



Parenting Programmes and Well-being Groups

Information for practitioners

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Introduction

The programme menu is to provide practitioners detailed information on individual programmes which are available across County Durham.

The menu has been developed by the County Durham Parenting Network . The Network is a group of professionals who meet once a quarter to share relevant and timely programmes which are available across County Durham.

The menu will be reviewed regularly by the Network and adapted to service need.

Recently, more virtual learning groups have been developed and will continue to be offered.

For further information contact:

One Point Family Centres

Telephone: 03000 261 111

Webpage: <https://www.durham.gov.uk/familycentres>

Voluntary Community Sector (VCS) Alliance

To find out about parenting programmes available in the community please email: vcsalliance@durham.gov.uk

Parenting when Separated

Email: pws@durham.gov.uk

Baby Group (0 - 12 months)

Name of Programme	Family Centre Baby Group
Who is it for?	For mams, dads/carers with babies 0 - 12 months who need additional early help in supporting their child's health, wellbeing and development.
Aim of the group	<p>Our baby group is an informal group where you can enjoy time with your baby and meet new parents.</p> <p>Sessions include sensory play, song and rhyme, messy play and other activities to help your baby to learn, and their brain and body to develop.</p> <p>Staff will be able to provide advice and support about how you can bond with your baby, and information about how to make sure your home is a safe place.</p>
Programme Delivery	Sessions are free and run for 90 mins, once a week for ten weeks from the Family Centres

Toddler Group (1 - 2 years)

Name of Programme	Family Centre Toddler Group.
Who is it for?	For families with children 1 - 2 years, who need additional early help in supporting their child's health, wellbeing and development.
Aim of the group	<p>For mams, dads/carers and children to access advice, guidance and support to promote physical and emotional development, attachment and bonding as well as promoting safety within home environment.</p> <p>The development and promotion of speech language and communication is specifically included in this programme.</p> <p>Also access support to other services and community based support, as well as information about 2 Year Funded Nursery place.</p>
Programme Delivery	Weekly 90 minute sessions. Delivered by One Point Service, Early Help Practitioners within Family Centre.

The Solihull Approach

Antenatal Parenting

Name of Programme	The Solihull Approach Antenatal Parenting.
Who is it for?	The Solihull Antenatal programme is available to all expectant mam and dads providing advice and support in the antenatal period and in preparation of birth of their baby.
Aim of the group	Understanding physical and emotional changes during pregnancy, labour, birth and caring for baby in the postnatal period.
Programme Delivery	Six, weekly, two hour sessions delivered by Midwives and Health Visitors.

The Solihull Approach

Understanding your Child's Behaviour

Name of Programme	The Solihull Approach 'Understanding your Child's Behaviour.' Online Programme.
Who is it for?	Online programme for all mams, dads, carers with children and young people 0 - 19 years who require additional early help in support of their parenting skills and confidence.
Aim of the group	<ul style="list-style-type: none"> • Understanding your baby • Understanding your child' 0-19 years (main course) • Understanding your teenager's brain (short course) • Understanding your child's feelings (taster course) • Understanding your brain (short course for teenagers themselves) • Understanding your child with additional needs' 0-19 years, (also available online).
Programme Delivery	<p>Please go to www.durham.gov.uk/solihull to access the programme, the login code is : DCCHDFT.</p> <p>If anyone would like further help to access the online support please contact one of your local family centres.</p>

HENRY—Nurturing Programme

Name of Programme	HENRY 'Healthy Families right from the start'
Who is it for?	HENRY is an 8 week evidence-based programme for families with children 0-5 years.
Aim of the group	HENRY programme aims to support mams, dads and children adopt a healthy lifestyle . The programmes provide advice and guidance on physical and emotional wellbeing, nutrition, physical activity, meal portion sizes, screen time, looking after yourself, exploring feelings, and managing challenging behaviour.
Programme Delivery	<p>HENRY is a unique and highly successful intervention to protect children from the long-term emotional and physical consequences of obesity by supporting behavior change for a healthy lifestyle. It is based on a multi-layered scheme that combines both prevention and targeted early intervention and brings together the five key elements that enable babies and young children to flourish.</p> <p>The programme is currently online and is an hour a week for 8 weeks.</p> <p>Referrals can be made to Hdft.henrypractitioners@nhs.net</p>

