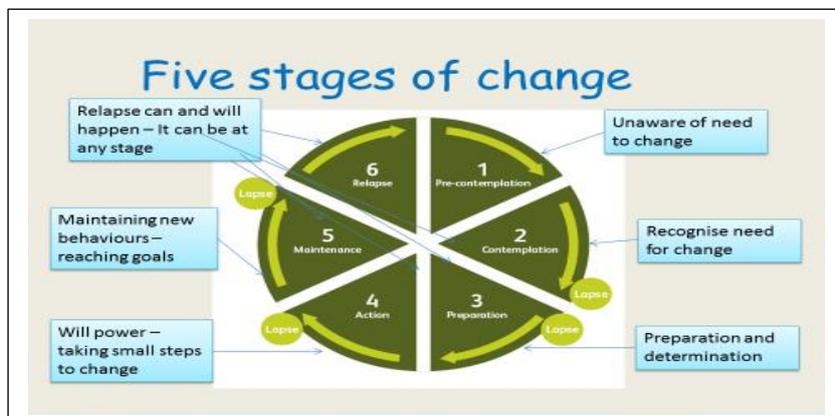


Group Work Programme Overview

- Steps/PX2
- SEN Family Links
- Early Parenting
- Strengthening Families Strengthening Communities
- Liberty
- Safer Healthier Homes
- Understanding teenagers workshops
- 5-11 workshops
- Step Up
- HR4YP (Healthy Relationships for Young People)



Research shows that group work interventions can be a very useful initiative and have been offered for many years to parents/carers and young people across Kirklees. Unfortunately many places are not taken up or people drop out as the referrer has not taken into account where that person is on the cycle of change



- All group work offered within Kirklees utilises a person centred approach and in some programmes a whole family approach is key to their success
- The current offer has been developed to encourage and support families to develop resilience so that they can cope with challenges, and maintain their independence
- We can tailor programmes to meet the needs of your organisation
- All programmes use a restorative approach to allow participants to reflect on their own experiences, values and beliefs

“The other people in the group are a great support”

“The group helped me to understand I was putting too much pressure on myself and my children”

“I am not useless, stupid, waste of space!! I am a good person and I can now see my potential”

“I am not alone in struggling with my children’s behaviour”

Who is it for?

STEPS – For parents/carers who would like to increase their confidence and set new goals in their life.

PX2 – For children/young people aged 13-18 years- *available on request for delivery in schools with young people schools have identified*

The difference between STEPS and PX2 is that the units are delivered in a different order, it has a different manual and the PX2 DVD is vibrant and has a colourful music video feel.

Aims of programme

- ✚ To build confidence and self-esteem
 - ✚ To realise own potential
 - ✚ To understand their beliefs about themselves
-

What the sessions cover

- | | |
|--------------------------------|------------------------------------|
| ✚ What are we leaving out? | ✚ Stretch Your Comfort Zones |
| ✚ What is the Truth? | ✚ Motivation is an Inside Job |
| ✚ Believing is Seeing! | ✚ Understanding Change |
| ✚ How Our Mind Works | ✚ Set Goals and Create Your Future |
| ✚ Who Do You Listen To? | ✚ The Importance of Self-Esteem |
| ✚ Affirmations Make it Happen! | ✚ Be Your Own Sculptor |
| ✚ What Do You Think About? | |
-

How is it delivered?

Steps 13 x 2 hours sessions (12 for PX2)

Up to 12 participants per group

PX2 uses lots of activities and video clips to help to build self-esteem and build a brighter future

Group sessions include

- ✚ Discussion
 - ✚ DVD
 - ✚ Group exercises
 - ✚ Practical activities
 - ✚ Receive a Personal Manual
 - ✚ Weekly evaluation
-

How can I find a group/find out more?

For more information contact

Carol Woodhead Parenting Team Leader

carol.woodhead@kirklees.gov.uk

Mobile: 07814665433

Tel: 01484 221000

Further programme information is available from the programme developers at

<http://www.pacificinstitute.co.uk>

SEN Family Links

(For families with children with SEN or a Disability)

Who is it for?

Suitable for parents/carers of children/young people with a diagnosis/on the path to a diagnosis of a SEN or Disability aged between 2 and 19 years.

Aims of programme:

The Nurturing Programme benefits both adults and children by promoting emotional literacy and emotional health, raising self-esteem, developing communication and social skills, teaching positive ways to resolve conflict, providing effective strategies to encourage co-operative responsible behaviour and managing challenging behaviour in children. It also offers insights into the influence of feelings on behaviour and encourages adults to take time to look after themselves. It is a fun and nurturing programme for parents.

