

# **Lancaster District Parenting Forum**

Child and Parenting Support Services, Sefton Drive, Lancaster  
LA1 2QD

Tuesday 5th April 2011 @ 9.30am

## **Minutes of Meeting**

### **Present:**

**Sue Earnshaw**, Chair of Forum & District Parent Support Adviser, Lancaster  
**Lorna Banks**, Balmoral Children's Centre  
**Jonathan Buckley**, CAPSS (Children & Parents Support Services)  
**Kelly Higham**, CAPSS  
**Joyce Stanforth**, Lancashire Library Service  
**Cath Dennison**, Parent/Carer Development Worker  
**Elaine Wilson**, N. Lancs Citizens Advice Bureau  
**Annette Kane**, N. Lancs Citizens Advice Bureau  
**Sam Richardson**, Lancashire Fire & Rescue Service  
**Rose Roberts**, N. Lancs PCT  
**Barbara Worrall**, ADHD N.West  
**Eileen Mullervy**, Gypsy Roma Travellers Achievement Service  
**Helen Gould**, Ludus Dance Project

1. Sue Earnshaw welcomed everyone to the meeting. Introductions followed.

### **2. Apologies:**

**Debbie Dawson**, Early Intervention Development Officer, Lancaster District  
**Sarah Haddington**, Gypsy Roma Traveller Achievement Service  
**Amy Parker**, Help Direct  
**Debbie Dewhirst**, Vulnerable Household Project, Lancaster City Council  
**Moyna Hargest**, Bay Childminding Network Co-ordinator  
**Frankie Shorrocks**, Manager, Child & Parent Support Services  
**Caroline Costello**, Development Manager, Unique Kidz  
**Cath Coucill**, Parenting Co-ordinator, East Lancs PCT  
**Wendy Hart**, Child & Adolescent Mental Health Service (CAMHS)  
**Joy Holmes**, Child & Adolescent Mental Health Service (CAMHS)  
**Simon Rothwell**, Young Addaction  
**Ben Powell**, Phoenix Project, n-Compass

3. Minutes of the last meeting were read and agreed

4. No Matters arising

5. Update from Sue Earnshaw, Forum Chair and District Parent Support Adviser – Lancaster.

- Report on Parents & Families County Task Group Meeting on 8<sup>th</sup> March 2011 at Woodlands, Chorley. (*Handouts were given out – see Parenting website for report [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)*)
- Early Intervention Update:
  - i. Debbie Dawson , Early Intervention Development Officer for Lancaster District is now in post and is based at Lune Pk Children’s Centre. Contact: [Debbie.dawson@lancashire.gov.uk](mailto:Debbie.dawson@lancashire.gov.uk)  
Mobile No: 07557030645
  - ii. Early Intervention Sub-group (Steering Group) has now met twice – this group comprises mainly of members of the Lancaster District Children’s Trust Partnership who are looking to drive forward the E.I. Agenda.
  - iii. There is to be a workshop on the 10<sup>th</sup> May at Skerton High School, Lancaster from 10am – 3pm. The workshop is to look at the newly proposed ‘Early Adopter model for Integrated Working’ led by the PCT. The model is already being delivered in Fleetwood. Practitioners working with children & families are invited to attend and contribute. More details to follow.
  - iv. Sue was asked to ‘present’ to the E.I. Sub-group on the 4<sup>th</sup> April 2011. The presentation was to be based on ‘how will the Lancaster District Parenting Forum link in to the Early Intervention Agenda? (*see Parenting Website for the report [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)*)
  - v. Sue asked the sub-group to consider her’ job title’ in line with Early Intervention and also the name of the Forum.
  - vi. The Parenting forum is to be asked to comment on the frequency of future meetings, bearing in mind the ongoing changes in the workplace and people’s capacity to attend numerous meetings.
- The frequency of future Parenting Forum meetings was discussed – it was agreed by forum members that the May’11 meeting will go ahead but following this meeting, we will change to bi- monthly meetings until the end of the year. A list of future meetings and dates for your diary will be found at the end of the minutes. Any further comments can be fwd to Sue at:  
[sue.earnshaw@signposts.org.uk](mailto:sue.earnshaw@signposts.org.uk) **or/and** [sue.earnshaw@lancashire.gov.uk](mailto:sue.earnshaw@lancashire.gov.uk)

## 6. Presentation from Elaine Wilson, N.Lancs Citizens Advice Bureau.

Elaine Wilson, the Financial Inclusion Worker from North Lancashire Citizens Advice Bureau (formerly Morecambe – Heysham and Lancaster bureaux) explained that Ofgen and Citizens Advice have funded an initiative to educate people about the advantages of switching to a cheaper energy deal for their gas or electricity supplies or switching companies. This initiative is as a result of the huge profits companies are making as a result of high prices, confusing tariffs and the cold winter – all of which is placing people in fuel poverty. Elaine explained that fuel poverty is defined as 10% of income being used (or would be used) to pay for fuel. Elaine also explained that vulnerable people or those on benefits can also ask their own companies to review their present tariff and switch to a cheaper deal.

