

THE NEWSLETTER FOR LEWISHAM DADS AND MALE CARERS

Dads Conference 2010

On Saturday March 27th we held our 3rd annual Dads' Conference. It was a great success with speakers, workshops and a variety of activities for dads and children to experience together.



Speakers, that included the Mayor of Lewisham, talked about the importance of providing services for fathers and male carers as the needs of families and children are changing. Lewisham Children's Centres are continuing to develop services for fathers including developing dads' groups, stay and play sessions and a variety of activities that enable fathers to interact with their children and get involved in their community.

We had a climbing wall, cooking activities, giant Scalextric, workshops and much more.

The Mayor, Sir Steve Bullock, gave out awards for a competition held at Lucas Vale

School, in Children's Centre Area 1, which asked the children to draw a picture or write a poem about their dad, granddad, uncle or male carer. There were three awards for foundation stage and key stage 1 and 2. The mayor presented awards to the winners.



The Mayor also presented certificates to Fathers who had attended a Triple P Parenting course.



There are more details of the dads conference inside this newsletter from page 13 so read on.

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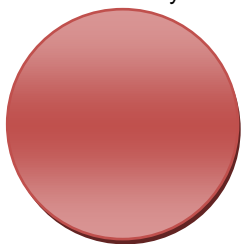
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Stay and Plays for Dads



Hatcham Oak Stay and Play



There are two new Stay and Play services for dads in Lewisham. A Stay and Play is a drop-in setting for dads and their children under 5. There are fantastic toys and equipment to play with and a chance to meet other dads and socialise. There is also a Children's Centre worker available to support and find out any information for those attending. It is a friendly, fun and informal setting where dads and male carers get a chance to use the environment. Both of the sessions are led by stay at home dads.

Lee Manor Children's Centre
Stay and Play Session

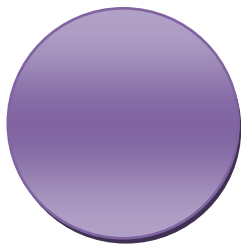
Monday 9.30am to 11.30am
Longhurst Rd, Lewisham, SE13 5LS

Hatcham Oak Children's
Centre Stay and Play Session

Tuesday 9.30am to 11.30am
29 Wallbutton Rd, Brockley
SE4 2NX

If you are a stay at home dad or male carer or find yourself with your child on a Monday or Tuesday morning why not pop along?

New Dads to Be Groups



Dads to Be Group at the Quaggy

A brand new dads to be group is now running on the last Thursday of every month at Quaggy Children's Centre, Orchard Hill SE13 7QZ between 6.30pm and 8.00pm. It is for dads across the borough of Lewisham and Greenwich. It is a support group run by Dads workers from both boroughs. At the group we chat about becoming a dad and share the experiences we have had. You get a chance to meet other dads to be and find out about the many ways in which Children's Centres can support you and your partner during the pregnancy and after your child is born.

For more information contact the centre on 0208 465 9785 or email: dawn@quaggychildrenscentre.org

Expectant Father Training at Lewisham Hospital

This course has been designed for expectant fathers. The sessions are an opportunity for men to reflect on the changes they will be going through and looking at the impact that a baby will have on their lives. The sessions are skills and discussion based, encouraging personal experience with demonstrations and exercises used to provoke reactions. For info contact:

Paul Campbell
Working With Men

www.workingwithmen.org
Telephone/ Fax: 0207 237 5353



Lewisham Black Fathers Group



On Lewisham way in Children's Centre Area 1 there is a Black Fathers Support Group. It is based within Lewisham Way Youth and Community Centre.

The group meets on Thursday evenings between 6.30pm and 9pm and aims to provide a place where black men can feel safe to discuss any concerns they have relating to their children, partners, or themselves.

There are also opportunities to reflect on what they have been through personally and to share good practice in relation to parenting. This is all practiced within a confidential environment.

As a result the purpose is to

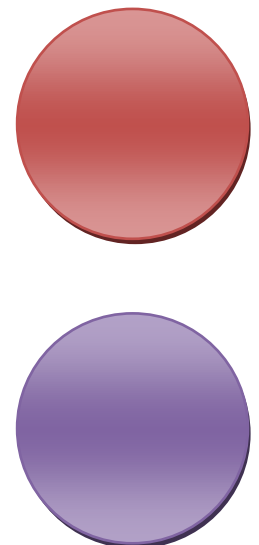
encourage men to become or stay involved in their children's education and social development and increase self esteem.

