

THE NEWSLETTER FOR LEWISHAM DADS AND MALE CARERS ALL TOGETHER NOW!

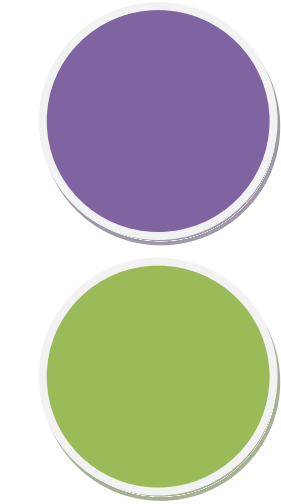
Welcome to the second edition of Figvine, the newsletter for fathers and all male carers living in Lewisham. The newsletter aims to provide you with information about services, activities and events that you may want to participate in. It will also keep you up to date with issues affecting fathers and ideas for things to do with your child. It is also for practitioners who work with fathers and their families.

We publish the FIGVINE every term and email it to as many dads as we can. So if you know any fathers, carers or anyone interested they can subscribe by sending an email to figvine@gmail.com

Last term we held a conference for Lewisham Fathers and Practitioners working with families in Lewisham. It was a great success. The purpose of the day, which was held on Saturday May 16th at Athelney Primary School in Bellingham, was to raise the awareness of the importance of fathers in children's lives. Great fun was had by all, with fun activities, fantastic food, workshops, entertainment and a 40 ft climbing wall. The day was also to celebrate some of the great work that is taking place within Lewisham. So to find out more of what is going on for dads and male carers, read on....

The conference was funded and supported by Community Education Lewisham, Extended Services, Pre-school Learning Alliance and Lewisham Children's Centres

Dads, children and practitioners partake in a little Brain Gym at this year's Fathers Conference



In this issue:

Update on Dads Work	2
Volunteer Work	4
Stay at Home Dads	5
Dad in the Spotlight	6
Funding	7
Young Fathers	8
What's on for Dads	9
Library Activities	13
Easy Bread Recipe	14
Sports Page	15





NEW FATHER'S DEVELOPMENT OFFICER

Hello my name is Tim Neville and I have been given the task to develop and support services for fathers in Lewisham. I am employed by the Pre-school Learning Alliance and work with Lewisham Children's Centres.

Part of my job is to map some of the fantastic groups, clubs and events that are going on for fathers and children so that you can access them with your child. My remit includes services for any male carer, not just dads.

Another of my tasks is to

produce this newsletter. I hope you find it useful. If you would like to give some feedback or even make a contribution to it yourself then please contact me.

If you are a practitioner and want to engage more fathers please also contact me so I can publicise your group and even give some support if needed.

My contact details are:

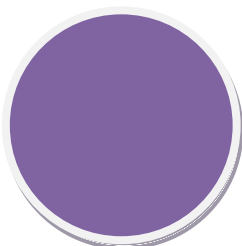
Mobile: 07947 475 064

Email: tim@neville.tc

Or contact this newsletter at figvine@gmail.com



RUSHEY GREEN SUPERDADS



Rushey Green School Superdads.

Rushey Green School have a super dads group. So much so that they have had T-shirts printed with a SUPERDAD logo on the front.

The dads group has been going for a few months and has helped the school in its

move to brand new premises. When I visited the group they were organizing an evening with Mr. Numerator for themselves and their children. This is a fun way to enjoy maths together and to support the work of the school. The dads group have a lot planned they are hoping to arrange trips and events for next year including a weekend away camping with their children.

If you are a dad or male carer and are interested in developing a dads group at your school, nursery or other establishment then why not contact the Figvine for more information (email below).



CONTACT: figvine@gmail.com

BELLINGHAM DAD'S GROUP – A DAD'S VIEW

By accident, I came across the Dad's group at Bellingham! I was looking at the Children's Centre window, seeking inspiration, when Amelia and her colleagues told me about the new group that was due to start. This was over a year ago. Since then, my children and I have attended most sessions which occur once per month. The children definitely enjoy it. My two quite often ask when we are next to go - I suppose that testifies to the mark of quality of the event. I'm definitely grateful that there is a place where my children have the space to run and experience arts and crafts (such as painting with their feet,



experimenting with floating objects in a water table or making Elmer elephants with plastic milk bottles and coloured paper), music and sport. The group also provides for some of the dad's to take the opportunity to relax and have adult conversations. The group becomes what we make of it! For quite a while now, the dad's group has been a forum for external organisations to promote their services for example, nutritionists, speech and language development specialists and sport organisations local to the area. The group offers important information that in many cases I end up using. The group is relatively small - there are a core number of attendees and the group is growing in size. The last Saturday of each month is a staple event in our calendar and will remain so for some time to come.

