

THE NEWSLETTER FOR LEWISHAM DADS AND MALE CARERS

This edition is packed with news about activities that have taken place for fathers and children across Children Centre area in Lewisham.

There are also loads of opportunities for you to get involved in future events

This summer has seen a great deal of activities and experiences including outings, residential holidays, courses, competitions and clubs.

We have seen the first Dads five a side tournament held where fathers and male carers competed for a trophy. There were teams from around the borough from various schools and settings. More information on the back page.

Other activities that have been put on in Lewisham and are in this newsletter for dads include:

Two residential trips to a venture centre in Gloucestershire for dads and children and camping trips to East Sussex.

A new baby massage course for new dads.

Dads and children's fun workshops have been put on across the borough.

A dads climbing and cycling club running every month.

For lots more information and opportunities read on.....

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Dads and Children go on a residential weekend

DADS BABY MASSAGE

Eliot Bank Children's Centre in Forest Hill held their first Dads Baby Massage sessions over the summer. Dads got a chance learn massage techniques and practice it on their young babies. The sessions run for an hour and a half and are a great way to meet other new dads, discuss issues affecting you and to bond with your baby. Research shows many positive effects from doing baby massage from better eating and sleeping habits to stronger attachments between parents and children.

Dads came along to a first session where they learnt the techniques and then did a follow up six weeks later to refresh their memories and learn further ways to massage their child.

If you are interested in doing a baby massage class for your baby under 6 months then please contact Tim on 07947475064



CARRY ON CAMPING

Quaggy Children's Centre, Lee Manor Dads and Brockley School went on a fun packed camping trip over the summer. Families enjoyed a weekend at Bodiam Castle in East Sussex. Some had never been camping before. We had open fire, lots of healthy walks and barbecued camp food shared by all. It was a great weekend and one we hope to repeat next year.



CLIMBING TRAINING

Some of the dads attended training on how to use a climbing wall and teach their children to climb. They learnt how to belay another climber and how to climb themselves along with all the safety aspects involved in climbing. The dads have set up their own climbing group that meet at The Reach climbing centre in Woolwich on the first Monday of the month. If you are interested in coming along as a guest and learning how to climb then contact Tim on 07947475064 to get in touch with the group.



CONTACT: figvine@gmail.com

CIRCUS SKILLS FOR DADS AND CHILDREN

Lee Manor Dads group have been holding regular circus skills classes for dads and children on a fortnightly basis. It's a great way to increase children's confidence, develop physical skills and enjoy a fun activity together. At the sessions we practice juggling, unicycling, simple acrobatics and much more. If you are interested in coming along to the after school session with your child then why not give Tim a ring on 07947475064



ROCKET EVENINGS

Dad's and children got together at Marvels Lane School and Ladywell Children's Centre to make water rockets. We designed and made rockets which we then launched in the school playground. It is a creative activity that teaches children about forces as well as being great fun. There were over 30 dads attending the workshop and more are planned for the future. The dads got together also to put a five a side team together to enter the tournament (details on back page).



LADYWELL CENTRE DADS

Ladywell Children's Centre has been holding evenings for their dads group. We have been making water rockets and had a pizza making evening. Dads and their under 5's have met and enjoyed the workshops together. More activities are planned for the future.



If you are a dad and have a child at nursery and would like to develop some activities for dads there you can contact Tim and discuss how he can support its development.

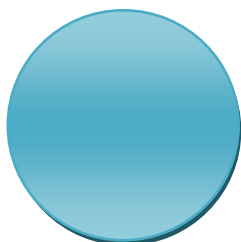
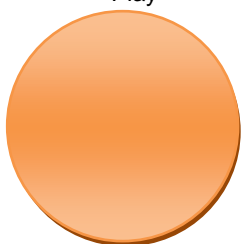
Tel: 07947475064.

email: tim@neville.tc





Lee Manor Stay and Play



There are a variety of activities going on for fathers across Lewisham. Ranging from Stay and Play sessions where you can bring your child, meet other dads and enjoy the toys and activities provided to clubs and activities run on a regular basis.

Lee Manor

Children's Centre Under 5's Stay and Play

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

Hatcham Oak

Children's Centre Under 5's Stay and Play

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

Contact Shereine on: 07525 401 260

Bellingham Dads

Under 5's Saturday Session 10.00 am to 12 noon

Fun, craft activity and play session held on the last Saturday of every month

Randlesdown Rd, Bellingham, Catford SE6.