As a result of this initiative Elaine is able to deliver sessions to groups within the community to raise awareness. In addition Elaine is available to deliver Financial Capability training through the volunteering project funded by Nationwide. The financial capability workshops look at issues around saving, borrowing, budgeting, best deals and spending habits and scams.

Elaine delivered the Energy Best Deal presentation to the group and the PowerPoint is available on the Parenting Website: [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) .

To book a training session or workshop please contact Elaine on [elainew@northlancashirecab.org.uk](mailto:elainew@northlancashirecab.org.uk) or 01524 400404.

All the training is free and can be tailored to the needs of the group.

## 7. Information for the Parenting Website:

- Please visit [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk) for the latest information.

### **General Information:**

- **Children's Centre News/What's On:** Now available from: [www.babymaze.co.uk/childrenscentres.asp](http://www.babymaze.co.uk/childrenscentres.asp)
- **Poulton Youth Café** – Are you aged 13 yrs+? Looking for somewhere to go in the evening? Every Saturday 6pm – 8pm at Food for Thought Café, behind the War Memorial Hall, Church St. Morecambe. Contact Steve Pedder at Signposts: [steve.pedder@signposts.org.uk](mailto:steve.pedder@signposts.org.uk) or Tel: 01524 419021
- **Gregson Community and Arts Centre Easter Fair**

Saturday 23rd April 2011, 1.00pm-3.00pm  
Gregson Community and Arts Centre, 33 Moorgate, Moor Lane, Lancaster LA1 3PY

Lucky dip, pin the tail on the Easter Bunny, craft stall (make an Easter Basket), Easter egg hunt, cake stall and raffle.

All proceeds will be split between the Gregson Festival Group and the Friends of Chernobyl's Children Society.

Entry is free though there may be a small charge for participating in activities.

- **West End Impact:** 12 – 14 Heysham Rd, Morecambe.  
Expectation Café open at 10.30am every Tuesday (**during term-time**) – come and join us for Coffee, cake and company – soft play area and toys – All welcome  
Impact Youth Group – 6.30pm every Wednesday. For more info: contact the Youth Pastor at: [zofia@mcc.uk.com](mailto:zofia@mcc.uk.com)  
Also find us on Facebook or Check out our website: [www.mcc.uk.com](http://www.mcc.uk.com)
- **Childminder Vacancy List** – contact Jo Dodd at Lune Park Children's Centre, Lancaster on 01524 382818.
- **Start4Life** – Start4Life is here to help you give your baby the foundations for a better start in life. [www.nhs.uk/start4life](http://www.nhs.uk/start4life)
- **'No Health without mental health'** – A cross Government mental health outcomes strategy for people of all ages – see the complete Strategy at [www.dh.gov.uk/mentalhealthstrategy](http://www.dh.gov.uk/mentalhealthstrategy)
- **Action** – a Drugs and Alcohol Handbook for Early Years Workers. [www.lancashire.gov.uk/education/childcare](http://www.lancashire.gov.uk/education/childcare)
- **Netmums:** a completely parent driven service.; unique free online support for Mums, providing 24 hour peer support (parent supporters) and support from a team of professionals. [www.netmums.com](http://www.netmums.com)
- **Useful link for Parents/Carers** – see 'Parents Link' on the Parenting website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)
- **Working Together to Safeguard Children (2010)** – sets out how individuals and organisations should work together to safeguard and promote the welfare of children. Download from [www.ecm.gov.uk/workingtogether](http://www.ecm.gov.uk/workingtogether)
- **Lancashire Prevention & Early Intervention Strategy** on Parenting Website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)
- **Small Sparks Funding – Help Direct**  
Funding for new Adult groups; existing groups etc. Covers Lancaster, Chorley and West Lancs.

For more information please e-mail Fiona Robinson at [smallsparks@loc.helpdirectlancs.org.uk](mailto:smallsparks@loc.helpdirectlancs.org.uk)

- **Guidance on implementation of the Equality Act:**  
[www.equalities.gov.uk/equality\\_act\\_2010/equality\\_act\\_2010\\_what\\_do\\_i\\_n.aspx](http://www.equalities.gov.uk/equality_act_2010/equality_act_2010_what_do_i_n.aspx)

- **North Lancashire HIV Support Group:** Meets in Lancaster on the 2<sup>nd</sup> Thursday in the month. This group is open to anyone living with HIV, regardless of gender, sexuality, race or nationality.  
We can offer help with travel expenses.

If you want to know more or need to discuss anything before coming along please call Peter for more information:

Please contact Peter: 07855342732.