The Incredible Years (Webster Stratton)

Name of Programme	The Incredible Years (Webster Stratton).
Who is it for?	Incredible Years is a targeted programme for families with children 3-8 years to support mams, dads and carers who would like to understand more about their child's development, the importance of play and ways to support their child when behaviours are challenging.
Aim of the group	<p>During the sessions, parents practice child-directed play skills that</p> <ul style="list-style-type: none"> • builds positive relationships and attachment; • strengthen more nurturing parenting using social; • emotion and persistence coaching methods; • encourage school readiness skills and early problem-solving skills; establish predictable routines and rules; • provide incentives for positive behaviour; and • reduce behaviour problems.
Programme Delivery	<p>10 weekly group lead programme . The sessions are two-hour group discussions of mediated video, vignettes, problem-solving exercises and structured practice activities addressing parents' personal goals.</p> <p>Delivered by One Point Service practitioners.</p>

Strengthening Families

Name of Programme	Strengthening Families.
Who is it for?	Targeted programme for mams, dads, carers with young people 10 - 14 years where there are difficult and challenging family relationships.
Aim of the group	Parents and young people learn strategies for identifying and reducing the risks within their family system, while at the same time increasing the protective factors. These strategies include more effective parenting practices (including limit setting) communication, and ways to show love and appreciation.
Programme Delivery	<p>Seven, weekly sessions lasting two hours.</p> <p>During the first hour, the parents and children attend separate sessions on a related family skill (e.g. family communication or peer-refusal skills for substance misuse). These sessions make use of an instructional video that provides the basis for a group discussion and practice activities.</p> <p>During the second hour, the parents and children are reunited to review and practise skills and competencies together.</p> <p>Delivered by One Point Service practitioners.</p>

Teen Triple P

Name of Programme	Teen Triple P
Who is for?	Targeted programme for mams , das and carers with young people 12 - 16 years.Triple P is a programme which supports parents and carers to have simple and practical skills and strategies to raise confident, healthy and happy teenagers and to improve family relationships.
Aim of the group	<ul style="list-style-type: none"> • In the group sessions, parents actively participate in a range of exercises to learn about • the causes of common adolescent behaviours; • how to set specific goals; • promote positive adolescent behaviour,; • manage difficult behaviour, and • plan-ahead for high-risk situations.
Programme Delivery	<p>10 weekly sessions lasting 2 hours. The 10 sessions are made up of a mixture of group work to build knowledge and skills and support from the practitioner.</p> <p>Positive parenting skills are demonstrated by videos and by practitioner modelling, with the skills then being practised in small groups.</p> <p>Delivered by One Point Service practitioners.</p>

Triple P Discussion Group

Name of Programme	Triple P Discussion Group.
Who is it for?	Targeted programme for mams, dads and carers with young people 12 - 18 years. The Triple P discussion group is an opportunity for parents who are experiencing a common parenting issue to come together to share experiences and to be supported by the programme leader who can provide tips and strategies for parents and carers to support their child.
Aim of the group	<p>Targeted series of sessions for parents of adolescent children. Sessions focus on</p> <ul style="list-style-type: none"> • Coping with teenagers' emotions; • Reducing family conflict; • Getting teenagers to cooperate; or • Building teenagers' survival skills.
Programme Delivery	<p>Small group delivery of up to four sessions (about 2 hours per session) each with a targeted behaviour.</p> <p>Delivered by One Point Service practitioners.</p>

