

Children & Families Newcastle Inner West, North & Outer West Localities

Groupwork Programmes run by Action for Children as part of Community Family Offer

Group	Family Club	No Frills Parenting	Women's Well Being	Solihull Parenting (Virtual & Group)	Decider (Young People) Groupwork & 1-1 Sessions	Parents on the Ball
Aims of the Group	The Family Club is an opportunity for families who need additional support to come together as a family and participate in a group with other families. We work with parents and their children together in a safe, friendly environment where they can join in structured activities that encourage positive family relationships.	Down to earth, straight talking parenting tips and tools to support positive parenting.	To improve the emotional, health and wellbeing through use of creative activities to build self-confidence and self-esteem. Providing strategies that women can use to improve their own emotional wellbeing. Time for women to focus on themselves and their needs.	Parenting course using Solihull Approach 10 week parenting course to understand your child's behavior and development. To help parents and carers identify the most important issues in their relationship and reflect on why things sometimes go well and sometimes do not, so that families can work together to strengthen relationships and parents gain confidence in effective parenting.	The Decider Skills use CBT and DBT (cognitive and dialectical behaviour therapy) skills to teach children, young people to recognise and manage thoughts, feelings, and behaviour. The skills are young person friendly, easy to use and provide a menu of tools that children/young people can use easily.	To promote healthy life choices within families and to help parents gain confidence in their parenting role in a fun and interactive way, including physical activity and games that they can share at home with their children. Parents will be expected to take part in low-level physical activity each week. The course is done in partnership with Falcon's Rugby Club will also include employability, internet safety.

Who is it for?	Families (A group where parent/s must attend with their child/children) Age range school reception age+ (4/5years) and upwards	Parents/carers who need support around behaviour or to gain more confidence in their parenting skills	Women who are isolated, struggling with their emotional health or wanting to build confidence and make friends	Parents/carers who have children aged 0-19	Young People will be grouped depending on their age. Recommended age 8-11.	Parents/carers <i>(Inner West – January targeted to Czech/Slovak participants)</i>
No of sessions/ Duration	3 hour session per week for 6 weeks	2 hour session per week for 3 weeks Full Day Workshops 10 am to 2:30 pm	2 hour session per week for 6-8 weeks	2 hour session per week for 10 weeks	Individual Decider Programme - up to 6 individual sessions (arranged with family) Groupwork: 4-6 sessions	4 hour session per week for 10 weeks
Creche	No	Depend on need	Depend on need	Yes	Yes	Yes

As part of our programme we will also be offering some themed workshops or sessions at specific times of the year. This will include supporting parents around key transitions for their children, managing Christmas on a budget or groups responsive to Community needs. Please speak to any of the Family Practitioner Leads if you would like to discuss further. We welcome ideas or suggestions around these.

Booking requests can be made by email to nesscb@actionforchildren.org.uk with the “Request for Groupwork Programme” form attached. A practitioner will get back to you to talk through the intervention and needs of the family. (Any professional requesting this service should complete the form with the family).

Please contact the Practitioner Team Lead for the Locality areas

North Locality	Sharon Dunbar	sharon.dunbar@actionforchildren.org.uk
Outer West Locality		
Inner West Locality	Jill Main	jill.main@actionforchildren.org.uk

Useful Contact Numbers

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