

Torbay Children's Centre

Zig Zags Children's Centre, 32 Market Street, Torquay TQ1 3AQ

The Beehive, Bishop's Place, Paignton, TQ3 3DZ

Watcombe Children's Centre, Moor Lane, Torquay TQ2 8NU

'The Barn' Family Hub, Brixham Enterprise Estate, Rea Barn Road, TQ5 9DF

Stay & Plays venues:

Upton Vale Church Hall, Castle Circus, Torquay

St Boniface Church Hall, Belfield Road, Foxhole, Paignton

Palace Avenue Church Hall, Palace Avenue, Paignton

Watcombe Community Centre, Medway Road, Torquay

**More information & Course Booking please ring
01803 210200**

www.torbay.childrencentres.org

Diary sheets are updated every quarter on our website.

For a digital copy emailed to you please contact.

TorbayChildrensCentres@actionforchildren.org.uk

Torbay Children's Centres



PROFESSIONAL'S GUIDE

To

SERVICES & ACTIVITIES

(updated :- May 18)



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For up to date information and news.



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Stay & Play run at:

Torquay :-

Medway Community Centre – Fridays 9.00 - 11.00

Upton Vale - Wednesdays 10.00 - 11.30

Paignton & Brixham:-

The Barn, Brixham - Wednesdays 9.30 - 11.00

Palace Avenue Methodist Church - Wednesdays 10.00 - 11.30

St Boniface Church - Thursdays 9.30 - 11.00

HEALTHY START VITAMINS

AGE: Ante-natal & 6mnths-4years

Universal Service—Drop in

There is evidence to show that women and children from poorer backgrounds and ethnic minority groups fail to achieve the recommended level of some vitamins, these include folic acid and vitamins D and C.

Healthy Start vitamin supplements provide a safety net for these women and children in vulnerable groups, but should not be seen as a substitute for introducing infants and children to a variety of fruit and vegetables at appropriate stages.

Vitamins are available free of charge from the Children's Centres.

Aims and Objectives:

- Torbay Children's Centre to distribute the supply of Healthy Start vitamins and drops to beneficiaries of the Healthy Start Scheme.
- To provide vitamins to those outside the scheme free of charge, as part of the health service arrangements made with the LA and keeping in line with the NHS charging regulations.

Outcomes Sought:

Increase the uptake of the Healthy Start scheme.

To reduce vitamin D deficiency in pregnancy.

To increase the overall health of children & pregnant/breast-feeding mothers.



TENS MACHINE HIRE:

AGE: 37 weeks pregnant

The children's centres loan out TENS machines for £10 per hire with £10 refundable deposit, or free to those families on a low income. The machines are loaned out to expectant mothers who are more than 37 weeks pregnant.

Aims and objectives:

- To support expectant mothers during labour.

Activities:

TENS machine is cleaned after each hire to prevent cross contamination.

The self-adhesive pads are non-returnable and are to be disposed of before return.

Registration is completed (if required) before each hire.

Liability form is completed for each hire, to cover non-returned or damaged TENS.

Outcomes for Parents:

Pain relief from back pain from 37 weeks gestation.

Pain relief from Braxton hick's contractions.

Pain relief from contractions whilst in established labour.

A reduction in medical intervention during labour.

Outcomes for infants:

Women more ready to attend to their infant's needs.

Infants more alert if no other form of analgesia required.



BREAST PUMP HIRE:

Torbay children's centres loan out electronic breast pumps free to low income parents or £20 per month with a £10 refundable deposit.

Aims and objectives:

- To promote, encourage, support & sustain breastfeeding.
- To encourage breastfeeding for more than 6 months.
- To support bonding between infants and mothers.
- Improve the health of mothers and infants by increasing breast feeding rates.
- To make breast pump hire available to target groups.

Activities:

Loaning out the breast pumps; includes pump and a non-returnable collection set. Each pump is cleaned after each hire to prevent cross contamination. Registration is completed (if required) before each hire. Liability form is completed for each hire, to cover non-returned or damaged pumps.