Contact Lyndsey on: 07525 671 330

Tuesdads Dads Group

Activities and fun for Dads and children of any age

Limelight Family Learning Centre, Castillon Rd, SE6 1QD

Contact Tim on: 07947 475 064

Woodpecker Dads Stay and Play

Under 5's Saturday Session 10.00 am to 12 noon

Meet other dads and use the centre's resources

Contact Darna on: 020 8694 9557

Dads and Dads to Be Group

Children's Centre organised session run by staff for new dads and dads to be. A variety of courses, information sessions and support offered. Held on the last Thursday every month between 6.30pm and 8.00pm at Quaggy Children's Centre, Lewisham SE13 7QZ Contact Tim on: 07947 475 064

Dads Cycling Club

Monthly rides for dads and the whole family. For more information contact Mike at mike.acord@gmail.com

Dads Climbing Club

Climbing for dads and children and the chance of free training. Meet the first Monday evening of the month at 7.30pm at The Reach Climbing Centre in Woolwich. For more information contact Tim 07947 475 064

Lewisham Dads Cycling Club

Over the past year some of the dads from different schools and areas have got together to go on rides as a group. As a result of these meetings the group has grown to the point where the first Cycle Club meeting was held last month to discuss future activities. The group have decided to meet on a regular basis and arrange monthly cycle activities. The rides will alternate with one month being for a dad's ride and the next for a family ride. The first ride is going to be on Sunday November 7th and will be to Brighton. The ride will follow the London to Brighton Vintage car route which will also be on that day. We will have two groups leaving together, one will be a faster bunch and the other slower so don't worry if you feel you are not a top class rider. If you can average about 10 miles an hour you will be fine.

The December ride is still in the planning but we the group are arranging a Christmas theme with an off road/cycle path ride and somewhere along the way the children are bound to bump into Santa on a bike. Santa will be showing a shining example to the children that it is never too late to get rid of that Christmas belly.

If you are interested in coming along to the next meeting which to date has been held in a local pub or would like to receive information about future rides then please email Mike Acord

mike.acord@gmail.com



The dads take a well earned rest on a previous organised ride



Jim shows off his new bike



A great new resource for dads has started at the Horniman Museum in Forest Hill.

The Horniman, through its collections and related exhibitions and events, seeks to encourage a wider appreciation of the World, its peoples and their cultures, and its environments.

A new dads group has started at the museum and will be providing fun and educational activities on a Saturday morning once every Half Term.

Dads and children will get a chance to experience the fantastic exhibitions that are at the museum and also do some related activities to make learning come to life.

At the last dads session on Saturday October 2nd we looked at the Tuareg from North West Africa and

particularly their dress. The important role dress plays in Tuareg identity is demonstrated by one of the names the Tuareg call themselves: Kel Tagelmust - People of the Veil.

We tried our hand at wrapping turbans the way the Tuareg do; we made tin foil jewelry inspired by the exhibition. Then we went into the hands on base and looked at some objects from Africa and had a chance to handle and play with them. Objects such as toys, masks, dress, musical instruments and sculptures were all enjoyed by the group

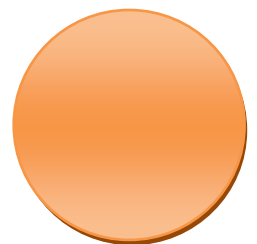
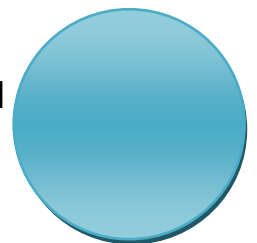
The sessions will run every half term and the date for the next session is

Saturday 20th November 10.30 am to 12.30 pm

To book a place for this session for you and your child over 3 then email tim@neville.tc

If you want to visit the website with information the address is:

http://www.horniman.ac.uk/events/dads_group



First Aid Course for Dads

In partnership with Greenwich dads we are putting on a 3 week first aid course for dads.

Would you know how to deal with your baby or child in an emergency situation?

Why not sign up for the FREE 6 hour, 3 week course

First Aid Paediatric for Parents Course

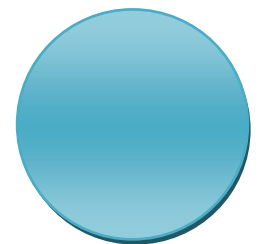
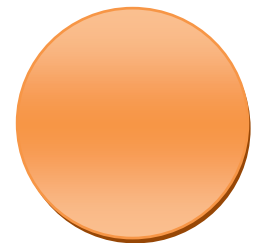
Thursdays 25th November and 2nd & 9th December 2010

Quaggy Children's Centre, Orchard Hill, Lewisham, SE13 7QP

Times 7pm to 9pm.