What the sessions cover

- ✚ Giving Praise Week Zero – Establishing a Group
- ✚ Week One – Introducing the Nurturing Programme
- ✚ Week Two – The Question of Discipline
- ✚ Week Three – Rules, Rewards and Penalties
- ✚ Week Four – Ages and Stages in Child Development, Helping Children Grow Up
- ✚ Week Five – Personal Power and Self-Esteem, Choices and Consequences
- ✚ Week Six – Feelings...and what we do with them, Communicating Clearing using "I" Statements
- ✚ Week Seven – Kinds of Touch, Nurturing Ourselves
- ✚ Week Eight – Issues around Sex, Helping Children Stay Safe
- ✚ Week Nine – Behaviours to Ignore, Problem Solving and Negotiating
- ✚ Week Ten – Continuing the Family Journey

How is it delivered?

2 ½ hour sessions per week for 10 weeks

6-10 parents/carers per group

2 facilitators per group

Group sessions include the use of DVDs, Flip Charts, discussions and examples of games to play.

Parents/carers receive a programme handbook.

How can I find a group/ find out more?

For more information contact

Carol Woodhead Parenting Team Leader

carol.woodhead@kirklees.gov.uk

Mobile: 07814665433

Tel: 01484 221000

Further programme information is available from the programme developers at

<http://www.familylinks.org.uk/about/nurturing-programme.html>

Early Parenting

Who is it for?

Suitable for parents/carers of children pre-birth to 5 years who don't have the necessary skills to provide a nurturing, enriching environment for their children. These parents may only have limited contact with their children and need to increase their parenting skills. Parents/carers who have not experienced warm, stimulating childhoods themselves and lack the basic knowledge and skills to provide a nurturing environment for their children

Aims of programme

- Learn practical strategies to support Early Parenting
 - Increase parents/carers knowledge around how to support and respond to their child through play, effective communication, developmental movement and positive attachment
 - Provide hands on experiences to take away and practice at home or in contact
 - Understand the importance of playing and communicating with babies and children
-

What the sessions cover:

Attachment: Attachment describes the powerful relationship which develops between a child and their parent or carer from before birth. Providing children with a solid emotional base for them to learn, grow and become independent.

Developmental movement: Important to children's all round development and for enjoying, living and learning. Early movement helps with later development such as reading and writing.

Communication and Language: Examine how parents/carers can support their child's communication (language and listening) development through talk, play, books and everyday routines. Children learn to communicate and talk through their involvement with the world and the people in it.

Play: Play is essential to how children learn about the world around them through their senses, taste, touch, hearing, sight and smell. Look in detail at schemas and how children's play develops in the early years.

How is it delivered?

2 hour session per week for 6 weeks

Up to 10 parents per group

2 facilitators per group

Group sessions include the use of DVDs, Flip Charts, discussions and parents will gain practical experience making and playing with different materials eg playdough

How can I find a group/ find out more?

For more information contact

Carol Woodhead Parenting Team Leader

carol.woodhead@kirklees.gov.uk

Mobile: 07814665433

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Workshops available on request for delivery in schools

Who is it for?

Suitable for parents of children/young people from 10 – 18 years

Aims of programme

- Provides information and support around issues facing teenagers and their families
 - Gives parents/carers an insight into the reasons behind behaviour at this age
 - Improve relationships between young people and their families by understanding the changing parental role during the teenage years
-

What the workshops covers

- Adolescent Development- understanding teenage brain development, and recognising the physical and emotional changes teenagers experience, including spotting the signs of teenage mental health problems
 - Attachment & Staying Connected- understanding what teenagers need from their parents/carers and how to stay connected
 - Friends & Social Relationships- understanding the importance of friends and social relationships. Explore the risks facing young people eg CSE, radicalisation, gangs, gambling.
 - Communication- effective communication with young people and understanding the feelings and emotions behind teenage communication
-

How is it delivered?

2 hour workshops x 4 weeks

Up to 15 parents per group

2 facilitators per group

Group sessions include the use of video clips, activities, discussions and handouts

How can I find out more?

For more information contact

Carol Woodhead Parenting Team Leader

carol.woodhead@kirklees.gov.uk

Mobile: 07814665433

Tel: 01484 221000

Understanding your 5-11 year old

Workshops available on request for delivery in schools

Who is it for?

