

ACEs Recovery Toolkit

This toolkit is to educate and inform children and young people about the impact of adverse childhood experiences and trauma. It is suitable for individuals between the ages of 8 to 16 years and runs for 8 weeks.



Domestic Abuse Recovery Toolkit for Children



The Domestic Abuse Recovery Toolkit is an 8 week programme for any child aged 8 years+ that has witnessed or experienced Domestic Abuse. The aim is to help the child to become experts in their own recovery, allowing them to understand they are not to blame for the ac-

Teen Decider Skills

Decider Skills helps you to recognise your thoughts, feelings and behaviours and learn how to manage these in a safe way. This 6 week course can be delivered to children, teenagers and their families individually or as part of a group.



Family Support - Family Action can offer one to one support to families in their own homes. This practical support will promote parenting capacity and could focus on boundaries, routines, home conditions, behaviour management, safety, relationships / attachment, support to access other agencies e.g. substance misuse, domestic abuse, mental health and learning difficulties.

Parenting Support - we offer parenting support on a 1:1 basis and in group settings please contact your nearest Hub for further details.



Secondary School -What's on Guide 2021

For further details of our Autumn activities please contact any of our Hubs:

- Greengate** Family Hub, Greengate St, LA14 1BG
01229 821855
- Ormsgill** Community Hub, Millstone Ave, LA14 4BP
01229 408190
- Walney** Family Hub, Mill Lane, LA14 3NT
01229 471655

Or call our single point of access number on **07734 003 789**

Visit our website at <https://www.family-action.org.uk/cumbria> or check out our Facebook page at: [Facebook.com/Barrow Support](https://www.facebook.com/BarrowSupport)

Finding Your Way

Finding Your Way is designed for young people aged 12 – 16 years who might have negative experiences with school attendance. This course can be delivered as a group or 1:1 and will explore the challenges you face, show you how to manage difficult feelings, suggest where to go for help and find strategies to improve your motivation and attendance.



Positive Teen



A 6–8-week programme enabling participants to increase their self-esteem and confidence, as well as, improving peer relationships and developing positive life-skills and coping strategies. We do this through a variety of fun, reflective and interactive activities.

Solihull Approach

This approach focuses on the importance of building relationships and understanding that behaviour is communication. The model facilitates an understanding of emotional health and wellbeing, as well as mental health. It can be applied to working with families, with individuals and with groups. It can be applied across the age range of a child from preconception to adolescence and across all ages. It speaks to what it means to be a human being; understanding what supports us in our development and what hinders us. It reminds us of the importance of relationships.'



Holiday Cookalong

Children and Young People are encouraged to join in with their families to make healthy everyday meals.



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.

Drawing & Talking

Drawing and Talking is a therapeutic way for a child to work through their past trauma, in a safe environment. Children explore their trauma and feelings through their drawings with the support of a worker. This is a short-term intervention suitable for anyone age 6+.



Solihull - Understanding your Brain (for teenagers)

This free online course will help teenagers understand how their brain works and how this might affect their thoughts, feelings and behaviour.



To access this, visit www.inourplace.co.uk and use the code WORDSWORTH