



Support for parents, carers and young people in County Durham

To find out more about the courses in this booklet contact your local Family Centre. Find your nearest centre at www.durham.gov.uk/onepoint.

Baby group

For families with babies from birth to 12 months

Our baby group is an informal group where you can enjoy time with your baby and meet new parents.

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.

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.

Sessions are free and run for 90 minutes, once a week at your local Family Centre.

Toddler group

For families with children aged 1-2 years

Our toddler group is an informal group that allows you to mix with other parents and helps to get your child ready to go to nursery. Each week will focus on a different aspect of your child's development, including:

- Messy play where your child can enjoy sensory play with lots of different experiences of sounds, touch and smell.
- Opportunities for your child to play with children their own age.
- Rhyme and stories to support your child's speech and language development.
- Outside play with opportunities for your child to run, jump and use their physical skills to support and develop their coordination skills.

Staff will be on hand to provide advice and support around your child's health and keeping your child safe.

Sessions are free and run for one hour, once a week at your local Family Centre.

Getting ready to be a parent

Online Course

For expectant mams and dads

This course provides advice and support during pregnancy and helps you prepare for the birth of your baby. It will help you understand the physical and emotional changes that occur during pregnancy, labour, birth and when caring for your baby.

Sessions run for two hours a week for six weeks.

To register and find out more visit
www.durham.gov.uk/solihull

Understanding your child's behaviour

Online Course

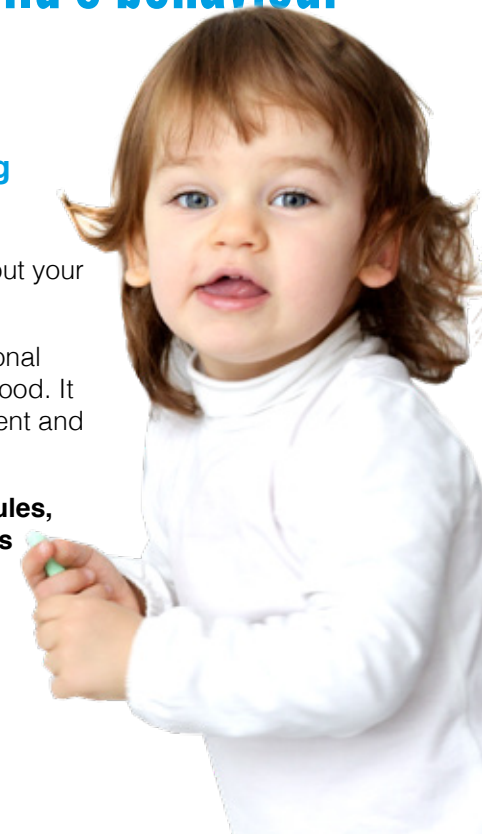
For families with children and young people aged 0-19 years

This course helps you understand more about your child and how your child is feeling.

It will help you to support your child's emotional wellbeing from their early years up to adulthood. It will help you to feel more calm, more confident and have a better relationship with your child.

This online course is made up of 13 modules, each taking approximately twenty minutes

To register and find out more visit
www.durham.gov.uk/solihull



HENRY Nurturing Programme

For parents and carers with children aged 0-5 years

HENRY programme provides everything you need to help your little one get off to a great start. Themes include:

- Feeling more confident as a parent
- Physical activities for the little ones
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

It also gives you the opportunity to share ideas and experiences with other families in a safe environment!

This is an online course run over 8 weeks. Each week there is a 1 hour live session and a couple of videos to watch before each session.

Incredible Years

For parents/carers of children aged 3-10 years

Incredible years programme will give you the knowledge and skills you need to understand your child's behaviour. You will learn how to build positive relationships with your child and how to help them manage their behaviour in a positive way. Sessions include:

- How to play with your child
- Supporting your child's self esteem
- How to praise and reward your child
- Understanding your child's needs as they grow and learn

This course runs for two hours a week, over 10 weeks.

Strengthening families

For families with children aged 10-14 years

The Strengthening Families Programme will help you and your child prepare for their teenage years.

You and your child will attend sessions together.

Through discussions, fun games and other activities, you will solve problems together, learn about rules and consequences and explore ways to show love and support, strengthening family communication.

This is a weekly course carried out over 7 two hour sessions.



Teen Triple P

For parents and carers of young people aged 12-16 years

Triple P will help you gain simple practical skills and strategies to raise your teenager to be confident, healthy and happy, and to improve your family relationship. You will learn how to use good communication and problem-solving to create and maintain a calm, positive family environment.

Triple P is valuable to all parents, particularly those that are experiencing challenges with family relationships. Sessions will cover:

- The five key principals of good parenting
- Understanding your teenager and building relationships
- Managing behaviour and building self-esteem
- Planning for high-risk behaviour

Triple P runs one 2 hour session per week for ten weeks.

Triple P discussion group

For parents and carers of young people aged 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 their experiences. Workers will support you through the programme and will provide tips and strategies for to support your child. Sessions will cover:

- Coping with teenagers emotions
- Reducing family conflict
- Getting teenagers to co operate
- Building teenagers' survival skills

There are four sessions, lasting 2 hours each. You can attend as many sessions as you like.

Chill Kids

For children aged 7-11 years old

Chill kids helps your child to recognise their feelings and supports them to be calmer through exercise and relaxation. It helps them to build resilience and to be able to manage their emotions and self-regulate, in a group with other children their age. Sessions will include:

- Activities to learn communication skills
- Activities to reinforce positive behaviours
- Activities to promote relaxation and anger management techniques
- Strategies to help to reduce negative behaviours.