Suitable for parents/carers of children from 5 -11 years

Aims of programme

- Explore worries and safety concerns parents have during this period of several transitions
 - Gives parents/carers an insight into child development during these middle years
 - Improve effective communication between parents/carers and their children
 - Understand the importance of friendships during this period
-

What the workshops covers

- Development- understanding the physical, social, emotional and cognitive changes in children of this age. The importance of a good night's sleep. The impact of stressful situations on children and how to build resilience in children. Recognising signs of mental health issues in children
 - Attachment – identifying parental behaviours to support a healthy attachment with their child. The importance of a growth mind set in children and how parents/carer can support this
 - Friendships- identifying bullies and those who bully, giving parents/carers strategies to help in either situation. Identifying risks associated with the internet and mobile devices. Understanding risks online and outside the home eg joining clubs or associations
 - Communication- identify emotions and feelings behind communication, role modelling mindfulness and building emotional resilience in children. How to have difficult conversations with children and using clear instructions to help children listen to you
-

How is it delivered?

2 hour workshops x 4 weeks

Up to 15 parents per group

2 facilitators per group

Group sessions include the use of video clips, activities, discussions and handouts

How can I find out more?

For more information contact

Carol Woodhead Parenting Team Leader

carol.woodhead@kirklees.gov.uk

Mobile: 07814665433

Tel: 01484 221000

Strengthening Families, Strengthening Communities

Who is it for?

Suitable for parents/carers of children aged between 3 to 18 years old, who feel that they are struggling to manage the behaviour of their child/children.

Aim of programme

To strengthen parenting skills and prevent and manage behaviour problems. Improve relationships between young people and their families. Improve attendance at school, behaviour at home and in the wider community. Information is presented within a cultural framework, helping children to become socially competent, have a positive social awareness and increased self-esteem. The overarching aim is for all families to lead a violence free, healthy lifestyle

What the sessions cover

- | | |
|---|-----------------------------|
| ✚ Positive Discipline | ✚ Community involvement |
| ✚ Healthy Relationships | ✚ Childhood characteristics |
| ✚ Rites of Passage | ✚ Parent/child relationship |
| ✚ Ethnic, Cultural, Spiritual, Family roots | |
| ✚ Parent/carer modelling | |
-

How is it delivered?

3 hour sessions per week for 13 weeks.

8-15 parents/carers per group

2 facilitators per group

Group sessions include the use of DVD's, Flip charts, discussions and handouts.

Parents/carers receive a programme handbook, which is available in a range of community languages.

How can I find a group/ find out more?

For more information contact

Carol Woodhead Parenting Team Leader

carol.woodhead@kirklees.gov.uk

Mobile: 07814665433

Tel: 01484 221000

Further programme information is available from the programme developers at

<http://www.strengtheningpractice.org.uk>

Liberty

Who is it for?

Suitable for any parent/carer who are or have at some point been victims of Domestic Abuse. The programme has been written to be gender neutral, so is suitable for both male and female victims. This programme is also available for Urdu/Punjabi speakers who have English as a second language.
NB. Groups would never be mixed but arranged to meet the needs of the referrals.

What are the aims of the programme?

- ✚ Liberty is adapted from the Freedom Programme, although retaining the principles of Freedom it is designed to be more accessible and inclusive to all victims of Domestic Abuse.
 - ✚ Participants will raise their awareness and be able to recognise the different tactics and beliefs of the dominator and the effects this has had on them and their children.
 - ✚ Participants will be encouraged to reflect on their own story and the impact that Domestic Abuse has had on them and their family.
 - ✚ Increased awareness of the impact of Domestic Abuse on children and methods for increasing resilience for all the family.
 - ✚ Restorative practices will be utilised to help to rebuild healthy relationships, resolve difficulties and repair harm within the family to create change.
 - ✚ Raise awareness of how to keep safe
 - ✚ To raise awareness around Clare's Law and safety planning including online safety
 - ✚ To raise awareness of future relationships including safe dating.
-

How is it delivered?

10 weekly 3 hour sessions the participants will be encouraged to reflect on their individual story and the impact that Domestic Abuse has had on them and their family.

Usually 10-16 in a group and at least 2 facilitators per group

Sessions will be a mix of creative and focussed group work tasks to enable participants to create a portfolio of work that they will be able to take away.

How can I find a group/ find out more?

For more information contact

Carol Woodhead Parenting Team Leader

carol.woodhead@kirklees.gov.uk

Mobile: 07814665433

Tel: 01484 221000

Safer Healthier Homes

Who is it for?

The service is for families where poor home conditions are having a negative impact on children's life chances and ability to achieve. These include families in the Stronger Families Cohort and those

whose children are at risk of going into care. This programme has been developed in response to the negative impact of poor or inadequate living conditions on the lives of children, young people and their families.

