgins • Glynis Taylor • Kate England

What's On - Seminars

Seminar	Date	Time	Venue
Raising Competent Teenagers	Wednesday 20 June 2018	5.45 – 7.15pm	Sheffield Hallam University, The Owen Building, Howard St, Sheffield S1 1WB
Raising Competent Teenagers	Monday 2 July 2018	5.30pm-7pm	Ecclesfield Secondary School, Chapeltown Rd, Sheffield S35 9WD
Power of Positive Parenting	Wednesday 4 July 2018	12.15 – 1.45pm	Sheffield University, BMS conference room (A225), A floor Alfred Denny Building Alfred Denny Building, Western Bank, Sheffield S10 2TN
Raising Responsible Teenagers - This seminar is primarily aimed at parents of young people about to move from Primary school (Y6) to Secondary school (Y7).	Thursday 5 July 2018	3.30 – 5pm	Sheffield Springs Academy, Hurlfield Road, Sheffield S12 2SF

Raising Responsible Teenagers This seminar is primarily aimed at parents of young people about to move from Primary school (Y6) to Secondary school (Y7).	Tuesday 10 July 2018	3.30 – 5pm	Sheffield Park Academy, Beaumont Road North, Sheffield S2 1SN
Raising Competent Teenagers	Thursday 12 July 2018	5pm – 6.30pm	Chaucer Secondary School, Wordsworth Avenue, S5 8NH

Discussion Groups

Discussion Group	Date	Time	Venue
0-12 Dealing with Disobedience This discussion group covers why some children have difficulty learning to follow instructions. The group explores strategies and parents develop a personal plan to teach their child limits and manage disobedience when necessary.	Tuesday 12 June 2018	09.15 – 11.15am	Meynell Primary, Meynell Rd, S5 8GN
	Tuesday 26 June 2018	09.00 – 11.15	Lowfield Primary School, London Rd, S2 4NJ
	Wednesday 4 July 2018	10-12.15pm	Dovercourt, 3 Skye Edge Ave Sheffield, S2 5 FX
	Monday 30 July 2018	5.30-7.30pm	Sheffield Town Hall, Pinstone Street S1 2HH
0-12 - Managing fighting and aggression with children under 12 In this session, parents are encouraged to share their experiences of aggressive and destructive behaviour from their children and discuss some of the reasons children fight. This group covers the skills that children need to be able to cooperate and get along with others. Parents learn how to teach skills such as sharing, communicating, and being gentle. They also prepare plans to manage times when fighting and aggression do occur.	Monday 18 June 2018	10-12.15pm	Meadows Children's Centre, 349 Shirecliffe Road, Sheffield S5 8XJ
0-12 Developing Good Bedtime Routine This discussion topic explores different problems parents commonly face at bedtime and some of the reasons why they happen. The skills children need to get into a good bedtime routine are discussed and parents are introduced to positive parenting strategies to help prevent problems.	Friday 8 June 2018	10-12.15pm	Burngreave Family Centre, 19 Spital St, Sheffield S3 9LB
	Tuesday 12 June 2018	9.30-11.45	First Start Family Centre, 441 Firth Park Rd Sheffield S5 6HH
	Tuesday 12 June 2018	9.30-11.45	Oasis Watermead Academy, Barrie Cres, Sheffield S5 8RN

	Tuesday 29 June 2018	1pm – 3.15pm	Angram Bank Children's Centre, 1 Kinsey Rd, Sheffield S35 4HN
	Wednesday 15 August 2018	9.30-11.45	Stocksbridge Children's Centre, 648 Manchester Road, Sheffield, S36 1DY
0-12 – Hassle-free Outings with Children This topic uses shopping trips as an example of one of the most common times parents have to deal with difficult behaviour in public. Positive parenting strategies are discussed as step-by-step suggestions for preventing problems in this and other potentially difficult community situations.	Tuesday 17 July 2018	5.30-7.30pm	Sharrow Old Junior School, Southview Road S7 1DB
	Wednesday 18 July 2018	9.15- 11.30am	Sheffield Town Hall, Pinstone Street S1 2HH
Teen – Getting Teenagers to Cooperate During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be cooperative at home	Wednesday 11 July 2018	12-2.15pm	First Start Family Centre, 441 Firth Park Rd Sheffield S5 6HH
	Monday 16 July 2018	5.15 – 7.30pm	Ecclesfield Secondary School, Chapelton Rd, Sheffield S35 9WD
Teen – Coping with Teenagers' emotions In this session parents discuss some of the reasons teenagers have emotional reactions and skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.	Monday 18 June 2018	10-12.15pm	ROMA/SLOVAK Owler Brook Primary School Wensley Street, Sheffield, S4 8HQ
	Tuesday 26 June 2018	09.45am – 12.00	Valley Park Family Centre, 100 Norton Avenue Gleadless Valley S14 1SL
	Wednesday 27 June 2018	09.45 – 12.15	King Ecgbert School, Totley Brook Road S17 3QU
Teen – Building Teenagers' Survival Skills This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their	Monday 2 July 2018	5.15pm – 7.30pm	The Corner, 91 Division Street, Sheffield, S1 4GE Please note this specific session is for parents who's teenagers are using substances

