

PACEsetter



Parent And Community Education from CANDL

Welcome!

Welcome to the first edition of the Parent and Community Education magazine, PACEsetter.

We hope that it will be interesting, provocative, and above all, reflect the joys, concerns and frustrations of parents and communities where YOU live!

We also hope that this newsletter will act as a voice for the community, helping you as parents to come together to lobby, or to access more information, so you can make more informed choices. Some of you are meeting together regularly, having met at 'Strengthening Families, Strengthening Com-

munities' Programmes, and we plan to include resources that you might find useful as a group.

But we need your help! We want to know what's cheering you up at the moment, or what is making you really angry within your community. What's good about where you live, and what could be improved? Have you any tips about family life that you could pass on to other parents?

So - it's down to you! This is YOUR newsletter, so come on – let us know what YOU are thinking. Details of how to contact us are on the back page. □

Strengthening Families Strengthening Communities



Celebrations for those who have completed a SFSC Programme

SFSC is a 14-week programme for parents, carers, grandparents—anyone who wants to improve their family relationships.

During the programme we look at positive discipline, rites of passage, our cultural backgrounds and heritage, and our role in the community. We also welcome community speakers from organisations such as Surestart, the police, youth agencies and schools.

Over the next few weeks we are planning to begin programmes at St John the Baptist Church in Hoxton, The King's Family Centre in Frampton Park, and at New Hope Christian Ministries in Rectory Road.

Contact Margaret Collins for further details.

Aargh..... and Hooray...the things that bother us, and the things that cheer us up!

Aargh!

One of the things that causes real problems in many families is the scramble in the morning to get out of the house. Getting adults to work and children to school can often lead to arguments, sulks, and sheer frustration – and that's just the adults!

But there are some strategies you can use to make life slightly less fraught:

- * Get clothes ready, the night before if possible, so that your teenager (or partner!) wastes time sorting out exactly what they are going to wear then, and not in the morning, ten minutes before you are due to leave!
- * Get packed lunches sorted out the night before.

Who knows, if there is a bit more time to do it, perhaps the children will do their own!

- * Use an Attention/Star chart, particularly with younger children. Decide where the problem lies; is it that they can't get up, or that they are too slow once they are up, or both?
- * Give attention and praise when behaviour changes. "I would like you to be up and dressed by 8am" could be a good start.
- * Ask children to do certain tasks themselves, while you get on with other things. They can be asked to lay the table or to clear it – even a very young child can put their own spoon and bowl on the table. Re-

member, despite appearances to the contrary, one person does not have to do it all!!



A more radical solution would be to approach your employer to see if there was a possibility of more flexible working, which would allow you more time in the mornings. If you want more information on this, then contact:

Working Families
1-3 Berry Street
London EC1V 0AA

www.workingfamilies.org.uk



And Hooray...

On January 26th, ten parents graduated from the latest 'Strengthening Families, Strengthening Communities' Programme at the King's Centre in Hackney. Once again the Programme had made parents think hard about themselves, their upbringing and their families. It

offered ways of changing behaviour that they found disrespectful-



ful, and of managing anger without resorting to violence, as well as strategies for finding solutions to family problems. Once again, the quotes speak for themselves.....

"This has taught me to value myself more"

"I'm sure this will have a knock-on effect on everyone in the community!"

"I'm now better at handling my child's behaviour"

"This has made me look at my children in a different light"

"I have taught (my children) that it is not OK to hit each other. I hope they will take that into school"

"There is now less stress for me in the house"

New Programmes will be starting in Hackney after Easter; if you want to be a part of a life-changing experience, then get in touch! □

Parental Responsibility

Did you know that even if you are a child's natural father, unless you are, or were married to the child's mother, or have acquired Parental Responsibility, then you have no legal rights with regard to your child?