- **National Family Week - 2011**  
Monday 30<sup>th</sup> May – Sunday 5<sup>th</sup> June 2011 – dates for your diary!

[www.nationalfamilyweek.co.uk](http://www.nationalfamilyweek.co.uk)

- **Balmoral Children's Centre website** – Balmoral Children's Centre now have a website: Go to: [www.balmoral.childrencentre.org](http://www.balmoral.childrencentre.org)

- **Computerised Cognitive Behavioural Therapy** – CCBT is a new method for delivering CBT via a computer. Research has shown that CCBT improves anxious/depressed patients about as much as face to face therapy, but it is also more cost and time efficient without any side effects. It provides a solution for many sufferers who often prefer its convenience, confidentiality and reduction of stigma. Drop in and see us – Fridays at Signposts.

Come and have a chat – see if we can help you.

Appointments can be made for a private chat.

**Please ask for Emma or Sean at Signposts on Friday or call 01524 387857  
Monday – Thursday**

CCBT is run by Social Prescribing

- **Look out for Signposts range of Social Enterprise Services** – see details listed on Parenting website and Signposts website [www.signposts.org.uk](http://www.signposts.org.uk)
- **Parenting Workshops @ UCLAN** – New for 2011 – details on Parenting website [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)

- **Operation Breakthrough – Lancashire Constabulary & Lancaster District Community Safety Partnership** – Operation Breakthrough is a specialist team dedicated to stopping sexual exploitation in the Lancaster & Morecambe area. ‘Giving young girls cash, drugs or presents so they will have sex with you or your mates is sexual exploitation – and its against the law’

If you have information call: 01524 63333 or call Crimestoppers anonymously on 0800555111

- **Chill Out Zone – a free Parents Support Group with childcare for children with Autistic Spectrum Conditions.**  
A series of 6 support groups across Lancashire providing practical support to parents and carers of children & young people of up to 18yrs of age with Autistic Spectrum conditions.

Monthly groups taking place at:

- Rossendale – Bacup Monday evenings 6 – 8pm
- Ribble Valley – Whalley Tuesday evenings 5 – 7pm
- Hyndburn – Clayton-le-Moors Thursday evenings 6 - 8pm
- Pendle – Nelson Monday evenings 6 – 8pm
- **Lancaster – Lune Pk Children’s Centre – Thursday evenings 6 – 8 pm**
- West Lancashire – Skelmersdale Thursday evenings 6 – 8pm

Relax whilst your children are supported by trained staff in activities including: Games and messy play; Arts and Crafts; Wii console.

For further details and to book a place contact Julia Butcher at The National Autistic Society (NAS) on 0161 9453341 or Mobile: 07717577596 or e-mail:

[Julia.butcher@nas.org.uk](mailto:Julia.butcher@nas.org.uk)

- **Downs Syndrome Parents & Carers Group Newsletter No.9** – available from the Parenting website: [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk).
- **Your Guide to Grants for the Disabled – New website** [www.disability-grants.org](http://www.disability-grants.org)
- **Ludus Dance – New Classes**  
Book Online: [www.ludusdance.org](http://www.ludusdance.org) for orders over £8 or call: 01524 35936

#### **Job Vacancy:**

#### **n-compass Business Development Lead**

Hours: 28 per week initially (12 month contract from start date)

Salary: £30,000 pro rata

Blackpool-based charity n-compass provides a range of services that are aligned through the shared social aim 'to improve the health and well-being of adults and young people across Lancashire who are marginalised and disadvantaged through disability, age or social exclusion.'

They have created this new role to improve their market position and achieve financial growth leading to longer term sustainability. The post will provide attention and focus to the organisation's fundraising and business development plans, and in conjunction with the Senior Management Team secure new funding, commissioning and private contracts.

Although the post is fixed term for one year, this senior position offers potential for future career progression. The continuation and development of the post will therefore be determined by the outcomes and achievements the successful candidate generates.

If you are an ambitious high achiever with an impressive track record in sourcing out opportunities and winning new business, this is the perfect opportunity to progress your career and play a significant part in delivering the next chapter in n-compass' success story.

Key requirements:

- Outgoing, enthusiastic self motivator with first class communications (written and verbal) and interpersonal skills
- Ability to work under pressure and have strong all round commercial skills
- Personal qualities should be combined with experience in leading sales and marketing activities, negotiating contracts and operating, preferably, within local government, health or closely related market sectors.

For an application pack email [jobs@ncompass1.org](mailto:jobs@ncompass1.org) or call (01253) 362140

The closing date for applications is 5.00pm on Tuesday 26th April 2011. Interviews will be held on Thursday 19th May.