The group is for black fathers of all ages and offers guidance and support with practical needs concerning their family situation.

If you would like to find out more about attending a group or would like to talk to the facilitator then you can telephone Everton Augustus on 020 8692 1577 or you can email him at info@lwycc.org.uk



Fathers Taking Part in the Group



Children's Centre Area 1

Lucas Vale School Dads went with their children to visit Godstone Farm in Surrey. It was a glorious day and dads and children got the opportunity to stroke and feed the animals and enjoy a picnic together. A good time was had by all.



Children's Centre Area 2

Lee Manor Dads Group held a circus skills day at the school on a Sunday morning. It was a great success with 20 dads and over 30 children turning up. There were opportunities to practice lots of activities. Dads will soon be running Circus Skills workshops after the half term.



Children's Centre Area 3

As part of Limelight Family Learning Centre's 10 year celebration the Limelight Dads Group held a party. There was a barbecue and Mr Bonkers came along to help with the celebrations. Over the years the group has achieved lots including putting on courses, building a boat, camping, youth hostelling and lots more. You can find out about the dads group at

www.limelightflc.org.uk/For-Dads.php



Children's Centre Area 4

Eliot Bank Dads Group did an amazing job on a recent gardening morning. Not only clearing a pond area, but creating some beds for the nursery and reception class to grow plants as part of their project work for the children.

The dads are developing a wildlife area for the parents of the school and children's centre to use.



What are Children's Centres?

The borough of Lewisham is divided across Children's Centre 'areas'. These are mapped out and depending on where you live in the borough you can access services within your allocated area. Children's Centres are not one building but the services provided across each area.

Children's Centres provide a range of services for children and their families, including childcare and early learning. They provide families with preventative services for children, from pre-birth up to the age of 5 years old. Some Children's Centres also offer flexible childcare.

They also support parents and carers by offering a range of other support services or by linking parents with other providers in the local area.

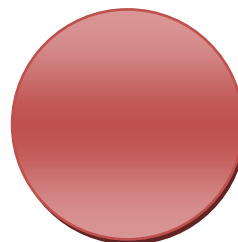
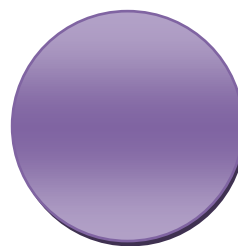
These include:

- Early education and childcare places that fit with families needs,

- Parenting and family support,
- Support and help for parents to move into training and employment,
- Access to wider services, including Health advice, with support from Health Visitors and midwives
- Services to support children with additional needs early in a child's life

Family Information Service

If you want to find out about what services are available for you and your family within your area then you can contact the Family Information Service website where there is a searchable database to help you find out about what is available near to you. Alternatively you can telephone them and speak to somebody regarding what is available in your area. The link and telephone number are at the foot of this page.



TO FIND OUT ABOUT ALL THE ACTIVITIES THAT CHILDREN'S CENTRES PROVIDE BY EACH AREA YOU CAN VISIT THE FOLLOWING WEB PAGE. HERE YOU CAN DOWNLOAD A PDF OF ALL THE SERVICES THAT EACH CHILDREN'S CENTRE HAS TO OFFER.

www.lewisham.gov.uk/EducationAndLearning/EarlyYearsEducation/ChildrensCentreActivities

To find out about all services you can access for your child family telephone Lewisham's **Family Information Service on 0800 085 0606** or click on this link

<http://www.lewisham.gov.uk/ContactUs/Contacts/FamilyInformationService.htm>

For more information.



This organisation works to connect dads across Lewisham and Greenwich. It was started for stay at home dads but is now widening its membership and information to include all fathers. It's worth visiting their website and subscribing to their updates so you can receive information on activities

About SE London Dads

The group started in the summer of 2008 when Martin Hastings took over caring for his daughter Isabella full-time, and feared being cut off from male company and losing his sanity!

The group grew out of the local NCT branch, but is open to all dads, male carers and fathers-to-be. In 2008/9 SE London Dads' growth and development has been partially funded by a grant from Awards for All. Now we have over 30 Dads in our list from all sorts of backgrounds, and we meet up regularly for fun and chats. We have a constantly-changing schedule of social events for both Dads and kids, including:

- * 3 Weekly Stay and Play sessions
- * Monthly social events at

someone's house, or out and about

- * Free courses, activities or excursions to local attractions

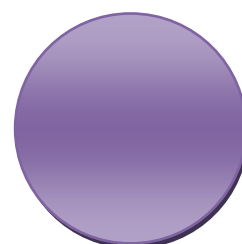
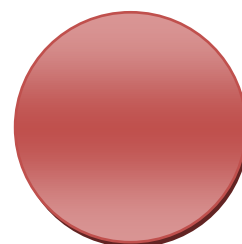
We work closely with Fathers Outreach Co-ordinators at Greenwich and Lewisham councils so are able to refer you to other services and facilities locally.

