

Parent/Carer Coffee/Information Sessions

January - December 2023

Where? - The Youth Zone – Phoenix Centre, Mollison Drive Wallington SM6 9NZ. Time: 8.45am – 11.30am



Would you like to meet with other parents/carers in a cosy, non-judgemental and welcoming environment?

Would you like to find out about services that are available in the London Borough of Sutton that may benefit you and your family?

Would you like to give your opinion about what you feel is needed in your local area?

Maybe you just want some advice on a matter and you don't know where to turn.

Do you require any parenting advice?

If your answer is 'yes' to any of the questions above, we are facilitating parent/carers coffee/information sessions in your local area.

The very least you will get from attending our coffee/information sessions, is a genuine and sincere warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

We can organise guest speakers who can offer you advice on a range of issues and we can signpost you to relevant services as required subject to your needs.

Parenting can be so rewarding however, at times it can also bring its challenges and worries.

You don't need to make an appointment. Just turn up.

If you would like to find out more about the sessions, please contact:

Theresa Cameron Parenting Coordinator 07736 338924

Chanika Gulli Parenting Support Worker 07564043426

Coffee/Information Sessions (How the session will run)

Welcome and check in – how are things going for you?

Problem solving – for any issues that you may be facing and finding difficult. Peer support is excellent in these sessions. If you need to talk in private, please let us know.

We can make referrals to other services if required.

Guest Speaker (30-45 mins) if requested – We listen to what parents tell us and we try whenever possible, to get workers from other agencies, to come in and inform parents of what they can offer to help. Obviously, a guest speaker may not be relevant to every person attending. Sometimes we have to book a speaker subject to their availability so we may not have time to inform you beforehand. The guest speaker will be invited subject to parent/carers needs or to inform you of things that may benefit your family.

What is going on in the local area – parents/carers inform others of what is going on in the area.

Updates from facilitators about what may be relevant for group members.



Dates of Parent/Carer Coffee/Information Sessions

January - December 2023

The Youth Zone – The Phoenix Centre

Mollison Drive, Wallington SM6 9NZ



Date	Time	Guest Speakers
24/01/2023	8.45 -11.30am	A chance for parents/carers to chill, chat and connect. Come and find out about services/support that are available within Sutton.
7/02/2023	8.45 -11.30am	A chance for parents/carers to chill, chat and connect. Come and find out about services/support that are available within Sutton. Guest Speaker to be confirmed.
28/02/23	8.45 -11.30am	A chance for parents/carers to chill, chat and connect. Come and find out about services/support that are available within Sutton.
14/03/2023	8.45 -11.30am	A chance for parents/carers to chill, chat and connect. Come and find out about services/support that are available within Sutton. Guest Speaker to be confirmed.

28/03/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton.</p>
25/4/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p>
9/05/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p> <p>Guest Speaker to be confirmed</p>
23/05/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p>
13/06/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p> <p>Guest Speaker to be confirmed</p>
27/06/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p>
11/07/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p> <p>Guest Speakers: Lorraine Galloway Community Nursery Nurse. Topic: School Readiness and any other advice as required.</p>
12/09/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p>

		Come and find out about services/support that are available within Sutton
26/09/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p> <p>Guest Speaker to be confirmed</p>
10/10/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p>
31/10/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p> <p>Guest Speaker to be confirmed</p>
14/11/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p>
28/11/2023	8.45 -11.30am	<p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p> <p>Guest Speaker to be confirmed</p>
12/12/2023	8.45 -11.30am	<p>The last session of the year. Come along for a mince pie.</p> <p>A chance for parents/carers to chill, chat and connect.</p> <p>Come and find out about services/support that are available within Sutton</p>