For more information or to book a place contact

Tim on 07947475064 email: tim@neville.tc



USEFUL WEBSITES ABOUT BEING A DAD

Here are some 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

This month's dad in the spotlight:**Phil Kinch. Father of Caitlin and Ellie**

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

**What is the best thing about being a dad?**

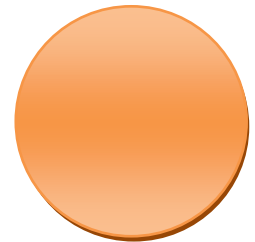
Watching the children grow and develop, experiencing new things and seeing the world from their world view.

What is the worst thing?

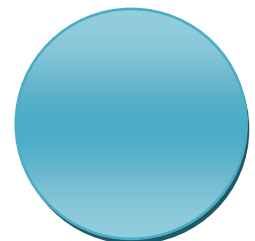
The time when they are tired and grumpy and you lose the ability to reason with them.

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

I think that Atticus Finch from Harper Lee's 'To Kill a Mockingbird' gives a very good role model for dads to live up to – he is fair, gives them space and time to be children, listens to them and treats them as “mini-adults” rather than as children.

**What is the best way you find of entertaining your children?**

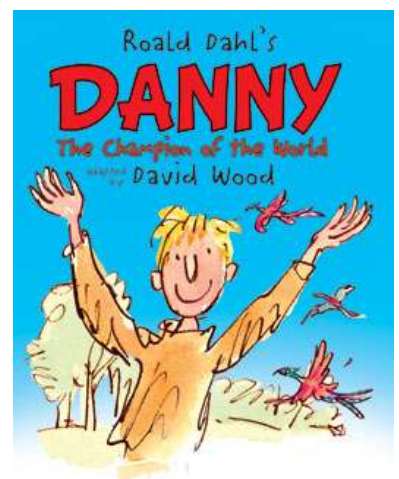
Finding something of interest for us all, and being silly with them.

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

I think the best stories are those that the children bring to you and you read with them snuggled up on the sofa. My eldest enjoys lots of different books, but likes Roald Dahl, especially Danny the Champion of the World.

What activities do you and your children enjoy together?

Cycling, visiting museums and castles, walking in the country.



LEWISHAM YOUNG FATHERS NEWS



YOUNG FATHERS UPDATE
BY ARNOLD SARFO-KANTANKA

"The Young Fathers Team are continuing our role with supporting individual Young Fathers. We have taken on a few new clients over the last couple of months and are continuing to support existing clients. Three of our existing clients have completed the BBC Blast project. The BBC Blast project took young people on as volunteers to work on a producing a short film. The young fathers were exposed to different areas of producing the film and were involved in the lighting, actual camera recording, to learning to be a sound assistant; all of which is really encouraging. We are soon to gain feedback from the Young Fathers who were part of this project.

The young fathers team are also soon to dedicate an afternoon to arrange to have a young fathers drop in service, where by young fathers can come to speak to us on a one-to-one basis regarding any issue they may have. We also have a presence at the joint parenting programme at Downderry with Children's Centre in Area 1; the joint project started some weeks back and is a 6 week trial scheme.

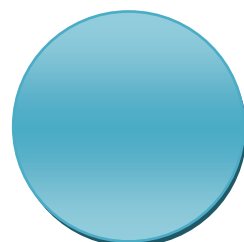
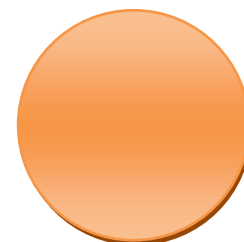
The Expectant Fathers Programme (EFP) - run by our charity Working With Men - is set to recommence in November. If you have any fathers who would like to attend the free course then can email us at efp@workingwithmen.org. As a bit of background, The EFP provides fathers/expectant fathers with the practical skills to look after/care for their child and involves practical sessions such as learning how to clean, wash, dress their child and a Q&A session with a midwife."

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-kantanka@workingwithmen.org



WHAT'S ON FOR DADS IN LIBRARIES?

Under 5's

A brand new activity for fathers is starting at Catford library for fathers and children. Bring your child along and have a fun time with library staff and experience stories and songs that will make books come to life for your child. The session lasts for half an hour and will run on the first Saturday of the month. The first session, however, will take place on 13th November 2010. There will be refreshments provided so why not come along and encourage your child's love of books and reading.

No need to book just turn up.