CDYJS Parent Support Group

Levels 3, 4 and 5

Name of Programme	CDYJS Parent Support Group (in person), Levels 3, 4 and 5.
Who is it for?	Targeted programme for families with young people 10 - 18 years, who are with CDYOS or at risk of offending.
Aim of the group	<p>For parents/carers of young people who are with CDYJS or at significant risk of offending (e.g. involved in ASB / committing unreported offences within the home or community) And who are adversely affected by their young person's challenging behaviour.</p> <ul style="list-style-type: none"> • To improve and develop parenting skills, abilities and strategies • To build confidence and self-esteem • To reduce feelings of isolation • To increase participation in Restorative Approaches • To reduce young people's involvement in further offending or anti-social behaviour • To contribute towards achieving positive outcomes for families • Reduce conflict and assertively deal with and understand challenging teenage/adolescent behaviour. <p>One 3-hour session once a week for 10 weeks. Sessions as follows:</p> <ul style="list-style-type: none"> • Introduction – why are we all here? The role of a parent. • Anti-social behaviour and offending – what can parents do • Adolescence and teenage behaviour • Encouraging young people • The power of listening • 'I statements' and boundaries • Negotiating boundaries and consequences • Anger – dealing assertively with anger and criticism • Drugs, alcohol and young people – what's out there and what we can do • End session – saying goodbye and moving on • Each session is followed by lunch. • Parents are given takeaway tasks (homework). • Delivered by CDJOS.

Chill Kidz

Name of Programme	Chill Kidz.
Who is it for?	Targeted group for children and young people 7 - 11 years. Chill Kidz helps children to recognise their feelings and supports them to be calmer through exercise and relaxation, and how to deal with these in a safe way.
Aim of the group	<p>The Chill Kidz programme has been devised to help children recognise their feelings and to support them to become calmer through exercise and relaxation. It helps to build resilience and be able to manage their emotions, self regulate and meet other children.</p> <ul style="list-style-type: none"> • Activities to learn communication skills; • Activities to reinforce positive behaviours; • Activities to promote relaxation and anger management techniques; • Gaining strategies to help to reduce negative behaviours.
Programme Delivery	<p>The program helps to build resilience, enable problem solving and gives young people strategies to manage their emotions and to help self-regulate.</p> <p>Sessions are one hour long over 5 weeks.</p> <p>Delivered by One Point Service practitioners.</p>

Teen Zone

Name of Programme	Teen Zone.
Who is it for?	The Teen Zone programme is for young people aged 12-15 years. The group supports young people to understand changes in adolescence and who struggle with low confidence and self esteem. The group gives young people opportunities to interact and build social skills with their peers.
Aim of the group	<p>Promotes positive self-esteem, building resilience, physical health and managing emotions.</p> <ul style="list-style-type: none"> • Coping with peer pressure and stress • Looking after ourselves and who we can turn to in our times of need • Ways to relax and how to bounce back when things go wrong • Looking at our strengths and why we are amazing! • Managing anger and ways to keep calm • True friendships and managing arguments.
Programme Delivery	<p>Sessions are one hour long for up to 10 weeks.</p> <p>Delivered by One Point Service practitioners.</p>

Safer Choices

Name of Programme	Safer Choices.
Who is it for?	Targeted programme for young people 13+ years who are starting to display risk taking teenage behaviours such as alcohol use, low level anti-social behaviour.
Aim of the group	<p>Safer Choices aims to support teenagers aged 13 + to understand and consider the risk and consequences of behaviours.</p> <p>The aim of the group is to enable young people to come together to discuss , friendship, risk taking and peer pressure and to understand and consider how the choices they make could have negative consequences. The group will address how young people make safe choices in life and feel confident to do this.</p> <p>Outcomes will be demonstrated by improved emotional wellbeing, improved social and emotional development, reduction in risk taking behaviour and improved family relationships.</p>
Programme Delivery	<p>6 weeks, 1 hour sessions.</p> <p>Delivered by One Point Service practitioners.</p>

Parenting 101 - Group/Virtual or 1-1

(Wheatley Hill and Aycliffe Only)