Outcomes for Parents:

Lowers the risk of getting breast and ovarian cancer.
Naturally uses up to 500 calories a day.
Saves money on infant formula, sterilizing & feeding equipment.
Can help to build a strong bond between you and your baby.

Outcomes for infants:

Reduced risk of diarrhea, vomiting and hospital admissions.
Fewer chest and ear infections..
Lower chance of being constipated.



Parents Advisory Board (PABs)

Targeted Group

Parents and carers of children and young people who use the services at the Children's Centre, young people, local community associations and partner agencies working with Torquay Children's Centres.

Aims and Objectives

- To provide a channel through which parents and carers of children and young people themselves can voice their ideas and concerns in regard to range and quality of the services provided at the Children's Centre.
- Ensure the services on offer meet local needs and contribute to improving outcomes for children, young people and their families.
- Work the Torbay Children's Centres to inform service delivery.
- Develop a board Action Plan.
- Sharing Action for Children's outcomes and indicators to ensure that targets are evaluated and met.

Activities:

The board will meet once every 6 weeks.
Centre Lead will have an allotted time frame guided by the PABS of attendance.
Empower the group to be individual from Action for Children.
Crèche.

Outcomes Sought:

Parents report improved self esteem and confidence.
Parents progress to take up further training opportunities or volunteering.
The parent expresses/demonstrates an improvement of their future aspirations .
Parents participate in services moving from a focus on their own family unit to the needs of the wider community.
Services are shaped to meet the needs of the community through the involvement and participation of the parents.

BOOK SHARING SCHEME

Universal Service

Available at all Children's Centre Play Cafes and Bambi Groups. Encourage parents and children to share books at home by borrowing them from a Children Centre. The books are chosen by the children independently, and the children encouraged to show staff their choices and then when returning them to put them away.

Particular focus was to help support the Communication and Language area of the Early Years Foundation Stage (EYFS) and support the children ready for Literacy area of the EYFS.

Aims and objectives of Group:

- To encourage families to share books at home.
- To encourage child's independent choices.
- To encourage families to attend local Libraries and the services they offer.
- To support children to be school or nursery ready.

Activities:

The families receive a sticker when they return the books and after a collection of 10, they are invited to their local library for a presentation of a certificate.

Outcomes Sought:

Improving personal, social and emotional development of the child

Helping to support independence, by expressing own preferences and interests.



ONE STEP AT A TIME

AGED 0-12 MONTHS

Targeted Service Referral Necessary - A 10 week course for women with a baby under 12 months of age who are feeling low, anxious or overwhelmed.

Aims and objectives of Group:

- To help people rediscover activities that they find valuable and rewarding in order to reduce negative thoughts and behaviours

Activities:

- Thrive based activities within the crèche provision – bubbles, feathers, tactile experiences

For more information email TDAS@Sanctuary-Housing.co.uk

BABY CAFÉ

AGE: 0-12 Months

Universal Service—Drop-in.

For babies 0-12 months offering support and advice, feeding support group and information for parents on feeding their infant.

Aims and objectives of Group:

- Promote, Support, & Sustain Breastfeeding.
- Encourage safe feeding practices.
- Encourage breastfeeding after 28 days.
- The health and development needs of the child are identified.
- Signposting to other agencies for further advice or support.

Activities:

Weekly drop in sessions at The Beehive and Zig Zags Children's Centre.
Informal session with staff available to offer advice and support.
Refreshments available.

Outcomes Sought for Parents:

The child's health is enhanced.
Parent's capacity to support their child's health and development through breast-feeding is also enhanced.
Better emotional bonding between mum and child.
Better mental and emotional wellbeing as mums are getting support and building friendships.

Outcomes Sought for Children:

The health and development needs of the child are identified.
There is an improvement in the child's physical health.
Breastfeeding allows mum and baby to get closer, physically and emotionally.
Encourages bonding.
Protection against numerous infections and illness.

VOLUNTEER PROGRAMME

A programme to enhance and support the delivery of services, provide opportunities for employability, training, positive contribution, and developing skills.
Improving confidence, thereby empowering an ability to make a difference to the delivery of services & support for our service users.