Your child could be placed in local authority care, or adopted; his or her surname could be changed without your consent, and a guardian could be appointed, all without any reference to you. You may not be able to get information about your child's progress at school, be denied access rights, and have no say in any decision about hospital treatment, or within which religion your child should be brought up. Your child may even be taken out of the country without your knowledge or consent.

So what is Parental Responsibility, and how do you acquire it? It is defined in the Children's Act 1989 as:

"All the rights, duties, powers, responsibilities and authority which by law the parent of a child has in relation to the child and his/her property."

In other words, if you have Parental Responsibility, then very little can happen legally to your child without your being consulted; without Parental Responsibility you have virtually no rights of any kind. If you are married when the child is born then you and the

child's mother will both automatically have Parental Responsibility, even if you subsequently divorce. Unmarried mothers automatically receive Parental Responsibility.

There are five different ways to acquire Parental Responsibility.

Ensuring your name is on the child's birth certificate when the birth is registered.

Parental Responsibility Agreement. This is a legal document that the mother must sign. It must be witnessed and filed with the Principal Registry. (0207 947 6936)

Parental Responsibility Order. The father can apply to the court for an order if the mother refuses to make a Parental Responsibility Agreement.

Residence Order. This confers Parental Responsibility automatically, once the child lives with you.

Marriage to the child's mother.

If a Parental Responsibility Order is applied for, then the court will want to see evidence of a commitment by the unmarried father to the child, and evidence of a degree of attachment between the father and the child. Unless there are very good reasons as to why it should not be granted, the application is usually

successful.

It is also worth remembering that an unmarried father who does not seek Parental Responsibility will still be liable to maintain his child in the context of the Child Support Grant!!!

The government has now recognised the commitment of most unmarried fathers to their children, and legislation has come into force which means that, provided a father signs the child's birth certificate, then Parental Responsibility will automatically be conferred.

BUT: THE LAW ONLY APPLIES TO CHILDREN BORN AFTER APRIL 2004; FOR ANY CHILDREN BORN BEFORE THIS YOU STILL HAVE TO APPLY FOR AN AGREEMENT OR ORDER.

If you would like any more information on Parental Responsibility, then please contact Margaret Collins, or go to the 'Families Need Fathers' website, which covers the subject very comprehensively!!

(www.fnf.org.uk/pro.htm)



HIP HIP Hooray for Hoxton Café!

Are you fed up with scowls and sighs when you go into a café with your toddler/baby/ pushchair/ shopping?

Would you like to be able to relax with your baby without worrying about the looks you might get if you start to breastfeed?

A new café, just opened in Shoreditch could be for you! Started by two local

parents, the Café is part of the HIP Centre project, based at St John the Baptist Church in Pitfield Street. It's open from Monday – Friday from 9.30am – 11.30am for tea, coffee, juice, cake and biscuits. The organisers hope that in time the project will house a play centre, a respite care centre and offer parenting programmes,

but they are beginning with the café.

“We want to provide a buggy and child-friendly place where carers can bring children to have a cuppa without hassle”, says Lorraine, one of the organisers. So – if you are in the area, give them a try! ☐

Over to you.....

This is where we want to hear from you!! What's bothering you? What are you really pleased about? What resources have you found in the community that you want to share with others?

A suggestion just to get the ball rolling.....

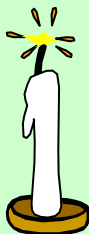
It will soon be the summer (yes – really!) and hopefully the sun will shine! Any good ideas for places to take the

family which are short on cost and long on interest?

And please write to us about the things that you want you get off your chest – you may well find you are not alone! (All letters for publication must include a name and address, but we are happy to publish them anonymously.) ☐



Plotsetter



is brought to you by Parent And Community Education, an initiative of Barnardo's CANDL Project

CANDL
Unit 2 Peterley Business Centre
472 Hackney Road
London E2 9EQ

tel: 020 7729 9701
e-mail: margaret.collins@barnardos.org.uk
web: www.barnardos.org.uk/candl



Supported by

The National Lottery[®]
through the Big Lottery Fund