### **Training:**

- **'Speakeasy'** An 8 week course for Parents with Open College Network Accreditation (OCN) = to GCSE Level A-C & D – F  
See Parenting Website for details: [www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)
- **See all Training Course information attached on Parenting Website**  
[www.parenting.signposts.org.uk](http://www.parenting.signposts.org.uk)

8. Round the Room Updates (A 'brief' update on service information from forum members)

- **Cath Dennison – Parent/Carer Development Worker:** 'Support & Advice Guide' now available for Parents of children with disabilities and additional needs. Cath also has some 'Lancashire Parent/Carer Forum' Posters and Flyers available for your organisation to display and hand out. Cath's present funding has been extended for another 6 months but she does not know what is happening after that. Consultations are currently taking place. There appears to be a lack of 'specialisms' available; decisions are being made and Universal Services are being utilised to accommodate need. In principle this all looks good but its not 'happenin'g on the ground for the parents/carers. Contact Cath on: [cath.dennison@yahoo.co.uk](mailto:cath.dennison@yahoo.co.uk)
- **Barbara Worrall – ADHD N.West:** The delivery of the Accredited based Course at Lancaster Rd School has now concluded. The new Lancaster District Support Group is running and they are hopefully going to begin to include some activities. Barbara and team are currently supporting a new Autistic Spectrum Disorder (ASD) group in Chorley and South Ribble. ***ADHD N.West has an urgent priority issue – they urgently require office space in Morecambe within the next month! Anyone who can help – please contact Barbara.*** [adhd.northwest@virgin.net](mailto:adhd.northwest@virgin.net)
- **Joyce Stanforth – Lancashire Library Service:** Joyce is looking for young Volunteers 14+yrs to help during the Summer Holidays. Please contact Joyce on: [joyce.stanforth@lancashire.gov.uk](mailto:joyce.stanforth@lancashire.gov.uk)
- **Sam Richardson – Lancashire Fire & Rescue Service:** The present Prince's Trust Scheme in Morecambe concludes at the end of April. The new 'Yes' Team will be starting up from April. Anyone concerned with young people 'fire setting' please contact the Fire Service for details of how to refer into the service. Contact Sam on: [Samuel.richardson@lancsfirerescue.org.uk](mailto:Samuel.richardson@lancsfirerescue.org.uk)
- **Rose Roberts – N.Lancs PCT:** Rose would like to publicise the Health Promotion Centre at Moor Lane Mills, Lancaster. This is a wonderful resource for everyone working with children, young people & families. They loan out resources; it is ideal for working with groups; families and children. The centre also has data information readily available on request. This is a particularly useful resource centre for students and Voluntary Organisations – just contact Moor Lane Mills to register. Contact Rose for further information on: [rose.roberts@northlancs.nhs.uk](mailto:rose.roberts@northlancs.nhs.uk)
- **Lorna Banks – Balmoral Children's Centre:** The Children's Centre has received funding notification and will continue for a further year but then funding

will reduce. The focus will begin to be on the 0 -11 yr age range for future planning services. Contact Lorna on: [lorna.banks@lancashire.gov.uk](mailto:lorna.banks@lancashire.gov.uk)

- **Helen Gould – Ludus Dance Project:** Looking to introduce ‘New’ activities to New people! Large scale projects have ‘taster sessions’ available – Ludus can work with you to develop grants for funding activities with children & young people with disabilities; intergenerational activities. **New Activities Info:**
- Poulton Memorial Hall – Young People who would like to join in the Aspire Music Festival on the 5<sup>th</sup> June – sessions begin from the 4<sup>th</sup> May for x4 Thursdays – enquire at Ludus.
- ‘Mad Hatter’ Easter Egg Hunt! - 22<sup>nd</sup> April (Good Friday) morning on Williamson Park, Lancaster – Free Easter Eggs! Dressing up encouraged – Alice in Wonderland Theme! *Please call Ludus to register!!*
- Regular Dance Classes at Ludud Dance Studios + FREE classes in other areas: ie: Urban street dance - Please contact Ludus to enquire.
- Friday session – Tailor made Dance session for people with ME at Ludus Dance Studio 2pm – 3pm

Contact Helen on: [lancasterdance@ludusdance.org](mailto:lancasterdance@ludusdance.org).

- ***Also please note: ‘Cathartic Art Group’ at Lancaster Library for people with long term illness and disability. Contact Lancaster Library for details.***

9. A.O.B. – No Other Business

## 10. Next Meeting

**Tuesday May 3<sup>rd</sup> May 2011 at CAPSS at 9.30 am.**

Will include a presentation from **Debbie Dawson, Early Intervention Development Officer.**

***All welcome, bring your colleagues; become members of the Lancaster District Parenting Forum. Join us as we move our work to align with the Prevention & Early Intervention Agenda.***

***Keep up to date with Integrated Working & Total Families as the Lancaster Children’s Trust begins to address new priorities for young people, children and families.***