Aims and objectives:

- Gain and develop employability skills and work experience.
- Improve confidence, make a positive contribution to the local community.
- To support and enhance service delivery.
- To gain and develop employability skills and experience, improve confidence.
- Awareness of locality knowledge to help identify the needs of the community and how we can work together.

Activities:

Raise the public awareness of AFC volunteers through advertisement.
Work in partnership with other voluntary sectors to recruit and/or share volunteers.
Provide support and supervision to all volunteers, and further training as required.
Conduct regular assessments and reviews of the programme.
Involve volunteers, service users and staff in programme development.
Equality, diversity and inclusion.
Safeguarding, Boundaries and confidentiality.
Health and safety.
To provide continuous CPD through group training and supervisions.

Outcomes Sought:

The volunteer reports increased self-confidence and self esteem.
Volunteers improve their literacy or numeracy skills and or achieves a qualification.
Volunteers accessing work or developing skills for employment.
The volunteers expresses/demonstrates an improvement in their aspirations.

Volunteer comments:

"Still love it, really look forward to coming along to the sessions "

PARENT CHAMPIONS

Parent Volunteers who talk to parents and guardians, individually or in groups, to highlight the benefits of childcare, family activities and parent involvement through a variety of methods, using networks in and around Children's Centres.

To understand and offer support to overcome the barriers around childcare, early years services and specialist appointments. Apply online by clicking on the Volunteer link on our website www.torbay.childreencentres.org

Aims and objectives:

To provide:

- Opportunities for access to local health & community services.
- Support in accessing childcare and information regarding funding available.
- Signposting to specialised services.
- Support to staff in services relating to health, wellbeing and school readiness.

For Parent Champions:

- Effective training to enable volunteers to carry out their roles, AFC core training and specialised training including mental health & First Aid.
- An Opportunity to gain and develop employability skills and work experience, improve confidence, to make a positive contribution to the local community.
- Awareness of local knowledge to help identify the needs of the community and how we can work together.

Activities:

Work in partnership with other agencies to provide positive outcomes to families
Recruit suitable Parent Champions from existing volunteers
Match appropriate families and volunteers
Enable a variety of Parent Champions for wellbeing, childcare, early years and health.
Provide continuing support to families
Provide supervision to Parent Champions, and any further training as required

Outcomes Sought:

An improvement in mental and emotional well-being.
The parent reports increased self-confidence and self esteem.
The parent is supported in accessing appropriate services to protect the family.

AGES & STAGES - Bumps to 9 MONTHS

AGE: Pregnancy to 9 mths

Universal Service - Drop-in

6 week rolling programme. 1 hour session.

Parents & Carers do not need to book and can join the group at any stage.

Runs term time only.

Aims and objectives of Group:

- To provide support for all families who may be experiencing or likely to experience difficulties in pregnancy and the first 9 months of their child's life.
- To support parents/carers to recognise, understand and manage their own emotions and those of their child's through group discussions and practical activities.

Activities:

Speech, language and communication
Babies Health
Feeding
Bonding and attachment
Parent Health
Child Development



Outcomes sought:

The parent reports/demonstrates an increase in knowledge and understanding of how to keep their family healthy.
The parent is supported to access relevant support for post-natal depression.

SUPPORTED BABY MASSAGE **AGE: 6wks - 6mths**

Targeted service – referral necessary.

A group reaching the most vulnerable families experiencing attachment difficulties. A 5 week programme that incorporates the basics of massage, promoting positive touch. Within the group parents confide in new anxieties and share experiences.

Staff aid in building positive relationships - linked to 'children meeting their developmental milestones' pathway - early identification of need and support. It is understood that a child cannot develop well unless their emotional needs are secure.

Aims and objectives of Group:

To provide:

- A nurturing environment for parents and infants to learn/develop together.
- Parents with the skills to massage.
- Bonding and attachment theories.
- Listening to and understanding babies.
- Responding to baby's cues.
- Health benefits.

