



Registered Charity No.: 1080678 Patrons – Dr. John Coleman, Rosie Hill, Annette Mountford
Oxfordshireparentingforum.org email: OPFemail@gmail.com

OPF Newsletter May 2025.

Welcome all to our initial newsletter brought to you by the Forum to aid our renewed focus on the universal parenting provision in our county.

Please note that any settings who have provided a 'flyer' – these will be posted at the end of the email after the main body of the newsletter.

Soon to be running or 'rolling' groups.

Parent Support Groups - Ongoing.... in **Kidlington** St Mary's Church Hall - Peer support groups for parents of adults or teenagers who have additional needs and/or mental health concerns – see the flyer after the newsletter for contact details.

**Raising the Whole Child. Free Workshop run by
Roots Radical Learning Sat 24th May @ the
Children's allotment (off cricket road OX4)**

– please see the flyer for information and tickets.

PEEPLE – current information

The Peeple Local Delivery team runs “closed” groups (families need to register and live in one of those areas) in the Leys, Littlemore and Rose Hill for babies, ones or two+ children of those areas.

We also run two Stay and Play - one in Littlemore (through the Growing Minds project) in the Village hall and in the Leys in Cuddesdon corner.

We started running a drop-in in the ARK T shop in Templar square (opposite the Jungle shop).

Finally; we run once a term an 8 week group to support communication and language for children of Oxford(shire) age 2 to 4. And we continue to have a SEND group for children 0 to 5 on Tuesday morning in Rose Hill, no diagnosis needed.

I am attaching the flier and

link. <https://forms.office.com/e/t26pTytgbyq>

Grow (in Grove family centre) are soon running the ‘Welcome to the World Programme’ for expectant parents - see the flyer for more information ...

Hello, I'm Naomi and I work for the charity BYHP, which has traditionally supported young people through mental well-being sessions, counselling, family/interpersonal mediation, and help with housing advice. We have now also added the **Take 3 Parenting Programme** to our family services and are currently actively working with parents 1-1. From September 2025 we will start to offer **Take 3 group sessions**. Our services are open to families, with children in our target age range of 13-25, who live in the Cherwell district and villages around North Oxfordshire within a 15 mile radius of our office. Please connect with us through our website <https://byhp.org.uk/>, or to our main email enquiries@byhp.org.uk. Alternatively, I can be directly contacted about the Take 3 parenting provision on naomi.kanetsuka@byhp.org.uk.

We would love to know about other services similar to ours who we can signpost to!



Naomi Kanetsuka MBACP GMBPsS

From MAZ RICE Early Help Partnership and Locality Team Manager

Family Bridges Team Manager Oxfordshire County Council

Children , Education & Families

Email: maz.rice@oxfordshire.gov.uk Telephone: 07720 144028

*"We are thrilled to share that our Early Help Portal is live as of **30 April 2025!**"*

Please access the portal through this link: <https://myehmpportal.oxfordshire.gov.uk/>

This is a huge milestone, and we would like to thank all those involved in creating it, especially those colleagues in education, health and the voluntary and community sector who were part of the coproduction process.

*As we move to our new way of working, **remember that the Locality Community Support Service (LCSS) is here to help you as usual.** We know there might be some adjustments, and we're here to support you every step of the way.*

*Also, a quick reminder: starting today, **all Team Around the Family (TAF) minutes and Strengths and Needs should be uploaded via the portal.** This will help us keep everything consistent and efficient.*

Thanks again for your cooperation, patience and ongoing commitment you give to supporting our families in the community"

We are also seeking facilitators to help us deliver the Early Help Skills (Strengths and Needs) Sessions. If anyone is interested please email maz.rice@oxfordshire.gov.uk and Jackie.morgan2@oxfordshire.gov.uk.

Thank you,
Maz

Botley Bridges have an **OPEN TO ALL** carers or parents of 0-7s **Family Nurturing Programme** during **June and July** as advertised on the final flyer ...

*Spring/Summer
2025*

NEW!

Parent Support Groups

**Join us this term for our new round of parent support groups!
Current and new parents all welcome!**

Peer support groups for parents of adults or teenagers who have additional needs and/or mental health concerns.

These are parent-focused groups, facilitated by a professionally accredited therapist (UKCP/MBACP), providing a safe and supportive space to share and talk through the challenges you may be facing with your adult child or teenager.