Bellingham Dads Group
Bellingham Children's Centre
109 Randlesdown Rd
Catford SE6

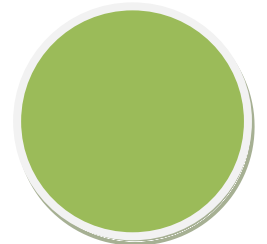
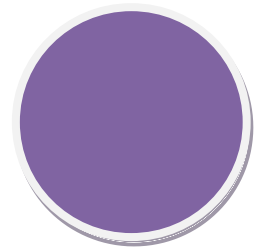
Contact Barbara on
07525 671 132



Barbara and Lindsey
greet dads with a smile

*Bellingham
Dads Group*

*Last Saturday
of every month
10am to 12 noon*



READING PARTNERS

Do you have a spare hour a week during school time? Would you like to get more involved with your child's education? Then volunteer to be a Reading Partner. You don't need any qualifications, only to be confident in your own reading skills. You will receive training with other dads and be placed in a school near you for an hour a week. You could also volunteer to be a Number Partner or volunteer in a community Saturday School. There are opportunities for ongoing training.

All volunteers have to be cleared by the Criminal Records Bureau. For further information call Gill Westwood on 020 8297 3314 or e-mail gill.westwood@lewisham.gov.uk



*Spare time?
Become a
reading partner!*

DADS CONFERENCE 2010

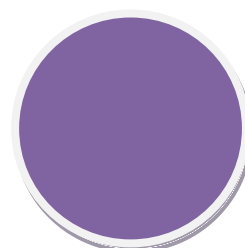
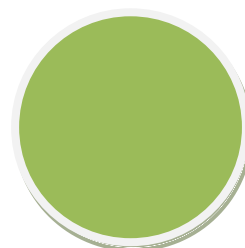
We are letting you know early that we will be holding our annual Fathers Conference and Fun day next year on Saturday March 27th.

There will be lots of information in the next newsletter due out in the spring term.

If you want to volunteer to help with publicity,

organizing or helping out on the day then please contact Tim at figvine@gmail.com

You can also join a borough wide steering group for dads and male carers in Lewisham who get together once every other month to try and raise the profile of dads in the borough. If you are interested in this then again contact Tim.



HOME DADS SOCIAL GROUP FOR LEWISHAM AND GREENWICH



By Martin Hastings

If you look after your kid/s for one or more working days a week, then you are part of the ever-growing numbers of home dads.

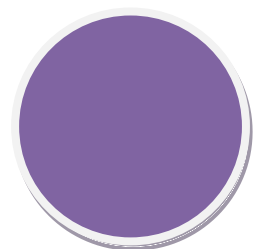
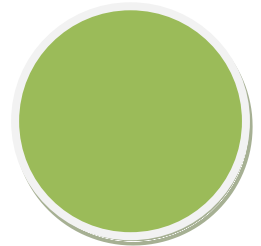
The social group that I set up a year ago ('selondondads') has grown from strength to strength. We have had about 20 dads in our group over the course of the year and now have funding in the form of a grant. As part of the NCT (National Childbirth Trust), many of our dads join us after their wives hear about us at their NCT ante-natal class. Some are not members of the NCT (we don't mind!) and come to us after seeing posters or leaflets in the community (we also have our very own business cards!).

The aim of our group is to give home dads a chance to socialise with each other, to make use of facilities at children's centres and have fun, and to provide suitable courses that will help home dads (eg. Baby massage, first aid).

We currently have one 'stay and play' session (every Wednesday 9.30-11.30am at Sherington Children's Centre) with others in the pipeline, and tend to meet every month in a local park, someone's house, or on a day out somewhere. We are also planning ante-natal classes specifically for Dads to start in January 2010, in conjunction with Lewisham and Greenwich councils.



'to give home dads a chance to socialise with each other, to make use of facilities at Children's Centres and have fun'



www.selondondads.org.uk

This month's dad in the spotlight:

Mike Acord. Father of Molly and Dylan

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

What is the best thing about being a dad?

