

LIVERPOOL PARENTING NEWSLETTER APR - JUN 2021



Liverpool
City Council

Since our last newsletter your Council and partners have been working tirelessly to support families and offer access to support and parenting programmes both 1-2-1 and through some of the new technologies available since lockdown began like Zoom, Microsoft Teams and Google Meets.

Over the next few months parents of teenagers will have access to a new Parenting programme called **Take 3** which will give you tips and strategies on how to support your relationship with your teenage children. Staff from Kinship Carers, YPAS and Liverpool council are training in this programme for delivery. Check out www.take3parenting.co.uk/t3p.html to learn more about the programme.

Liverpool as a city through the council and Liverpool Public Health have invested in a new **Mental Health** support programme of online support called **Qwell**, more information can be found here www.qwell.io/ more information in this newsletter.

Finally as always Remember to check online by going to google and typing [Liverpool Early Help directory](#) for regular updates and new programmes from a wide range of council and partner 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.



In response to COVID-19, ADHD Foundation sent out almost 300 support packs to Liverpool families at Christmas. The packs contained vital support and information to promote families' positive mental health and wellbeing, at a time when there was a large surge in need.

The ADHD Foundation service currently have a range of services and support that they offer to Liverpool residents over the coming months

There is an exciting programme of parent / carer live webinars that Liverpool families can access via a referral into our service webinars include;

- "Understanding the Developing Brain in the Early Years"
- "Understanding and supporting my child's ADHD"
- "Understanding ASD" and "Understanding behaviour"

Please check the website at <https://www.adhdfoundation.org.uk> which has an exciting, extensive range of free, downloadable information, documents, podcasts, recorded interviews, guest articles and much more.

Liverpool Children Centres are delivering lots of programmes across the city, for further information please look at [Liverpool Early Help directory](#) for your nearest one and their contact details.



Liverpool children centres will be introducing a new programme called **Welcome to Play** which is a 6 week programme that looks at different ways of play with your child, introducing new ideas and understanding of the importance of play and child development.

Please contact your local centre for further details.



Parents needing extra care?

Don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults.



Chat online to qualified counsellors



Read and write articles



Get online support from the Qwell community



Set personal goals and record how you feel

qwell.io



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, training and a new exciting parenting programme called **TAKE 3 Parenting**.

For more information visit the website:

www.kinshipcarersliverpool.co.uk or call 0151 270 2108



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](#)



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.

Visit the CAMHS calendar for further information on their range of support programmes and bite size sessions at www.liverpoolcamhs.com/training/

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[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 child (0-19 years, main guide)**
- **Understanding your child with additional needs (New)**
- **Plus many more learning guides for parents**

The Solihull guides have also been developed into a number of
other languages for parents to access;

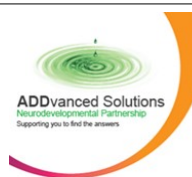
Arabic - فهم أطفالكم

Bulgarian - Как да разбирате детето си

Chinese - 认识您的孩子

Polish - Zrozumieć swoje dziecko

Urdu - اپنے بچے کو سمجھنا



Advanced Solutions are now offering
virtual Community Network Groups and
webinar Learning Workshops for parents and
carers of children and young people living
with neurodevelopmental conditions pre,
during and post diagnosis and also to the
professionals who support them while we are unable to deliver
our face to face delivery.

Please contact the office on 0151 486 1788 or email
info@advancedsolutions.co.uk to register your interest and
they will email you the link to join the meeting.

To book onto any of these learning workshops and learning
programmes, please go to the website calendar.

www.addvancedsolutions.co.uk/whats-on/whats-on-in-liverpool.html



RASA Merseyside is a professional counselling and
support service that exists solely to improve the mental
and physical well-being of individuals impacted by sexual
violence at some point in their lives.

- RASA run stop it now **Parents Protect** training on a monthly
basis – This training aims to raise awareness of child sexual
abuse. Further resources can be found here, [https://
www.stopitnow.org.uk/resources.htm](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

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



YPAS Liverpool have a variety of programmes and
services available parents to support you on your
journey. Services are being offered virtually and
via phone.

- [Parentalk - The Teenage Years Programme](#)
- [Youth Connect 5](#)
- [Incredible Years](#)
- [Virtual Coffee Mornings](#)
- [Take 3 Parenting — New Programme](#)

To book please complete a YPAS referral form available
at www.ypas.org.uk or call 0151 707 1025.



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Liverpool ASD Training Team

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.



Merseyside Junior Mentoring programme

We are pleased to inform you that we have places
available on the Merseyside Junior Mentoring
programme - criteria 5 to 12 year old aimed at
primary school children.

As we are all working in challenging times, we do occasionally
find that the paperwork can hinder referral processes. What we
want to do is alleviate any of these barriers and support
organisations with this process and are happy to take referrals
over the phone with the parents' consent.

Please contact Team Manager Julie Riccio on 07866137784 for
email me on Julie.riccio@actionforchildren.org.uk

Action for Children up and coming events

Digital Workshops: please check out our Facebook page for
Information on our workshops

<https://www.facebook.com/Merseyside-Junior-Mentoring-548805722129344>



Grow your potential, Its never too late to learn. Join one of the available courses at Liverpool Adult
Learning service for your personal development, towards finding work for your well being and
community work.

For further information visit www.liverpool.gov.uk/learninginliverpool or phone 01512333026/1809/2430