

Welcome to Waterford Parent Hub



Recognising a need



- ▶ Parenting Hub's have been established in Ireland since 2013. They came about when it was recognised of the difficulty faced by parents in accessing information about what services are there to support them and their families. It was, with this in mind, agreed that there was the need for a "One Stop Shop". An online service to provide information to parents where they could find out about services, and get information and advice around parenting issues.
- ▶ Waterford CYPSC Family Support Sub Group then identified the need for a Parenting Hub in Waterford. Funding was secured, BRILL FRC got the tender and WPH Began in November 2020
- ▶ WPH role involves developing strong partnerships between agencies involved in the provision of parenting programmes and supports, as well as supporting services for parents and agencies in coordination and information provision.
- ▶ WPH also promotes the accessibility of Parenting Programmes to all parents. High quality group programmes can provide parents with helpful advice and guidance around different strategies to aid them through what sometimes can be a challenging time in their lives. Parents who have attended programmes in the past often highlight the support they have felt from talking with other parents in the group and we believe that this support should be available no matter where you live in Waterford. We have launched a Training Calendar, delivering a variety of evidenced based / evidenced informed programmes in the coming months. These programmes will be held in the community or over Zoom & each FRC has assess and visibility of the calendar. We hope to get it live to the everyone soon..

The Aims of Waterford Parent Hub: PARENTS

The aims of Waterford Parent Hub are:

PARENTS:

- ▶ Support parents by providing a 'one stop shop' providing easily accessible information on forth-coming talks, groups and parenting programmes available in County Waterford.
- ▶ Provide general hints, tips, advice on parenting through our Facebook page
- ▶ Respond to, and address the identified needs of parents, by making connections with the supports offered by local groups & agencies



Aims Continued: PROFESSIONALS

Organisations/Agencies/Groups:

- ▶ Respecting the autonomy of Organisations and Agencies throughout Waterford
- ▶ Bringing Additionality through:
- ▶ Advertising your services, supports and training for parents across Waterford
- ▶ Connecting the identified need of parents to the supports being offered by local service providers in a timely manner within their own communities.
- ▶ Assist Inter Agency Collaborative Work in Family Support and Family Support Programmes.

Interagency Work

The purpose of this will be to:

- Build a database of who is trained to run what programmes, exploring projects, collaborating based on expertise and generally looking to bring additionality to the services who are already providing support to families.
- Communicate by assisting in the advertising of courses/training/supports and sign-post local people to local service
- A monthly calendar for FRC's and other groups to see what is upcoming in training courses as needs are identified by parents or professionals within their community



Coordinate, collaborate & deliver

- ▶ Coordinate with local services & professionals which will allow for courses to run in local areas e.g. bring groups with the same identified need together to achieve numbers to run a particular course
- ▶ Collaborate & Deliver with co facilitators to run the course in your area
- ▶ Let the calendar of training be a visible reference to upcoming courses
- ▶ Build a register for expressions of interest to run courses on identified needs

Some of the Work to Date

- ❑ Facebook page established now with over 500 followers
- ❑ Networking in place and gaining momentum
- ❑ Extremely positive feedback from professionals within Waterford of the aim of WPH

Facebook Page

SUPPORTING PARENTS

FREE SELF-CARE PROGRAMME FOR PARENTS

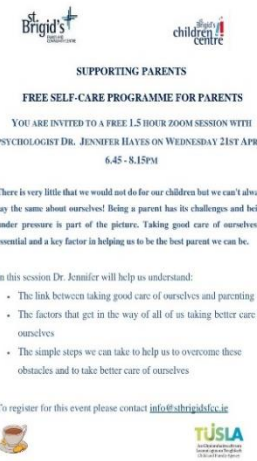
YOU ARE INVITED TO A FREE 1.5 HOUR ZOOM SESSION WITH
PSYCHOLOGIST DR. JENNIFER HAYES ON WEDNESDAY 21ST APRIL.
6.45 - 8.15PM

There is very little that we would not do for our children but we can't always
say the same about ourselves! Being a parent has its challenges and being
under pressure is part of the picture. Taking good care of ourselves is
essential and a key factor in helping us to be the best parent we can be.