Giving cuddles and magic kisses after the kids have fallen over and the children joining us in bed on a Sunday morning. Oh, also having to come up with original and humorous answers to the question "Why?"



What is the worst thing?

Changing nappies. Kids when they are teething. Snot, sick. Puke stains on freshly pressed shirts are another bug bear. I know there are going to be other things that will get my goat when the children get older but so far so good.

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

This is a question which I have pondered on. Darth Vader? He wanted his son to join him in ruling the world? The Godfather? He wanted his kids to run the family business, What about Police Chief Brody (Roy Schneider) in Jaws, he lets his kids play out on the shark infested water, keeping an eye on them but letting them have their fun, but when the bad guy (enter shark) comes along, he shows him what for. I think we can all learn something from Atticus Finch (To Kill a Mockingbird). This is a book which I read in Secondary school, and a book I have learned to love. Atticus Finch is a father of 2, who brings his children up in the way he sees right, to see past prejudices, and even if his whole town is against him he will find the truth and make sure that everyone knows it. One of my favourite quotes from the book is "There's a lot of ugly things in this world, son. I wish I could keep 'em all away from you. That's never possible."

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

Give them 100% of your time. Put away the phone switch off the TV. Get down to their size and act like a kid. If all else fails, lie on the floor and let them jump on you.

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

Any book which as a dad you enjoyed as a child. You will find a new enthusiasm for it again when you read it to your child. Where the Wild Things are, for the imagination it provokes. Green Eggs and Ham, because they look so tempting, and of course The Twits, because the monkeys win in the end!

FUNDING FOR FATHERS GROUP



Are you interested in developing work for fathers?

Are you part of a fathers group or want to start one?

Have you got an idea to get more fathers involved in your community?



If the answer is yes to the above then you can apply for funding between £50 and £500. The funding is made available through Lewisham Children's Centres and is being administered by the Pre-school Learning Alliance.

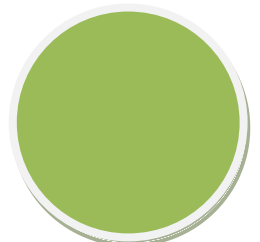
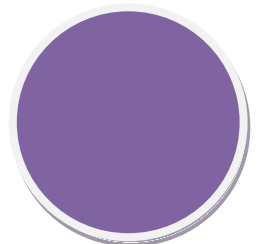
You may want to apply for funding to pay for an outing for fathers or to hold an event at your school, nursery or community venue. As long as you are enabling fathers to get involved in children's services for families or encouraging fathers to get involved with their children you can apply.

Some examples of how funding has supported dads groups in the past include:

- First Aid Courses
- Trips to Museums
- Health and Safety Training
- Camping Trips
- Producing a Booklet for Fathers
- Guest Speakers in Schools
- Refreshments for Meetings
- Outing to Farms
- Youth Hostelling
- Training for Dads



For more information about this opportunity or to receive a funding application form contact Tim on 07947475064 or email: tim@neville.tc



LEWISHAM YOUNG FATHERS NEWS



By Owen Thomas

The Young Father's Forum which meets on 1st Wednesday of the month at connexions is a space for young fathers to come together discuss issues that matter to them. We are looking for new members and would like input to try to help more people access it. So some of the things we need to know are

- Where it should be held?
- What times, days?
- Are there any places you'd like to visit or activities you'd like to attend with the group?

If you have any ideas or would just like some information on when the group starts and to attend please call or email and we'll respond a.s.a.p.

There is also good news for Young fathers keen to give themselves a little extra support and preparation for massively important challenge of Parenting. We alongside Welcare in Lewisham will be running a 6 week parenting course for Young Father's at the Albany in Deptford starting in January 2010; it will be the first of its kind in the borough specifically aimed at Young Dads. We will be holding a combined celebration/recruitment and consultation event at the Albany in early December for Young Father's and their families so look out for

CONTACT: figvine@gmail.com

promotion materials and further info coming soon.

We are currently developing a new web site for Young Fathers which will include forums information and links to interesting opportunities for Young Fathers and their families; and we are keen to get the thoughts and ideas of Young Fathers from Lewisham included, so if you have any technical skills or just an idea of what should be included on the site get in touch.

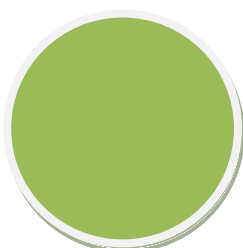
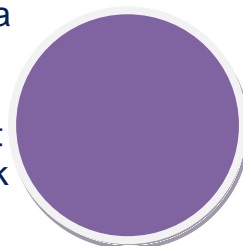
Or access the site and join the forum and check it out for yourself and communicate with us that way, follow the link:

www.young-fathers.org.uk

Finally are you a Young Father interested in helping other expectant Young Fathers. If so, there will soon be an opportunity to get involved in a new video based project aimed at preparing new 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 any of the above, events, meetings or Men's health contact (Owen) 07910857725
Lewisham Young Fathers Project or Email
o.thomas@workingwithmen.org**



The next section lists some of children's services and activities that you may wish to attend with your child. Lewisham is split into four Children's Centre areas. Each area listed gives details of the wards covered. These are not an exhaustive list of all that is available. For more information on activities you can find this on the Family Information

Website at

www.lewisham.gov.uk/HealthAndSocialCare/ChildrenAndFamilyCare/FamilyInformationService

or telephone 0800 085 0606

CHILDREN'S CENTRE AREA 1 Services for Under 5's

Evelyn, Brockley, Telegraph Hill, New Cross



Hatcham Oak Children's Centre, St Norbert Rd, Brockley SE4 2HL

Tuesday – Whippersnappers Music Session 2pm to 3pm

Tuesday – Stay and Play Session 9.30am to 11.30am

Wednesday – Storysacks Storytime 10.00am to 12.00 noon

Friday – Stay and Play Session 9.30am to 11.30am

Children's Centre Shop, 307 Evelyn St, Deptford, SE8 5RA

Monday – Stay and Play Session 9.30 to 11.30

Thursday – Whippersnappers Music Session 2.00pm to 3.00pm

Evelyn Early Childhood Centre, 231 Grove St, Deptford, SE8 3PZ

Wednesday – Stay and Play Session 9.30am to 11.30am

Wednesday – Whippersnappers Music Session 2.00pm to 3.00pm

Thursday – Baby Gym (3 months to 3 years) 9.30am to 11.30am



Clyde Early Childhood Centre, Alverton St, Deptford, SE8 5NH

Tue, Wed and Thurs – Parent and Toddler Drop-in 9.30am to 11.30am

Honor Oak Early Childhood Centre, Brockley Way, Brockley, SE4 2LW

Wednesday - Parent/Carer Stay and Play 10.00am – 12 noon

St James FLC, St James School, St James Rd, SE14 6AD

Tuesday & Friday – Under 5's Drop-in 9.15am to 11.15am

Amersham Children's Centre, 75 Amersham Rd, SE14 6QQ

Friday – 1.00pm to 2.00pm Storysack Storytime

Besson Street Gardens, Besson Street, New Cross, SE14 5AE

Monday – Gardening and Nature 1.30pm to 3.30pm

Tuesday – Music, singing and play (under 2's) 9.30am to 11.30am

Wednesday – Music, singing and play (under 5's) 1.30pm to 3.30pm

Friday – Art, big art – big fun! 9.30am to 11.30am





CHILDREN'S CENTRES AREA 2 Services for Under 5's

Lewisham Central, Lee Green, Blackheath, Ladywell, Rushey Green

Quaggy Children's Centre

Orchard Hill, Lewisham SE13 7QZ

Monday – Toy Library and Play Session 9am to 11.30am

Tuesday - Baby Music 2.45-3.15

Tuesday - Music Makers for toddlers 3.30-4.30pm

Thursday - Stay and Play Session 9-11.30am



Heathside and Lethbridge Family Centre

31 Melville House, Sparta Street, SE10 8DP

Friday - Get Crafty – stay and play session 10 am -12 noon

Manor House Children's Centre

Old Road, Lewisham SE13

Monday - Stay and Play Session Children's Centre 10am -12 noon

Tuesday - Baby Bounce, Singing session for under 2's 11.30am -12 noon

Friday - Stay and Play session 10 am -12 noon

Ackroyd Children's Centre

Ackroyd Road, SE23 1DL

Wednesday - Carer and Toddler Group and Toy Library 10am-4pm

Thursday - Carer and Toddler Group 9.30-11.30am

Friday - Carer and Toddler Group 9am-2pm



Lewisham Toy Library

The Old Coach House, Rosenthal Road, Catford, SE6 4AS

Monday – 1pm to 3pm

Wednesday - 10am to 12 noon

Friday 1pm to 3pm

Lee Manor School

Entrance in Longhurst Road, Lee, SE12

Monday - Baby Gym 1.30pm - 2.30pm

Wednesday - Stay and Play session 10am-12 noon

Brockley Children's Centre

Brockley School, Dalrymple Road, SE4 2BT

Get Crafty! Stay and Play session 1.00 pm - 2.30pm



CHILDREN'S CENTRES AREA 3 Services for Under 5's

Catford South, Downham, Grove Park and Whitefoot



Grove Park Under 5's Centre
Somertrees Ave, London SE12 0BX

Monday – Baby Gym 9.30am to 11.30am
 Monday – Baby Group 0 – 18 months 1.00pm to 3pm
 Wednesday – Meet and Play 1.00pm to 3pm
 Thursday – Meet and Play 1.00pm to 3pm



Limelight Family Learning Centre
Goldsmiths Community Centre, Castillon Rd, SE6 1QD

Monday – Little Caterpillars Drop-in 12.30pm to 2.30pm
 Monday – Rumble Tums Cooking Session 3.45pm to 5.30pm
 Tuesday – Dads Group (last Tuesday of month) 6.30pm to 8pm
 Wednesday – Leapfrogs Soft Play for Under 3's 12.30pm to 1.30pm
 Thursday – Tiny Rumble Tums Cooking Session 1.30pm to 3pm
 Thursday – Let's Get Crafty 9.30 to 10.30
 Friday – Mud, Mess and Magic (Messy Play) 1.30pm to 3pm

The Place**Beckenham Place Park, Old Bromley Rd, BR1 4JY**

Monday - Meet and Play Toy Library Session 10am -12 noon
 Tuesday – Meet and Play Session 1.00pm to 3pm



Forster Park Under 5's Centre
Whitefoot Lane Park Entrance, BR1 5SD

Monday – Under 5's Meet and Play 9.30 to 11.30 & 1.00pm to 3pm
 Tuesday – Meet and Play 9.30am - 11.30am
 Tuesday – Baby Gym for Under 3's 1.30pm to 3pm
 Wednesday - Under 5's Meet and Play 9.30 to 11.30 & 1.00pm to 3pm
 Thursday – Creative Play 1.00pm to 3pm
 Friday - Under 5's Meet and Play 9.30 to 11.30 & 1.00pm to 3pm

Marvels Lane School**Riddons Rd, London, SE12 9RA**

Tuesday – Parent and Toddler Group (2.5 to 5 years) 1.45pm – 3.15pm

Marvels Lane Children's Centre
Riddons Rd, SE12 9RA

Wednesday – Toy Library Stay and Play (0-5 years) 1.30pm – 3.30pm
 Thursday – Young Parents Group (Under 22's) 1.00pm to 3.00pm

Saturday - Teachsport Dads Club at Coopers Lane School

Pragnell Road, Grove Park, SE12 0LF 10.30am – 12.30pm

CONTACT: figvine@gmail.com



CHILDREN'S CENTRES AREA 4 Services for Under 5's


Bellingham, Perry Vale, Sydenham and Forest Hill

Kilmorie Children's Centre, Kilmorie Rd, Forest Hill, SE23 2SP

Wednesday – Toy Library and Stay and Play Session 9.30am to 11.30am

Kelvin Grove Children's Centre, Kirkdale, Sydenham SE26 6BB

Thursday - Toy Library and Stay and Play Session 9.15am to 11.15am

Thursday – Rhyme Time and Stay and Play Session 1.30pm to 3pm

Friday – Messy Play Stay and Play Session 1.30pm to 3pm

**Eliot Bank Children's Centre**

Thorpewood Avenue, Forest Hill SE23 4BU Tel: 020 8699 7930

Wednesday – Messy Play Activities 1.30pm to 3.30pm

Thursday – Whippersnappers Music Group (Please Book) 9.15am to 10.15am

Friday – Dad's Group 3.00pm to 5.00pm

Sydenham Community Hall

Monday – Rhyme Time/Singing Group 10.00am to 10.50am

Tuesday – Stay and Play 10.00am to 12 noon

Friday – Toy Library Stay and Play Session 9.30am – 11.30am

**Bellingham Children's Centre**

109A Randlesdown Road, SE6 3HB

Last Saturday of each month Dad's Drop In 10.00am - 12 noon

Contact Barbara on 07525 671 132 for more information

Sydenham Green Crèche, Sydenham Green Health Centre

Sydenham Green, SE26

Monday – 'Playing with Words' 1pm - 3pm (Play and learn with your child)