Name of Programme	Parenting 101 - Group/Virtual or 1-1
Who is it for?	Targeted programme for mams, dads and carers with children 3 - 10 years who would benefit from help and advice on parenting.
Summary	These are informal and practical sessions and there will be resources to take away and use in the home.
Programme Delivery	<p>This is a series of 5 workshops for parents/carers.</p> <p>Week 1: Routines</p> <p>Week 2: Boundaries</p> <p>Week 3: Importance of Praise and impact on child</p> <p>Week 4: Handling Emotions and Melt Downs</p> <p>Week 5: Play, Interaction and Social Skills</p> <p>Sessions are one hour long.</p> <p>Sessions are delivered by One Point Service practitioners.</p>

Workshops for Parents of Children with Autism/Pre Diagnosis (Virtual and Face to Face)

Name of Programme	Workshops for mams, dads and carers of children who are Autistic/Pre Diagnosis. Delivered either virtually and or face to face.
Who is it for?	Targeted programme for mams and dads and carers with children and young people who are Autistic or pre diagnosis.
Aim of the group	<p>The sessions are 10 workshops which are offered to families with children/young people with or without a diagnosis of Autism. Sessions include:</p> <ul style="list-style-type: none"> • Get a better understanding of Autism • Communicate with your child • Have the information you need to understand your child's sensory needs • Understand how your child behaves and how to manage their behaviour • Find your way around education, including the • Education Health Care Plan assessment and your rights • Find out what support is available for you and your family • Understand how you can keep your child safe, e.g. online safety • Look after yourself and develop coping skills. <p>Staff and guest speakers will be around for a chat at the start and end of each session. This is a good opportunity for parents to talk to each other and develop peer support.</p>
Programme delivery	<p>10 weekly sessions.</p> <p>Please contact your Family Centre for more information.</p>

Staying Cool Family Learn (Online or Classroom)

Name of Programme	Staying Cool Family Learn.
Who is it for?	Targeted programme for families with young people 12 - 17 years. Programme is for a mam, dad or carer and young person to work together to develop new to address anger.
Aim of the group	<p>Parent and teenager to learn together to address aggressive behaviours The course is delivered over one day or less commonly over 4 x 2 hour sessions) and addresses:</p> <ul style="list-style-type: none"> • Change cycle and anger scaling to prepare for the learning goals, • Knowledge of underlying factors of anger (experience, mood, mental health and emotions) or baggage, • Cognitive behaviour theory and how the brain works / processes information creating perceptions, • Skills to identify escalation of anger and skills to prevent escalation to aggression, • Skills and ability to develop plans for volatile situations and to reflect and learn from events. <p>The course equips the learners with knowledge, awareness, skills, confidence and desire to start a journey to becoming new 'calmer, happier individual.</p>
Programme Delivery	<p>Sessions can be delivered over 1 day or 2 half days.</p> <p>Delivered by One Point Service practitioners.</p>

Staying Cool Adult Only

(Online or Classroom)

Name of Programme	Staying Cool (Adult Only.
Who is it for?	Targeted programme for adults 19+ to allow adults to understand and address their anger Enable adults to increase self-awareness of anger and take responsibility for it.
Aim of the group	<p>Any adult aged 19 years or over to learn to address their aggressive and emotional behaviour. The session includes:</p> <ul style="list-style-type: none"> • Change cycle and anger scaling to prepare for the learning goals, • Knowledge of underlying factors of anger (experience, mood, mental health and emotions) or baggage, • Cognitive Behaviour theory and how the brain works / processes information creating perceptions, • Skills to identify escalation of anger and skills to prevent escalation to aggression, • Skills and ability to develop plans for volatile situations and to reflect and learn from events. <p>The course equips the learners with knowledge, awareness, skills, confidence and desire to start a journey to becoming new 'calmer, happier, more stable' individual.</p>
Programme delivery	<p>The course is delivered over one full day (or less commonly via 4 x 2 hour sessions).</p> <p>Delivered by One Point Service practitioners.</p>

