

What's on Guide Targeted Programmes

We offer support to all families, here is a guide of what is available for targeted support. Please contact us for further information.

Greengate Family Hub, Greengate Street, LA14 1BG	01229 821855
Bram Longstaffe Children's Centre, Farm Street, LA14 2RX	01229 821825
Hindpool Children's Centre, Bath Street, LA14 5TS	01229 827300
Ormsgill Community Hub, Millstone Avenue, LA14 4BP	01229 408190
Walney Family Hub, Mill Lane, LA14 3NT	01229 471655
Dalton Community Centre, Nelson Street, LA15 8AF	01229 821855

Any Man Can - A 12 week program for men who feel like their behaviour is having a negative impact on their parenting and relationships. The men need to be actively seeking to make positive change. They must be willing to fully engage in the program and take full responsibility for their behaviour no matter how difficult this may be.

Decider Skills - Empowers & teaches children, young people and adults the skills to help them recognise their own thoughts, feelings and behaviours, allowing them to monitor and manage their own emotions and mental health.

Drawing and Talking - Drawing and Talking technique is a safe and easy to learn short term, time limited therapy to be used with anyone (age 5+) who has suffered trauma or has underlying emotional difficulties.

Eat Well, Live Well - A 5 week course for the whole family to look at ways to have a healthier lifestyle. Sessions include fussy eating, portion sizes, food labels, meal planning, being more active and 2 cooking sessions.

Family Support Service - A member of our team can support children, young people and parents/carers to address difficult challenges, whether it be advice and guidance around sleep, toileting, healthy eating, implementing boundaries, routines and behaviours, positive parenting and exploring other avenues of individual support.

We are welcoming back families into our Family Hubs for targeted level support within group work or on a one-one basis.

Finding Your Way - is a 6 week programme for secondary age pupils which aims to support young people in exploring challenges they may face and overcoming difficult emotions through learning a range of strategies and life skills to challenge negative thoughts and improve motivation. We support pupils in overcoming barriers and goal setting to support outcomes in improving attendance and attainment in school.

Helping Hands - The Helping Hands Programme enables children to learn a set of protective behaviours, teaching them to express their feelings, make choices and solve problems.

Holiday Kitchen - An opportunity for the whole family to have a hands on experience to develop cooking skills supported by staff to understand valuable nutritional content of ingredients provided. To create affordable healthy meals, while offering the opportunity to nurture life skills and good communication.

Jellybean Jamboree - Jellybean Jamboree is a lively, fun programme that introduces young children to life skills necessary for social and emotional growth. It comprises of six units including anger management, emotional awareness and friendship skills. Each unit includes short lessons that can be completed in 30 minutes.

Let's Get Talking - Let's Get Talking is our new early years speech and language support group for families whose children aged 2-3yrs are displaying early signs of possible speech and communication delay. The group is delivered in collaboration with the Speech and Language Therapy team.

Let's Connect - Let's Connect is a 6 week programme designed to give you information and strategies to help support your child. The programme is delivered by Family Action in collaboration with Speech and Language Therapy, Occupational Therapy, the Early Years team and Children's Learning Disabilities team.

Portage - This service helps the development of children (age 0-4 years) with a delay in 2 or more areas of their development. This delay may be due to a diagnosed condition, but no formal diagnosis is required for a referral.

Recovery Toolkit - A 12 week programme that aims to provide tools so that women who have experienced domestic abuse can maximise their own potential.

SEND - A virtual group for families caring for a child with SEND aged 0-5. Over the 7 weeks we look at ways to support the whole families resilience as well as children's learning through day-to-day routines and activities. Topics include using movement for exercise and enjoyment, exploring calming environ-

**Contact your local Family Hub for more information or email:
barrow@family-action.org.uk**