teen plan for a situation which may potentially put their health or wellbeing at risk.	Tuesday 24 July 2018	9.45-12noon	Shortbrook Family Centre, Westfield Northway, Sheffield S20 8FB
	Friday 17 August 2018	10-12.15pm	Burngreave Family Centre, 19 Spital St, Sheffield S3 9LB
<p>Teen – Reducing Family Conflict</p> <p>During this discussion, parents explore experiences of conflict with their teenager and discuss why sometimes this occurs in families. Positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems.</p>	Tuesday 12 June 2018	5.30-7.30pm	Sheffield Town Hall, Pinstone Street S1 2HH

Programmes

Programme	Start Date	Time	Venue
<p>Incredible Baby</p> <p>The programme builds positive parenting skills and promotes bonding, language and development. It is recommended that baby attends the programme with parent/s</p> <p>Duration: 10 weeks</p>	<p>Programmes began in April and May 2018.</p> <p>Future dates to be arranged.</p>		
<p>0-12 Triple P</p> <p>Generic universal parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.</p> <p>Duration: 10 weeks</p>	<p>Programmes began in April and May 2018.</p> <p>Future dates to be arranged.</p>		
<p>Stepping Stones</p> <p>This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for</p>	Wednesday 19 September 2018	10.00am-12.30pm	Woolley Wood School, Chaucer Rd, Sheffield S5 9QN

<p>promoting children's development, social competence and self-control and is delivered in a group setting</p> <p>Duration 10-12 weeks</p>	<p>Friday 21 September 2018</p>	<p>9.30am-12.00noon</p>	<p>Oasis Academy Don Valley, Leeds Rd, Sheffield S9 3TY</p>
<p>Incredible Years 2-8</p> <p>The programme builds positive parenting skills and capacity and aims to promote children's health and well-being. The programme looks at the four key components, Play, Praise, Effective Limit Setting and Handling Misbehaviour.</p> <p>Duration: 15 weeks</p>	<p>Programmes began in March</p> <p>Future dates to be arranged</p>		
<p>Teen Triple P</p> <p>Generic universal parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills.</p> <p>Duration: 8- 10 weeks</p>	<p>Wednesday 12 September 2018</p>	<p>12.30 – 2.45pm</p>	<p>Valley Park Children's Centre, Norton Ave, Sheffield S14 1SL</p>
	<p>Tuesday 25 September 2018</p>	<p>09.30 – 11.45am</p>	<p>Burngreave Children's Centre, 19 Spital Street Sheffield, S3 9LB</p>
	<p>Monday 1 October 2018</p>	<p>12.00 – 2.15pm</p>	<p>Oasis Academy Don Valley, Leeds Rd, Sheffield S9 3TY</p>
<p>You and Me Mum (Level 5)</p> <p>This programme is for female survivors of domestic abuse who are no longer in an abusive relationship. The programme looks at the cycle of abuse and the impact of domestic abuse on children, and strategies for supporting children.</p> <p>Duration: 10-12 weeks</p>	<p>Wednesday 19 September 2018</p>	<p>09.00 – 12.00</p>	<p>Lansdowne Community Rooms, 206 Club Garden Road S11 8BX</p>
<p>Level 5 Enhanced</p> <p>For those parents who have already completed a level four programme of Triple P parenting either in a group or one to one setting e.g. 0 – 12, Teen or Stepping Stones</p> <p>For parents who feel they need additional support with their child's behaviour and who feel they would benefit from further practice sessions, mood management strategies, stress coping skills and if appropriate partner support skills.</p>	<p>Wednesday 19 September 2018</p>	<p>12.15 – 2.30pm</p>	<p>Sheffield Town Hall, Pinstone Street S1 2HH</p>