When? **Mondays** 6.30 - 8pm
Parents of adult children

Tuesdays 6.30 - 8pm
Parents of secondary school aged children

Where? St Mary's Church Hall
Church Street
Kidlington OX5 2AZ

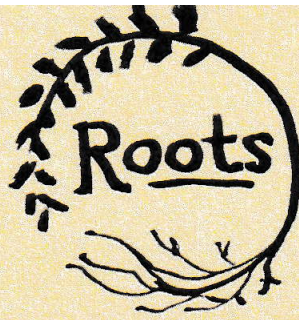
Cost? Free!

Empowering parents through shared experience and professional support

If this sounds like the group for you, please get in touch with Rachel on 07514007374
Alternatively email rachelreahub@gmail.com and leave your name and number for a call back







RADICAL LEARNING

FREE tickets
here



Join us for this **FREE** workshop!

Raising the Whole Child

Supporting our children and ourselves

Seeking more calm and connection during challenging moments with your children?

Want to explore how to respond compassionately to children's emotions?

**NEW
DATE!**

DATES

Saturday 24th May 2025

TIME

2-5pm Workshop

LOCATION

The Children's Allotment

off Cricket Road, Ox4 3DG

Book here!



This workshop is
funded by

The Sewell Trust

TRUCK
FESTIVAL



admin@rootsradicallearning.com



@RootsRadicalLearning



@RootsRadicalLearning



Do you live in Littlemore,
Rose Hill, The Leys,
Berinsfield or have a child
with SEND?



Free books & groups



FREE books - 1 every
month until age 5
delivered to your door
FREE parent and child
groups



Come along to a Peep group with your child.
You and your baby/child can make friends,
share ideas and activities and have fun with a
focus on your child's development.



scan the QR code or email
families@peeples.org.uk



peeples

The Peeples Centre
Northfield Cl, Littlemore, OX4



"Welcome to the World!" programme



a relaxed way for parents-to-be to think
about the transition to parenthood and
meet other new expectant parents

£20 course donation

5 weeks from Monday 2nd June

7-9pm

Grove Day Centre, School Lane, Grove

To book places and for more information please email:
contact@growfamilies.co.uk

WWW.GROWFAMILIES.CO.UK

Botley Bridges Family Nurturing

A 4-part positive parenting workshop
to help create calm and happy families*

MONDAY 9TH & 16TH JUNE AND
7TH & 14TH JULY
6.30-8.30PM



Botley School, Elms Road, OX2 9JZ (parking available)

Join our workshops tailored for parents and caregivers of children aged 0-7. Learn practical strategies to navigate the ups and downs of raising children, building emotional resilience and raising a connected family.

Part One

Understanding children's behaviour
Listening and communication
Praise and encouragement

Part Two

Praise & guidance VS criticism
Child-led play
Positive moments

Part Three

Boundaries and parenting styles
Time to calm down
Dealing with stress and conflict

Part Four

Choices and consequences
Behaviour to ignore
Looking after ourselves

£20 per person for all 4 sessions (concessions available)

To book email coordinator@botleybridges.org

* Family Links Course - Developed by the Centre for Emotional Health
For more information, visit botleybridges.org Registered charity number 1172139

"The programme has
helped me feel so
much more
confident about my
parenting."



"..helped me open up
and feel less alone
with the challenges
we've been facing as
a family."

Wanted and Offered section

If you're short of materials and resources here's where you can request contact or help from other settings, our own networks OR if you would like to offer others the use of your resources try letting us know and we can post it here! All we need to add is your requirement or offer and your professional contact details. Perhaps you need another facilitator to enable you to run a group more easily?

Good News

It's been really good to get your input and it's great to be able to help you link up with each other – thanks all for your feedback and contributions.

NB. Our esteemed patron **Rosie Hill** has had her new book published, as described in the following passage – we are really excited to announce the publication and are glad that TAKE 3 is proving incredibly popular in the UK and its' home county especially!

Raising Confident Teenagers:

The Take 3 approach to parenting calmly in a stressful world by Rosie Hill

This new book by Rosie Hill, the creator of the Take 3 parenting programme* (which originated in Oxfordshire as Parent-Talk), contains the Take 3 course in a paperback. Not only is it a practical, accessible and reassuring self-help book for parents but it's also an invaluable resource for professionals working one-to-one with parents. Published in April, it's now available on the Karnac website with a 10% reduction (<https://bit.ly/3Dzivil>)

*TAKE 3: SKILLS AND STRATEGIES FOR SUPPORTING PARENTS TO DEAL WITH CHALLENGING TEENAGERS

(<https://www.take3parenting.co.uk/t3p.html>)

Hints and Tips

Remember to take care of yourselves and each other 😊

We would appreciate early notice of anything that you would like us to add to our **next edition of the newsletter that will be out in September...**

Please share this newsletter to all who may have an interest – thank you!