Aim of the programme

The aim is to encourage the parent/carer to take responsibility for their home conditions including the safety, health and hygiene of themselves and their children.

What the sessions cover

The programme has four learning modules: Parents/carers attend weekly 2 hour sessions over 12 weeks covering

-  Cooking skills
 -  Health and hygiene in the home
 -  Introduction to animal care for pet owners (if applicable)
 -  Household skills
-

How is it delivered?

Families with multiple and complex needs will learn new skills whilst developing their knowledge around health, personal hygiene, home safety, food hygiene and basic animal care. The modules are a mixture of worksheets and practical skills to try during the session and practice at home with their families. This will build up to producing a portfolio of work which will also include photographs and comments from the tutor about their progress. At the end of the programme, the families receive a deep clean to enable them to uphold everything they've learnt.

We expect that...

The key worker will provide support throughout the programme and attend at least 2 sessions of the programme. You will also offer practical support within the home in preparation for the deep clean and work with the family to help improve parenting skills and family life.

You can expect that...

On completion of their portfolio parents will receive a level 1 qualification and also be offered a deep clean of their home.

How can I find a group/ find out more?

For more information contact
Carol Woodhead Parenting Team Leader
carol.woodhead@kirklees.gov.uk
Mobile: 07814665433
Tel: 01484 221000

HR4YP

NB Still in development at the moment 16/8/19 (Healthy Relationships /Domestic Abuse Programme)

Who is it for?

Young people aged 11-21

(Adapted from a variety of resources and the Liberty Programme, although retaining the principles of Liberty it is designed to be more accessible and inclusive to young people in Kirklees)

What are the Aims of the programme?

Aims of programme

- ✚ To understand and recognise healthy and unhealthy relationships while also directly completing work around an abusive personal relationship.
 - ✚ To identify the behaviours of the perpetrator in an abusive relationship.
-

Sessions Include

- ✚ Difference in Healthy and Unhealthy Relationships
 - ✚ Recognising Abuse
 - ✚ Impact of social Media /Media on Young People In regards to Relationships
 - ✚ CSE and Law/Legislation
 - ✚ Life Skills Session
 - ✚ Awareness of Domestic Abuse in Relationships
 - ✚ Recognising perpetrator behaviours and traits
 - ✚ Celebration
-

How it is delivered?

8 weekly sessions (flexible)

90 min sessions (flexible)

Group work or 1-1 in the home /other setting

1 trained facilitator (must be another member of staff to support)

Up to 15 in a group

Group sessions Include – reflective activities, discussions, you tube clips, music, games, weekly evaluation and feedback, positive reinforcement of behaviours.

Who to Contact:

For further discussion or information to discuss a young persons' suitability for the programme, contact

Sam Scaddan Stronger Families Consultant for the Step Up /HR4YP programmes

sam.scaddan@kirklees.gov.uk

Mobile: 07528252249

Tele: 01484 221000

Who is it for?

A young person over the age of **11 years** who has been assessed (Early Help, CIN, S47) as being abusive /violent towards their parent/carer or sibling and where there is no current domestic abuse between adults in the family home. The young person will attend with their parents/carers/ and if appropriate siblings.

What are the Aims of the programme?

Aim of programme

- ✚ By using a cognitive behavioural, skills based approach to help teens stop the use of violent and abusive behaviours and teaches non-violent, respectful ways of communicating and resolving conflict with family members.
 - ✚ This encourages reflection of behaviours using a restorative practice model of accountability, competency development and family safety to restore family relationships.
 - ✚ Restorative inquiry is used to help the young person recognise the effects of their actions on others, cultivate empathy and take steps to repair harm done.
-

Sessions include

- ✚ Identifying red flags (behaviour triggers)
 - ✚ Strategies to keep calm
 - ✚ Compromise
 - ✚ Negotiation
 - ✚ Taking responsibility for behaviour
 - ✚ Importance of Praise
 - ✚ Family Activities
 - ✚ Making Amends
-

How it is delivered?

12 weekly sessions (flexible, if delivered during the holidays)

Meal provided

2 hr 45 min sessions

6-9 facilitators (depending on size of group)

5-12 families

Group sessions Include – reflective activities, discussions, you tube clips, music, games, weekly evaluation and feedback, positive reinforcement of behaviours.

Who to Contact

For further discussion or information to discuss a young persons' suitability for the programme, contact

Sam Scaddan Stronger Families Consultant for the Step Up /HR4YP programmes

sam.scaddan@kirklees.gov.uk

Mobile: 07528252249

Tele: 01484 221000