For more details of the home dads group, contact:

nctdadslewgreen@googlemail.com

Here are some other useful websites about being a father

www.nhs.uk/dads
<http://www.stayathomedads.co.uk/>
www.homedad.org.uk/
<http://www.superdads.co.uk/> new website with advice and forums
www.fatherhoodinstitute.org/
www.fqmagazine.co.uk Fathers Quarterly magazine
www.diyfather.com/ a fathers' guide to parenting
<http://www.dad.info/> birth, babies, money, work and legal issues for fathers
<http://www.workingwithmen.org/> fatherhood training, from ante-natal to teenagers



www.selondondads.org.uk

CONTACT: figvine@gmail.com

This month's dad in the spotlight:

Adam Ismail. Father of Aneesa, Safiya, Zinat and Nazir

Every issue we ask a dad or male carer some questions about being a dad



What is the best thing about being a dad?

There are so many things but these are just a few. The first thing that springs to mind is.... I can see my wife in my daughters. This always brings a smile to my face. I see my dad in my son. I love being called "dad", growing up I often wondered what it would be like being a dad. They think I know everything, which is pretty cool although I know this won't last forever, but I'm revelling in it while it lasts.

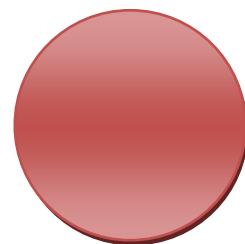
What is the worst thing?



Seeing my babies sick, no matter how old they are. I always feel really helpless. Not knowing all the answers to all the questions. Never having enough time to devote to them as individuals as their needs are so different from each other. Having to discipline them.

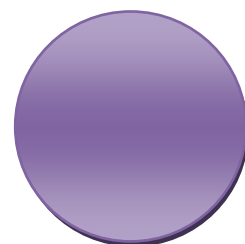
What fictional father figure do you think has done the most for the profile of dads and why?

Marlin. You know..... Nemo's dad. That's what being a dad is all about. Never ever give up.



What is the best way you find of entertaining your child?

Camping. I loved it as a child. They are now beginning to see what I saw when I was little. The look on their faces when we pitch the tents is just amazing. Bouncing them on our trampoline. Having "big cook little cook" afternoons. Swimming and Saturday morning cinema club.



What is your favourite story you have read to your child and why?

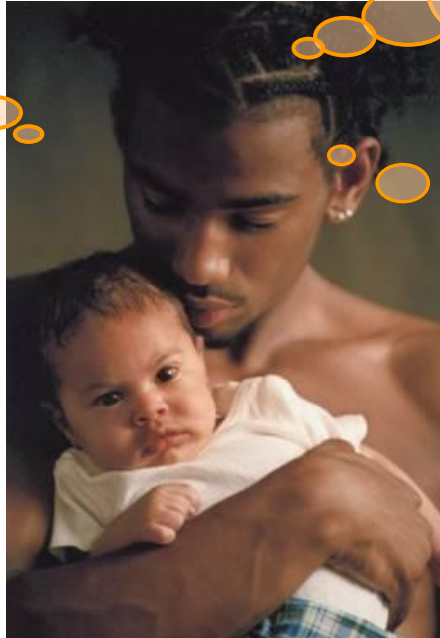
It has to be "The Gruffalo". I just love how the tiny mouse outwits all the animals that are out to eat him. I can read this story and "The Gruffalo's Child" a million times and never get bored of it. We just love it.



Incredible Years Fathers Parenting Group (ages 2-6)

Would you like to learn new ideas about how to help your child to do better in school?

Would you like to be part of a group where ideas are shared around parenting and managing children's behaviour?



Would you like to share your parenting skills and experiences with others?

Join us and learn about a new parenting group that will help you to reduce your stress levels and improve your child's success in school and beyond.