Staying Cool - Teenager Only

(Classroom)

Name of Programme	Staying Cool -(Teenager Only)
Who is it for?	Young people aged 12-17 years to understand their anger and increase self awareness and develop new skills to cope with anger.
Aim of the group	<p>Teenager to learn to acknowledge ownership and address their aggressive and emotional behaviour. The session includes:</p> <ul style="list-style-type: none"> • Change cycle and anger scaling to prepare for the learning goals, • Knowledge of underlying factors of anger (experience, mood, mental health and emotions) or baggage, • Cognitive behaviour theory and how the brain works / processes information creating perceptions, • Skills to identify escalation of anger and skills to prevent escalation to aggression. <p>Skills and ability to develop plans for volatile situations and to reflect and learn from events.</p> <p>The course equips the learners with knowledge, awareness, skills, confidence and desire to start a journey to becoming new 'calmer, happier individual.</p>
Programme Delivery	<p>The course is delivered over one full day (or less commonly via 4 x 2 hour sessions).</p> <p>Delivered by One Point Service practitioners.</p>

The Curve

Name of Programme	The Curve.
Who is it for?	For young people 11+ who are engaged in anti-social behaviour in the community.
Aim of the group	<p>The Curve is an 8-week programme for young people aimed at reducing anti-social behaviour, and encouraging young people to make more positive choices.</p> <p>Sessions include:</p> <ul style="list-style-type: none"> • Team Work, communication and peer pressure • Drugs and alcohol • Fire safety/Arson reduction • Consequences of ASB/Criminal activity • Anger management.
Programme Delivery	<p>8 week programmes, sessions are 2 hours per week.</p> <p>For more information contact your Family Centre.</p>

Sensory Rooms in Family Centres

Name of Programme	Sensory Rooms in Family Centres
Who is it for?	Many of the Family Centres in County Durham have fully equipped Sensory Rooms and are available to both parents, carers and professionals.
Aim of the group	<p>The Family Centre Sensory Rooms are a specially designed space aimed to stimulate the senses, promoting de-escalation and/or encouraging engagement. Sensory experiences can be hugely beneficial to children and young people. They are great for promoting a range of developmental skills. For example, colour recognition, hand-eye coordination, fine and gross motor skills. They can be extremely useful for children and young people who are autistic, have sensory processing disorders, social, emotional and behavioural difficulties (SEBD) and profound and multiple learning disability (PMLD) as well as many other disabilities.</p> <p>The Family Centre Sensory Rooms have a variety of sensory equipment and can be set up to target specific needs and purposes. This can be to create a calm and relaxing space or a space to promote interaction with the surrounding.</p> <p>The Sensory Rooms are available in the following Family Centres:</p> <p>North Durham Stanley Family Centre, Bullion Family Centre, Chester le Street.</p> <p>South Durham Dean Bank Family Centre, Ferryhill. Woodhouse Close Family Centre, Bishop Auckland.</p> <p>East Durham Horden Family Centre, Peterlee, Seaham Family Centre.</p> <p>If you would like to know more about the Sensory Rooms and how to access them please contact the centre to book.</p>

Inspire Programme

Name of Programme	Inspire Programme.
Who is it for?	Adult victims and survivors of domestic abuse.
Aim of the group	To raise awareness of domestic abuse including recognising the signs, keeping safe and how to find help.
Programme delivery	<p>Programme delivery: 6 week programme delivered either 1:1 over telephone by either One Point or Harbour worker</p> <p>Or</p> <p>Group sessions face to face over a 6 week period delivered by Harbour and One Point.</p> <p>Harbour can be contacted on to make a referral: Telephone : 03000 20 25 25 (24 hours) Email: info@myharbour.org.uk</p>

Stepping Stones for Families with Children up to 12 Years Old

Name of Programme	Stepping Stones for Families with Children up to 12 Years Old
Who is it for?	Stepping Stones has been developed for parents of children with a disability. Stepping Stones has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behaviour.
Aim of the group	Parents or caregivers of children with a disability (up to 12 years) who benefit from this programme are those that require or are interested in learning a broad-based range of parenting skills to promote child development and to manage challenging behaviours. The programme is appropriate to assist parents to prevent the development of problem behaviour or to change problem behaviour if it is occurring. Parents need to be able to commit to six group sessions and three telephone consultations.
Programme delivery	Six 2/half hour sessions, followed by 1-3 telephone sessions.