Over 5's

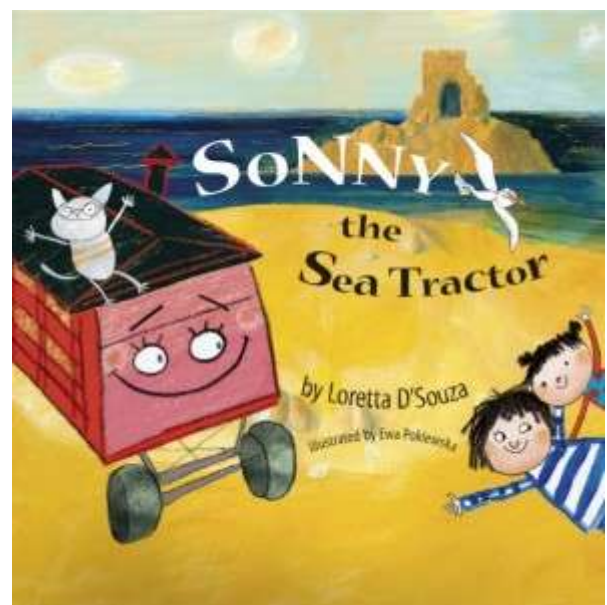
A great new 4 week set of sessions are running for fathers and children in two venues across Lewisham. The sessions are run a by a local author Loretta D'Souza who wrote Sonny the Sea Tractor. She will be leading sessions where dads and children work together on activities such as collage, bookmaking, a treasure hunt and more.

The first set of sessions will be taking place on a Saturday Morning at Manor House Library on the following dates.

November 6th, 13th, 20th and then the final session on December 11th.

The next set of sessions will be held at Forest Hill Library and will start on Saturday 8th January and be for 4 consecutive Saturdays.

If you would like to book a place for these sessions or would like to find out more information then please contact Claire at Manor House Library on 020 8314 7794.



Healthy Choices Healthy Start



What is Healthy Start?

As a dad you may not be aware of the Healthy Start Scheme. It is important that you know about this as you may be in the position to inform or encourage your partner about accessing the scheme if they are not already.

You get free vitamin supplements with Healthy Start, as well as vouchers to buy milk, fruit and vegetables.

Who Qualifies?

- Families on benefits or low incomes
- Women more than 10 weeks pregnant
- New mums and children under one
- All children until their fourth birthday
- All women under 18 qualify for the whole of their pregnancy regardless of income

Why are vitamin supplements important?

You will get most of the vitamins you need if you eat healthy foods. However:

- sunlight on your skin provides vitamin D
- your young children may not get enough vitamin A, C and D from their food
- pregnant and breastfeeding women may not get enough vitamin D or folic acid which may harm their baby this is available in the vitamin supplement

How can I find out more?

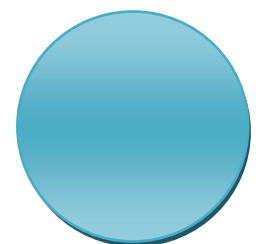
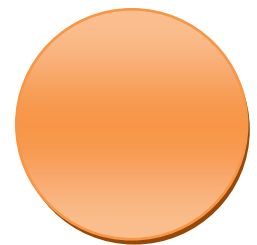
You can find out more from the healthy start website at

www.healthystart.nhs.uk

You can ask your health visitor or midwife

You can also find out more at your local children's centre.

If you are not eligible for the scheme you can purchase Abidec drops for infants and any over the counter pregnancy/breast-feeding supplement.



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

Lewisham Sport

Lewisham Sport

Lewisham Sport



Luke Johnson from Teachsport hands the winner's trophy to South East London Dads Group.

SOUTH EAST LONDON DADS WIN THE COMPETITION

On Sunday 12th September a borough wide 5 a side football competition was held at Abbotshall Fields in Downham. There were teams from across the borough from Children's Centres, Nurseries, Schools and Community Groups. Over a hundred fathers took part in the competition. Runners up were Dads and Toddlers who were just beaten in the final by 2 goals to 1. Dads and Toddlers all received runners up medals.

The tournament was organised by Lewisham Children's Centres, the Pre-school Learning Alliance and Teachsport.

Teams that took part included Rushey Green School, Torridon School, Edmund Waller School, Lucas Vale School, Sandhurst School, Marvels Lane School, Lee Manor School, St James School, Oakhill Nursery, Limelight Family Learning Centre, South East London Dads, Dads and Toddlers Football, Downham and Bellingham Dads and Teachsport Dads.

The event was well attended by families too to cheer along dad. We also had a craft activity for children, free fruit, children's centre information and information on smoking cessation.

Although some of the dads had not practiced together before the event, some of the teams are going to make football practice a regular thing.

All enjoyed the day and are looking forward to the competition next year.

TEAMS GALLERY



Some of the 14 teams taking part in the competition