

Something about the course

- The course is funded by the Neighbourhood Renewal Fund.
- The facilitators are from a multi agency, multi disciplinary background.
- Evaluation shows attendance on this course can have a positive effect on a child's behaviour at home and at school, on their use of substances, their ability to withstand peer pressure and a positive impact on parenting.

CHANGING TRAX
ANOTHER WAY OF WORKING

If you would like further information about the course or would like to refer a family please contact the Strengthening Families Co-ordinator:

Cathryn Elsy
Shieldfield Centre on **0191 278 8341** or
email: cathryn.elsy@newcastle.gov.uk



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ANOTHER WAY OF WORKING



Strengthening Families

Our work with families

Families can at times experience difficulties and relationships between parents and children can become problematic.

The Strengthening Families Parenting programme is for families with children aged between 10 and 14 years who are experiencing problems within their relationships.

Attendance is voluntary and the courses will be held at various venues throughout the city.

The course is designed to:

- Help parents to build nurturing skills and be able to support their children.
- Support parents in placing boundaries around their children's behaviour and reinforce the message that all behaviour has consequences.
- Support parents and young people in developing positive relationships.
- Enable families to communicate effectively.
- Support young people in developing skills to enable them to cope with stress and peer pressure.
- Help protect against substance misuse.

How can families access the course?

Any agency in the city, statutory or voluntary, can refer a family to the programme. Alternatively families can refer themselves.

We work with families who may be experiencing difficulties for a number of reasons including

- Poor school attendance
- Behavioural problem at home and/or at school
- Involvement with Police, Probation, Youth Offending Team
- Breakdown of family relationships
- Drugs and/or alcohol use

The course consists of seven two hour sessions where the adults and young people work in groups both separately and together. There is also the opportunity to attend three booster sessions after the main course has ended.

In order to assist families attending the course transport, refreshments and financial assistance for childcare are provided where appropriate.

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