Thursday 10th June 2010

12.00-2.00pm

At Clyde Early Childhood Centre

Alverton Street, Deptford, SE8 5NH

Contact Facilitator Sandra.Rotenberg@welcare.org or

Neil Robinson at: n.robinson@clyde.lewisham.sch.uk

0208 6923653

LEWISHAM YOUNG FATHERS NEWS

By Owen Thomas



This period is a busy one for the Lewisham Young Fathers' project with a new member of staff on board, Arnold Sarfo-Kantanka, who brings lots of vibrancy and experience to the post. Arnold will initially be focusing on raising the profile and promoting a positive image of young fathers and discussing the issues they face. He will also be consulting with young fathers, their families and young people across the borough to examine their ideas and attitudes in relation to fatherhood, teen parenthood, relationships and gender issues. We also continue to work on providing interesting opportunities for young fathers in the borough, the latest of which is a free day trip to Brunel University on May 18th. This is to inspire and inform young fathers about the practicalities, advantages and disadvantages of university life and clear pathways to achieve a university education. If you would like to find out more contact us at the details below.

We at Working With Men have developed a new web site for young fathers throughout the country which will include forums, information and links to interesting opportunities for young fathers and their families. We are also keen to include the thoughts and ideas of young fathers from Lewisham, so if you have any technical skills or just an idea of what should be included on the site, please get in touch, our email and phone numbers are below. Or you might want to access the site to join the forums and communicate with us that way.

The website address is: www.young-fathers.org.uk

Finally any young fathers who are interested in helping to educate and help out other expectant young fathers, or even just want to or are willing to share their experiences good and bad of being a young father, then please let us know. There will soon be an opportunity to get involved in another new video based project aimed at preparing new young dads for the challenges to come. We want to get confident, experienced dads to speak about important issues like bonding with baby, coping with pregnant partners, balancing work/college with family life etc.

If you have any ideas or would just like some information or to attend any group please call or email and we'll respond A.S.A.P.

For more information on events and activities or the service for young fathers, contact:

Owen Thomas on

Mobile 07910857725

Email

o.thomas@workingwithmen.org

or

Arnold Sarfo-Kantanka on

Mobile: 07984 048046

Email: [a.sarfo-](mailto:a.sarfo-kantanka@workingwithmen.org)

kantanka@workingwithmen.org



CONTACT: figvine@gmail.com

Library Story Times

**Catford Library:**

Wednesday 11.00am - 11.45am

Thursday 2.00pm - 2.30pm (Baby Bounce)

Forest Hill Library:

Tuesday 10.00am - 10.30am

Thursday 2.00pm - 2.30pm

Sydenham Library

Tuesday 10.15am - 11.00am

Downham Library

Wednesday 10.00am – 10.30am

Wednesday 10.30am – 11.00am (Cartoon Club)

Thursday 2.00pm – 2.30pm (Baby Bounce)

Saturday 3.00pm Children's Film Club

New Cross Library

Tuesday 11.00am – 11.30am

Wavelengths Library

Monday 11.00am – 11.45am

Tuesday 11.00 – 11.45 (Baby Bounce)

Friday 2.00pm – 3.00pm

Blackheath Village Library

Thursday 9.30 – 10.00

Catford Library

Wednesday 11.00am – 11.45am

Thursday 2.00pm – 2.30pm

Crofton Park Library

Thursday 10.00am – 11.00am

Friday 11.00am – 11.30am (Baby Bounce)

Lewisham Library

Tuesday 11.15am – 11.45am

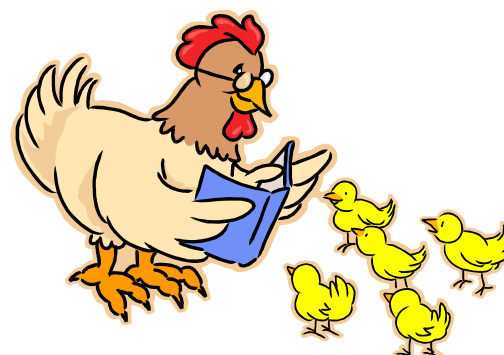
Thursday 11.15am - 11.45am (Baby Bounce Babes in Arms)

Thursday 2.15pm – 2.45pm (Baby Bounce Toddlers)

Manor House Library

Tuesday 11.30pm 12 noon (Baby Bounce)

Wednesday 2.00pm – 2.30pm



Healthy Choices

As a dad we can have a big influence on the choices that our children make when it comes to food. At our recent dads conference we held a cooking workshop and demonstration to show how you can make great choices and fantastic tasty recipes for you and your family.

John, our chef, had an array of healthy food that he prepared with the dads who attended the workshop.

If you are interested in finding out about health and activity then there is a bunch of ideas and information on the Change4Life website.