In this session Dr. Jennifer will help us understand:

- The link between taking good care of ourselves and parenting
- The factors that get in the way of all of us taking better care of ourselves
- The simple steps we can take to help us to overcome these obstacles and to take better care of ourselves

To register for this event please contact info@abrigid.ie



The Great Behaviour Breakdown (GBB)


A parenting model by Bryan Post
Presented by Denise Gidding and Zach Gormy, GBB Certified
Instructors

Over two Mondays and Tuesdays
9:30am-12:45pm

Week 1: Monday 4th & Tuesday 5th October 2021
Week 2: Monday 11th & Tuesday 12th October 2021

Training via Zoom

Please forward expression of interest to Waterford Parent Hub
@
waterfordparentshub@brill.ie
or call
085 8737414



**EVEN IF YOU'RE
NOT SURE WHAT TO
SAY, WE WANT TO
HEAR FROM YOU.**



**LGBT
IRELAND**

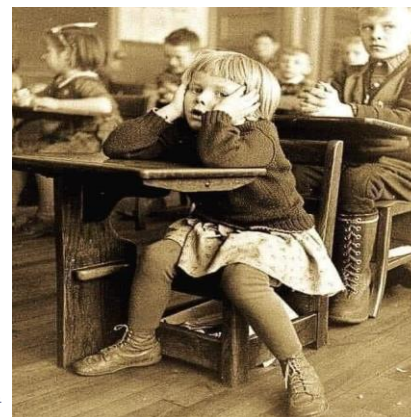
For Inclusion
For Equality
For Everyone

NATIONAL LGBT HELPLINE

1890 929 539

MONDAY TO THURSDAY (6:30PM TO 10:00PM)
FRIDAYS (4:00PM TO 10:00PM)
SATURDAY AND SUNDAY (4:00PM TO 6:00PM)

Lesbian, Gay, Bisexual & Transgender Helpline,
Online Chat and Peer Support Groups. Visit: www.lgbt.ie



Positive Parenting



**Parenting Plus Adolescent Program beginning
Tuesday May 18th 2021**

Facilitated by PPFS Community service Tuula
Deirdre & Elaine Facilitators

Online program Free

7 sessions each Tuesday time: 11:00-12:30

Please Message Facebook here to book your place
or phone:
0858737414 for further information




**HEY
PARENTS -
YOU GOT
THIS!**

**Hey parents, we've
got your back !!!**

**We are a resource for you
and are here to help and
assist when and where
needed.**

**Linking parents to the correct
support, service or training.**




**Positive Parenting
is Wise, Timeless, and Kind...**

It **TEACHES**, instead of makes demands.
It seeks to **UNDERSTAND**, instead of labels.
It **BOOSTS** up, instead of knocks down.

Most of all, it **MODELS** being the kind of person
that I want my child to become:

Respectful, Caring, and Understanding.




We are a resource for
you and are here to help
and assist where and
when needed.



**LINKING PARENTS TO THE
CORRECT SUPPORT, SERVICE OR
TRAINING**

Training Calendar 2021/2022

Parenting Courses 2021/2022											
Programme Name	Location	Status	Day	Start Date	End Date	Start time	End time	Frequency	How to book a place	Course Provider	Spaces Available
Parents Plus Adolescent Programme	Online (Zoom)	Confirmed	Tuesdays	05 October 2021	23 November 2021	10:30	12:00	Weekly	elana.fitzgerald@tusla.ie	TUSLA	3
Parents Plus Children's Programme	Online (Zoom)	Confirmed	Mondays	18 October 2021	13 December 2021	10:30	13:00	Weekly	carmel@stbrigidsfcc.ie	St Brigids	4
Baby Massage	Online (Zoom)	Confirmed	Wednesday	27 October 2021	05 November 2021	10:30	11:30	Weekly	elana.fitzgerald@tusla.ie	TUSLA	2
Mellow Bumps Programme		Please Forward Expressions of Interest		January 2022	01 March 2022	TBC			carmel@stbrigidsfcc.ie	St Brigids	
Parenting When Separating		Please Forward Expressions of Interest		April 2022	01 May 2022	TBC			carmel@stbrigidsfcc.ie	St Brigids	
Zones of Regulation		Please Forward Expressions of Interest		TBC						BRILL + Co Facilitator	
NVR		Please Forward Expressions of Interest		TBC		TBC				BRILL FRC + PPFS	

How Waterford Parent Hub Propose to Bring Additionality

- ▶ Through interagency work Waterford Parent Hub can offer a variety of locations for programmes, overcoming potential transport issues to make it easier for parents to attend
- ▶ First point of support to parents for information and identify what gaps need to be filled
- ▶ Bringing the broader picture of supports, services and programmes available to communities throughout all of Waterford.
- ▶ Linking Child and Family Support Networks in response to parents needs



Our Ask !

- ▶ Assist us in promoting Waterford Parents Hub with parents and professionals in your community.
- ▶ Promote Waterford Parents Hub Facebook Page locally and utilise this as an advertising tool for your agencies programmes/supports
- ▶ Promote interagency collaboration



Contact Waterford Parent Hub

- ▶ Dedicated phone number available **085 8737414**
- ▶ email address: **waterfordparenthub@brillfrc.ie**
- ▶ Facebook Page, increasing access pathways for parents. **[@WaterfordParentHub](#)**





WATERFORD
PARENT HUB