Sessions last one hour and run weekly for 6 weeks.

Teen Zone

For young people aged 12-15 years

In the group there are activities to look at self-esteem, building resilience, healthy eating and managing emotions. This group will allow young people to understand changes in adolescence and how this may impact on their behaviours and emotions, whilst mixing and building social skills with other young people.

Sessions last one hour and run weekly over 6 weeks.

FEARless

For parents/carers of children aged 6-14 years

This course helps where you have a child who has anxiety which might be causing them to miss school or social events. This course helps you to understand your child's anxiety, recognise when your child is anxious and develop skills and techniques to help your child cope with their anxiety.

Sessions run for 2 hours a week over 6 weeks.

Safer choices (13+)

For young people aged 13 years plus

Safer choices allows young people to come together in small groups to discuss adolescence, friendship, risk taking and peer pressure and to understand and consider how the choices they make could have negative consequences. The group will look at how young people make safe choices in life and feel confident to do this.

Sessions last one hour and run once a week over 6 weeks.



Staying Cool

For parents, carers, parent-figures and their teenager

You will work with your teenager to understand their emotions and how to deal with them. You will learn to understand your teenager's emotions and support them to manage their anger/frustration in a positive way. You will learn how to support your teenager to take responsibility for their actions.

This is a one day course (9am until 4pm).

For parents and carers

This course provides you with the knowledge and skills to manage your anger/frustration, by helping you increase your understanding and self-awareness of your emotions.

This is a one-day course (9am until 4pm).

For teenagers

This course provides knowledge, skills and ideas to understand and address your emotions. The sessions help you to understand your anger/frustration and how to deal with it, to prevent it turning into aggression.

This is a one-day course (9am until 4pm).

Parents of children with Autism

For mams, dads and carers with children with Autism (or pre-diagnosis).

These sessions will help you to have a better understanding of Autism and how to meet the needs of your child. Sessions will help you to:

- communicate with your child
- understand their 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

The sessions are delivered by the Adult Learning and Skills Service with support from One Point Staff.

Sessions run weekly over ten weeks.

The Curve

For young people ages 11 or older

The Curve is an 8-week programme for young people aimed at promoting positive behaviour and reducing anti-social behaviour. Sessions include:

- Teamwork, communication and peer pressure
- Understanding the consequences of risk taking behaviour such as drugs, alcohol, fire starting, and anti social behaviour
- Understanding and managing emotions such as anger and aggression.

Sessions are two hours per week for 8 weeks.

County Durham Youth Justice Service

Parent Support Group

For parents and carers of young people aged 10-18 years, who are with County Durham Youth Justice Service or at significant risk of offending, and who are adversely affected by their young person's challenging behaviour.

The course will help you to:

- improve and develop your parenting skills, abilities and strategies
- build your confidence and self-esteem
- increase your child's participation in Restorative Approaches
- reduce young people's involvement in further offending or anti-social behaviour
- reduce conflict and deal with and understand your child's challenging behaviour

Sessions are 3 hours per week for 10 weeks.

Parenting when separated

For parents who are preparing for, going through or have gone through a separation or divorce.

This course teaches you positive and practical steps that you can take to help your children cope and thrive, if you and your partner are no longer together.

Sessions include looking at the impact of separation on both parents and children, as well as looking at strategies for how to support your child, communication, dealing with stress and challenges.

6 sessions of 2.5 hours (or less), plus a one-to-one follow up session.

Brandon Family Centre
Carr Avenue
Brandon
Durham
County Durham
DH7 8NL
03000 269 820

Bullion Lane Family Centre
Gray Avenue
Chester-le-Street
County Durham
DH2 2EL
03000 268 643

Dean Bank Family Centre,
Beaumont Street,
Dean Bank,
Ferryhill.
DL17 8PH
03000 269 021

Easington Family Centre
Whickham Street
Easington Colliery
Peterlee
County Durham
SR8 3DJ
03000 268 486

Horden Family Centre,
Ocean View,
Horden,
Peterlee,
Co Durham.
SR8 4EQ
03000 264 973

Laurel Avenue Family
Centre
The Woodlands
Gilesgate
Durham
County Durham
United Kingdom
DH1 2EY
03000 269 833

Moorside Family Centre
Moorside Primary School
Chester Road
Moorside
County Durham
United Kingdom
DH8 8EQ
03000 268 634

Newton Aycliffe Family
Centre
Stephenson Way
Newton Aycliffe
County Durham
DL5 7DD
03000 263 666

Seascape Family Centre
Ellison Road
Peterlee
County Durham
SR8 5NJ
03000 266 391

Seaham Family Centre,
North Terrace,
Seaham.
SR7 7EU
03000 267 470

Stanley Family Centre
Clifford Road
Stanley
County Durham
DH9 0AB
03000 266 150

Tudhoe Moor Family Centre
Tudhoe Moor Nursery School
Tudhoe
Spennymoor
County Durham
United Kingdom
DL16 6EX
03000 267 488

Wheatley Hill Family Centre
Jack Lawson Terrace
Wheatley Hill
County Durham
United Kingdom
DH6 3RT
03000 269 850

Willington Family Centre
Chapel Street
Willington
Crook
County Durham
DL15 0EQ
03000 268 445

Find out more