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North Somerset Family Wellbeing Parenting Team

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We have had a busy, few months in Parenting as our Autumn groups come to an end, and we get ready for a full offer in the new year. We would like to take this opportunity to thank all those members of the Family Wellbeing Team, Support and Safeguarding Family Support and NSPCWT for their time and commitment to delivering groups and supporting creches, we really couldn't do it without you.

Our recent Parent Celebration event held on the pier was a huge success and parents' feedback that following groups they were more confident parents, had better relationships with their children and were calmer and more consistent. As a result of the event, we will now be holding a monthly coffee morning called The Parenting Village, where parents can continue to make connections and support each other (See page 2).

We would like to formally welcome and introduce our new Reducing Parental Conflict Co-Ordinator Abi Holt. Read more about Abi's role and RPC below.

Have a very peaceful and relaxing Christmas. Emma and the Team.



Reducing Parental Conflict

It has been identified, through extensive research, that children's outcomes are impacted in several different areas if there is ongoing or severe conflict between parents, whether together or separated.

The Department for Work and Pensions has funded the programme, the current phase is to provide Local Authorities with a point of access for RPC, and to roll out the agenda with partners.

This is an exciting chance to offer preventative support and improve children's mental and physical health and emotional wellbeing.

Where are we now?

Making	• Making contact with multiple agencies working with families.
Meeting	• Meeting with education settings to identify needs of young people, and how they are impacted.
Raising	• Raising awareness of the RPC agenda, engage and start collaborative working with a shared focus on RPC.
Creating	• Creating a bank of resources and a point of access to access.
Identifying	• Identifying common themes of conflict within families, to provide effective support.

Why is there a big focus on RPC?

Overview of aims:

- Identify if ongoing or severe conflict between adults is happening
- If children are being directly impacted by this
- Provide support and tools to help adults to manage the conflict
- Improve outcomes for children who are impacted



What's new!

Parenting When Separated (PWS)

Families going through separation can experience increased isolation and conflict.

With our Parenting When Separated Programme, parents are supported to personally cope, and to co-parent effectively, to ensure their children cope and thrive.

This programme is practical, solution-focused and draws on parents' strengths. It is suitable for parents who are preparing for, going through, or have gone through a separation or divorce

Parents are supported to;

- Solve co-parenting problems in a positive way which focuses on the needs of their children
- Create practical arrangements for children that minimise stress and conflict
- Improve communication with their children and with their children's other parent
- Cope with the emotional impact of separation and learn stress management techniques
- Help their children cope emotionally with the separation
- Deal with the challenges of lone parenting or being a 'live away'

Both parents of the same children are encouraged to attend, and we recommend that they attend separate groups.

We will run two groups in conjunction with one another to accommodate this.

Group One

When? Wednesday 22nd Feb 23, 6 weeks

Where? Milton Park Primary School

What time? 09:30 – 11:45

Group Two

When? Thursday, 23rd Feb 23, 6 weeks

Where? Worle Library and Children's Centre

What time? 18:00 – 20:15

'The Parenting Village' Coffee Morning

"It Takes a Village to raise a child" originates from an old African proverb and conveys the message it takes many people to provide a safe and healthy environment where children can flourish. Our coffee morning is for parents that have either attended our Advanced Parenting groups or those just interested in finding out more about building their tribe.

The drop in is a relaxed and friendly place where parents and parenting specialists will all be on hand to offer support, a listening ear and advice. We want you to tell us what you would like your village to look like.

When? Friday 13th January 23, and then the 1st Friday of every month

Where? Castle Batch Children's Centre

What time? 09:30 – 11:00

No need to book. Free Tea and Coffee and cake, children welcome. 😊

To make a referral...

Remember! Parents / carers are able to self-refer to PWS and many others, by calling 01275 888 808.

For professionals, please complete a Request for Support Form and return to the Children's Front Door: childrens.frontdoor@n-somerset.gov.uk

Scan the QR Code for our full [Advanced Parenting Group](#) offer, and to download the referral form:

