

THE NEWSLETTER FOR LEWISHAM DADS AND MALE CARERS

Summer Issue

Hello to all Fathers, Male Carers and others interested in what's been happening and going on for Dads and Male Carers in Lewisham. In this issue you will find out who won the Lewisham Dads Five-a-Side competition. Find out how 10 dads are braving a cycle to Paris in 24 hours. There are links to what's going on for families in Lewisham over the summer, news on what dads have been getting up to and much, much more.

Lewisham has now published its Summers Alive on-line brochure, which gives you details of loads of activities and events that you and your child can enjoy over the summer all over the borough. Just follow this link:

<http://tinyurl.com/5rlt7oo>

There is also a wide range of activities taking place at Limelight Family Learning Centre for families with children ages 0-11 years from 25th July - to 26th August and there is also a playscheme for children aged 3-8 years from 1st to 19th August £10 per day. For more information go to this link <http://tinyurl.com/6d3r7wh> or telephone 020 8698 3800 or email Lewisham@pre-school.org.uk.

If you would like to find out updated information on facebook about Lewisham Dads activities then go to this link <http://tinyurl.com/5syfasz> and click on the 'like' button.

You can also follow us on Twitter
www.twitter.com/lewishamdads

For more information on anything to do with dads please contact Tim on 07947475064 or email at the address below.

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Incredible Years Parenting Course

Calling All Dads?

Are you finding bringing up your young child challenging?

Would you like to find out ways in which you can support your child's development?

Incredible Years training programmes give parents and teachers strategies to manage behaviours such as aggressiveness, ongoing tantrums, and acting out behaviours such as swearing, whining, yelling, hitting and kicking, answering back, and refusing to follow rules.

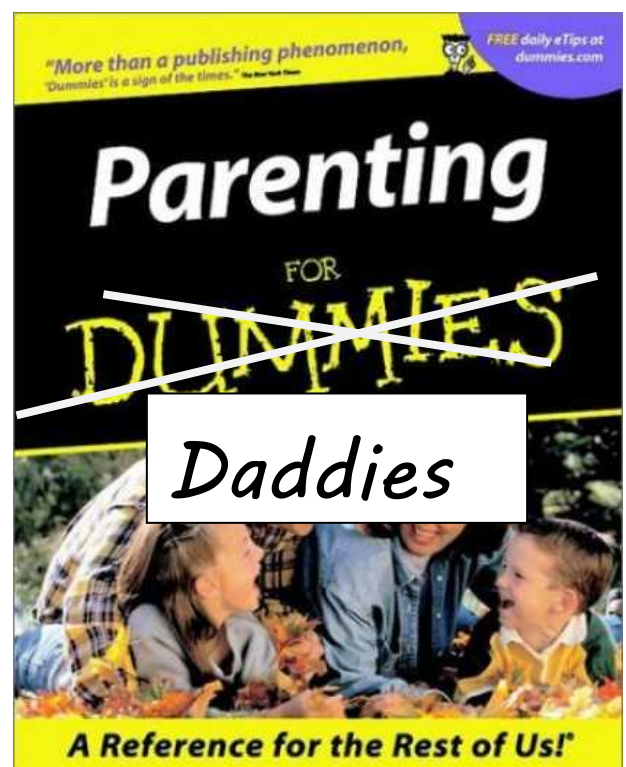
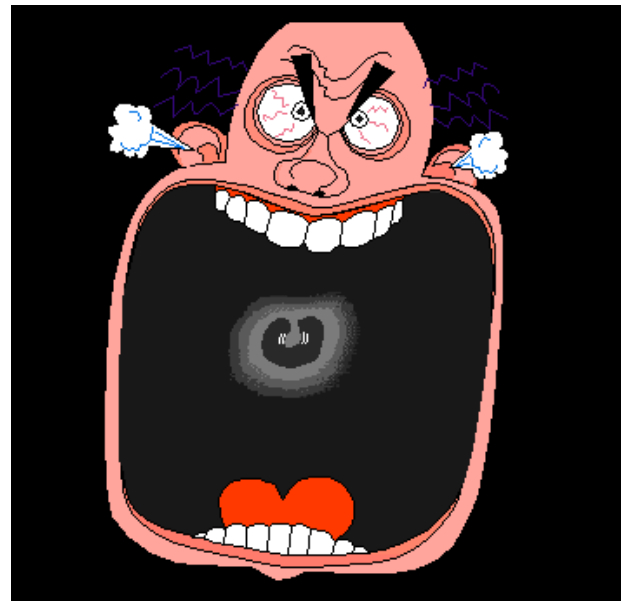
Through using a range of strategies, parents and teachers help children regulate their emotions and improve their social skills so that they can get along better with peers and adults, and do better academically. It can also mean a more enjoyable family life.

If you are a dad with a child aged between 3 years and 6 years and are interested in attending this free course then this is for you.

The course will be starting in the autumn although an exact date has not been set. The course will be running in the evening for two hours on one night per week.