FEARless

Name of Programme	FEARless
Who is it for?	Targeted for Parents or caregivers of children 6-14.
Aim of the group	<p>Group sessions to help parents to understand and manage their children anxiety and develop skills to coach them to become more resilient.</p> <p>The programme encourages parents to apply strategies to all family members and not only the child of concern.</p>
Programme delivery	<p>The programme runs over a 6 week period and covers building resilience, recognising anxiety, parental modelling in understanding children's emotional reactions, understanding and responding to anxiety, constructive problem solving and maintaining progress.</p>

Parenting when Separated

Name of Programme	Parenting when Separated
Who is it for?	<p>A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.</p> <p>This is NOT suitable for parents where Domestic Abuse is a factor. If there is historical Domestic Abuse, advice would need to be sought from Harbour (Durham's Specialist Domestic Abuse Service) to discuss the</p>
Aim of the group	To support parents in 'Parental Coping and Self Care', 'Parenting' and the 'Co-parental Relationship'. The programme highlights positive and practical steps parents can take to help their children cope and thrive as well as coping successfully themselves.
Programme delivery	<p>This is a 6 week course with an additional one to one introductory and follow-up session. Each of the 6 weekly session will run for no more than 2.5hrs. If more than 2 of the 6 main sessions are missed, the course is not deemed to be complete.</p> <p>As part of the referral process practitioners who are referring families for the course must complete a <u>Referral Stage Questionnaire (RSQ)</u>. The RSQ is not just a form, it is a tool for practitioners to facilitate a discussion with both parents about their relationship. The RSQ has been described by parents as the first time that they have been asked about their relationship. The RSQ has been rigorously tested and researched, every question is there for a reason. We require an RSQ for each parent and practitioners are to complete these separately with each parent. This will help in understanding the aspects of their relationship which are causing conflict and help identify the focus of work.</p> <p>Ideally we would want BOTH parents to attend the PWS course however there maybe occasions when only one parent can attend or consents. On these occasions we will accept single referrals in the hope that the impact of one parent applying PWS learning will have positive outcomes for their child/ren.</p>

Parenting when Separated (continued)

Programme delivery	<p>The course will be delivered either face to face or online as appropriate and be needs led.</p> <p>Each group will have a mixed of resident and non-resident parents to allow for holistic group learning.</p> <p>Each week the sessions will comprise of two parts; 1) supporting Parents and 2) Supporting Children.</p> <p>Each topic comes with introduction, handout and a selection of group exercises.</p> <p>Course Outline: Introductory Session</p> <p>Session 1:</p> <p>The Impact of Separation on Parents, The Impact of Separation on Children.</p> <p>Session 2:</p> <p>Establishing a Cooperative Co-Parenting Relationship, Helping My Child Cope.</p> <p>Session 3:</p> <p>Communicating With My Child's Other Parent, Communicating With My Child.</p> <p>Session 4:</p> <p>Being a Residential or a Non-Residential Parent, Managing Successful Contact and Handovers.</p> <p>Session 5:</p> <p>Personal Coping and Stress Management, Dealing With Challenges.</p> <p>Session 6:</p> <p>Parent Self-Care in the Long Term, Managing New Relationships, Follow-Up Session.</p> <p>NB: Please note to make a referral on behalf of a parent/s please complete the usual Family Centre Programme Form <u>AND</u> the Referral Stage Questionnaires and email to PWS@durham.gov.uk</p>
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