The Change 4 Life campaign is a national strategy to help you make healthy choices with food for you and your family. Would you like loads of ideas and help to make the many small changes that add up to a happier, healthier future for you or your family? Then you already know why you should join Change4Life.

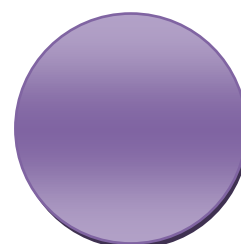
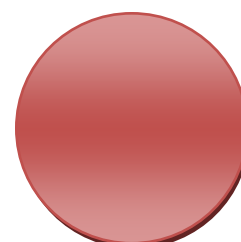
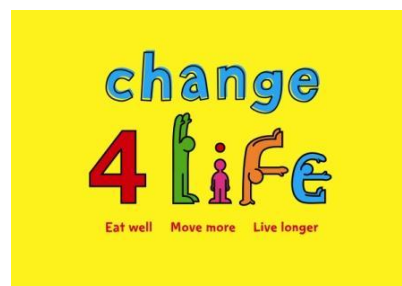
As part of Change4Life, you will receive tons of helpful information, recipes, tools, tips, and games for the kids. Once you register you'll also receive a free welcome pack – one for the whole family, or one just for you. To go to the site click on this link

www.nhs.uk/change4life

If you want to find out about healthy eating for you and your under 5 and would like to attend an information session locally, you can visit one of the many tasting sessions and workshops that are provided by the Children's Centres' Paediatric Dietician Livia La Camera. Dads and Mums can try out different foods and get information about nutrition. You may be amazed by what you find out and it will all benefit the health and development of your child.

**For more information please contact
Livia La Camera – Children's Centre Dietitian
mobile 07500 050 753 or livia.lacamera@nhs.net**

A dad and children find out about the sugar content of drinks and try some tasty, healthy snacks at one of Livia's sessions.





Five-a-side Football Tournament

**There's a chance we may not win the World Cup
this year but you can still bring home some silverware for your cabinet!**

In partnership with Teachsport, Lewisham Children's Centres and the Pre-school Learning Alliance we are holding a 5-a-side football tournament and family day on Sunday September 12th. If you are interested in putting a 5-a-side dads team together representing your school, nursery or local group then why not enter. There is a limit to the number of teams that can enter so don't waste time. You will need to put a team of 7 dads together to make up your squad. The tournament is a fun way to get some exercise and involve the family in some outside activities.

All you have to do is register your interest at tim@neville.tc with Tim Neville and you are on your way to enjoying a great day. The event is a bit of fun and a way for children to cheer their dad or male carer. The event will be held at Abbotshall Rd in Catford and all the family will be welcome to come. We want it to be a positive fun event and we are planning to have other activities for children to do on the day. Each game will be short at around 10 or 15 minutes each way so you don't have to be super fit to enter. There will be some good teams and some not so skilled but the most important thing is to have a fun day with your family.

Teachsport are providing a Trophy and medals for the event. So you could go down in History as the first team to lift the cup! Why not set up a team or for more information you can call Tim on 07947 475 064.

Brighton or Bust!

A group of brave dads ventured out on a crisp May morning and took on the challenge of cycling from London to Brighton. The 57 mile journey was completed by a dozen cyclists of all levels. This time the children were left at home and it was just a dads adventure. After cycling all the way and completing the ride by the climb over the grueling Ditchling Beacon the group stopped for a well earned rest at a local watering hole before catching the train back to London. The trip was organized by Mike Acord who is a keen cyclist and Lewisham Dad. He is planning to arrange other rides in the future so if you are interested then please contact him at mike.acord@gmail.com



On Saturday March 27th Lewisham Children's Centres and the Pre-school Learning Alliance held a Conference for Fathers. It was set around a theme of healthy living here are some photos of the event. Can you spot yourself if you were there?



Speakers included the Mayor of Lewisham Sir Steve Bullock and Steve Davies head of Coopers Lane School



One of the dads Jim Doherty talks about his experiences of volunteering in his local school



John and Livia run the Healthy Cooking Workshop



Dads turn over a new leaf at the Forest School Session



Dads enjoy a little self-expression at the Salsa Workshop



The smoothie bike is full of fruit and ready to liquidize



A young Formula 1 hopeful practices on the giant Scalextric Track



The Literacy Workshop is in full swing



Dads and children race to the top of the climbing wall. Not many dads won!



Dads and Male Carers evaluate the day and give us feedback before going home exhausted



To all of the staff who helped out on the day, all the speakers, the dads and children for coming and a special thank you to Myatt Garden School for letting us use their space