To get in early and reserve yourself a place why not call Tim now and find out more.

Call Tim on 07947475064





Dads Cycle from Lewisham to Paris in 24 hours

10 Dads will be leaving from Catford Town Hall on Friday 22nd July at 3.30pm to cycle to Antony (Paris) to raise awareness of the importance of Dads in children's lives. The trip involves cycling the 64 miles to Newhaven from Lewisham then getting the night ferry to Dieppe and then cycling the 120 miles down to Paris.

The dads are part of a Cycling Group in Lewisham called DUCK CC (Dads Uniting Cycling Kids Cycling Club). The aim of the group is to create more active children and families in Lewisham through cycling. The dads arrange monthly Dads rides and also monthly Family rides.

If you would like to find out more then follow this link:

<http://tinyurl.com/6garfs3>

We need support so please come along to the Civic Suite in Catford on Friday July 22nd from 3pm and wave us off. We are leaving at 3.30pm.

If you would like any other information on this event then please contact on the email address below.

CONTACT: figvine@gmail.com



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 Stay and Play (Term Time)

Children's Centre Under 5's Stay and Play

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

Hatcham Oak Stay and Play (Term Time)

Children's Centre Under 5's Stay and Play

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

Contact Shereine on: 07525 401 260

Bellingham Dads Group (Last Saturday of the month)

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

Last Tuesday of the month 6.30pm to 8pm

Activities and fun for Dads and children of any age

Limelight Family Learning Centre, Castillon Rd, SE6 1QD

Contact Tim on: 07947 475 064

Quaggy Dads Group

A variety of activities from First Aid courses to Football kick arounds. 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 (DUCK CC)

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

Dads Film Club

Come and watch a film with your child at Manor House Library in Lee. The club runs on the first Saturday of the month between 11.30am and 2pm. The sessions are free. For more information contact Tim 07947 475 064



New Film Club

We are proud to announce a brand new Film Club has started up for Dads and Male Carers and their children. Every month we show a children's film for dads and their children to watch together. So far the films we have shown have been 'Escape to Witch Mountain', 'Fantastic Mr Fox' and 'How to Train Your Dragon'.



The showings run on the first Saturday of the month from 11.30am to 1.30pm so the next showing is on Saturday September 3rd from 11.30am.

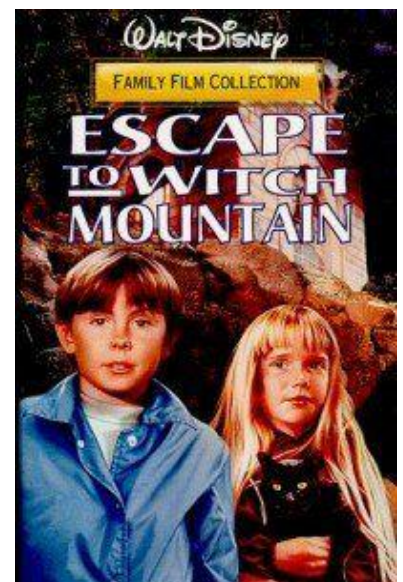


The club is a partnership between Manor House Library, Lewisham Children's Centres and the Pre-school Learning Alliance. When you come along you can watch a film together and then you will be given a book to read over the month before coming back and watching the film of the book together.

The project aims to encourage dads and children to read together and also have fun and enjoy each other's company. You will also have the opportunity to meet other dads and children in a friendly atmosphere. You will also be able to find out what else is going on in Lewisham for dads and children.

You can bring a packed lunch along for you and your child to share whilst the film is on as it is on over the lunch period.

So if you would like to come along or find out anything about the film club please contact Tim on 07947 475 064 or email on the address below.



Lewisham Dads 5 a Side Tournament

On June 26th a borough wide dads 5 a side football tournament was held at Abottshall Fields in Catford. We had 10 teams from across the borough taking part. These included:

Torridon School, Lee Manor School, Edmund Waller School, St James School, Coopers Lane School, Lucas Vale School, Sandhurst School, Oakhill Nursery, Downham and Bellingham Dads and Teachsport Toddler Football.

It was a scorching day and we had a packed sports ground with families coming to watch the competition and enjoy the bouncy castles and barbecue provided.

Teams had to survive the group stages and get into the knockout stage. The overall winners were Edmund Waller School so congratulations to them. Runners up were Lucas Vale School.

Edmund Waller were presented with the Lewisham Dads 5 a Side Trophy. All teams played in a great spirit and fun was had by all. The winners of this competition, Edmund Waller, are going on to play the winners of the Greenwich Dads 5 a Side tournament. Look out for details of the match in the next issue of FIGVINE. We hope to get lots of supporters along so keep an eye out.

A big thank you to Teachsport staff who gave up their time to come along and help with the event.

There were donations on the day from families attending for the Dads House Charity which supports Single Dads for more info see <http://www.dadshouse.org.uk/>

On the following couple of pages there are some photos of the day and some shots of the dads in action!