Tuesday - Story Sack 'Stay & Play' with a story 1pm - 2.30pm

Other Activities in the Area

Tuesday 'Teach sport' children's sports activities are in the Under 5's Play Area at Bellingham Green SE6 from 10am - 2pm

Mon - Fri Under 5's Play Area 9.00am - 4.00pm & **Saturday** 10am - 3pm
Bellingham Green



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

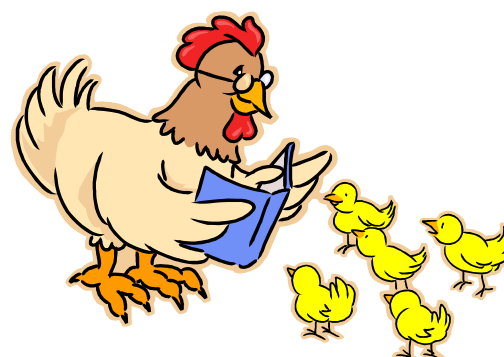
Wednesday 11.00am – 11.45am

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



Quick, Easy Homemade Bread

This is a fun and very easy recipe that you can make with your child. Making bread is fantastic but it can be time consuming. With this recipe it will take you just a few minutes to prepare. Why not give it a try!

You can do this activity together. First weigh out the ingredients and then get your child to stir them together. You can observe what happens to the dough when it rises. The best bit though is enjoying some great tasting bread together.

Safety Note: The cooking of the bread should be done by an adult

Ingredients

1kg or 2lbs Strong Plain Flour (White or wholewheat)
1 Sachet of Easy Dried Yeast
1 tsp Salt
440 ml or 13 fl oz of Tepid Water

Method

Use a large container with a lid such as a Tupperware box.

Put all the dry ingredients in and start to add the water

Keep stirring until the mixture is the consistency of wet sticky dough.

It should be a bit too wet to knead and sticky to the touch.

Leave the mixture in a warm place for around an hour and a half.

Once it has risen it can either be cooked or put in the fridge until needed.

It will keep for several days.

When you decide to cook the bread sprinkle some flour over the dough in the container to stop it sticking to your fingers.

Cut out the amount you need. It should make 2 loaves.

Shape into a round shape and place on a baking tray. Cut a cross in the top

Bake in a pre heated oven 200 C or Gas Mark 7 for 40 mins or until golden brown.

To make the loaf even more crispy and tasty place a baking tin of boiling water in the oven . The steam from the water makes the bread crispy.

Enjoy!



By Luke Johnson of Teachsport

Hi Guys,



As the winter months come upon us I have decided to look at some indoor sports activities which are available to all, without breaking the bank.

On a personal level, the Teachsport Dad's Club has had to stop over the last few weeks due to poor conditions at our venue, but come the 21st November it will be running again at Coopers Lane School, every Saturday. I am also planning a Multisport Dad's and kids Christmas Party for the middle of December; my email is at the bottom of this, so get in touch if you are interested.

Teachsport will be running courses for any Dad's who wish to get involved in Sports Coaching from January onwards. They will give Dad's the opportunity to learn how to run organised sports sessions, work with their own and other people's children and also offer exit routes into employment for anyone who has ever wished to be a sports coach. The activities on offer range from self defence to football and many in between, again get in touch if you are interested, the more people, the more fun the day will be.

Our Team of Teachsport coaches are working in the following parks over the next few months, offering a wide range of sports to Dad's and their Kids completely Free of charge. Bellingham Green (10am - 2pm on Tuesdays) Sydenham Wells Park (10am - 2pm on Thursdays) and Mayow Park (10am - 1pm on Saturdays) Pop down and check it out if you are nearby.

If you are interested in professional sports then there are a wide range available locally;

There are basketball matches played regularly at The Crystal Palace Sports Centre,

Both Millwall and Charlton offer very cheap kids tickets and cut price adult tickets if you choose to sit in their Family Sections,

Very apt for this time of year is Ice Hockey. The Streatham Chiefs play regularly at The Streatham Ice rink, if you are interested in trying a new sport. The rink also offers cheap skating for kids

If you want any information about anything sporty please visit www.teachsport.org or email me directly luke.johnson@teachsport.org



CONTACT: figvine@gmail.com