Activities:

5 week course teaching parents the skills of massaging their baby.

The course progresses in stages.

Leg, tummy, chest, arms, faces and back massage plus a colic routine.

Advice on basic baby needs is given i.e. sleep routines, feeding etc. Parents are signposted and supported with more complex needs.

Outcomes Sought:

The parent reports/demonstrates improved relationships with their child.

The parent reports/demonstrates an improved understanding of the need for more positive interactions with their child.

The parent reports evidence of improvement in the child's behaviour.

The parent reports/demonstrates an increase in knowledge and understanding of their child's emotional needs and how to support them.

The parent reports/demonstrates an improvement in their mental and emotional well-being.

YOUNG PARENTS GROUP (under 25) **AGE: 0-5 Years**

Targeted Group Drop-in

A weekly group for young parents up to the age of 25, providing opportunities for play and a chance for young parents to meet.

Aims and objectives of Group:

- To provide a safe, stimulating, caring and supportive environment.
- A place to meet, play with their children and access services.
- To offer advice and support as necessary for learning life skills.
- For young parents to share feelings and experiences.
- To increase support networks and reduce isolation.
- To gain a greater understanding on how to use play, art and craft activities to provide opportunities to encourage their child's development.
- Signposting to other services as required

Activities:

Positive learning environment.

Access to advice re child development, SLC, school readiness.

Book share scheme.

Singing and story activities.

Shared healthy snack time.

Access to computer use - applications for volunteering, housing, 2 year funding.

Healthy Start Vitamin scheme.

Links to parental advisory boards.

Outcomes Sought:

Increase in home learning activities and communication with children.

Priority Group children improving relative to individual development milestones.

The child's or parent's additional needs are identified and timely intervention takes place through the children's centre.

Parents receiving information, advice or guidance that meets their defined need.

CONFIDENCE FIRST GROUP

AGE: 0-5 Years

Targeted Group Referral necessary.

For families on Level 2-4 of the child's journey. Group facilitated by TDAS supported by Action for Children Family support practitioners. This group is 2 hours a week for 6 weeks. Groups held in AFC Children's Centres with Crèche.

Aims and Objectives

- Support parents with low self-esteem and confidence.
- Have positive impact on parenting ability and long term prospects.
- Support parents to recognise they have basic rights.
- Recognise and place boundaries that will help in all areas of life.
- Build assertiveness to help parents feel more in control.
- Support in understanding the parents personal needs.
- Support to recognise differences between healthy and unhealthy relationships.
- Empowering parents to set new achievable goals.
- To provide a positive experience, whilst having fun in a friendly environment.

Activities:

Various interactive activities. Setting small achievable goals. Time at the end of the session to speak with course facilitators if needed.

Outcomes Sought:

To develop and re build parents self-esteem and confidence which may have been lost due to experiencing Domestic abuse or other personal reasons.

Feedback :-

"Thinking of myself and what I need, as I had forgotten myself"

"I feel I can speak up and be heard."

"To walk away and know I have a choice, opinion, I can love myself and I can be positive instead of glum."

Contact : **TDAS@Sanctuary- Housing.co.uk**

WEANING PARTY

AGE: 6 MONTHS+

Universal Service – Booking necessary.

A monthly session run by Health Visitors, Community Nursery Nurses, Health Trainers and Children's Centre staff for babies over 6 months to introduce healthy nutritionally balanced meals.

Aims and objectives of Group:

- To support overarching health targets reducing obesity in children and supporting good dentistry in children.
- To provide a rolling programme of 'weaning' parties.
- To promote healthy weaning practices in the community.
- To provide the appropriate information regarding healthy weaning practice.
- To provide practical aspects of preparing and cooking a well-balanced meal (through on site cooking demonstrations).
- To improve good nutrition in infants.
- Increase access to healthy nutritious foods.
- To improve the health/nutrition of clients in Torbay by the promotion of good nutrition through partnership working.
- To contribute to the reduction of health inequality through targeting resources to those most in need to support and empower them to eat as healthily as possible.
- To investigate the feasibility of introducing the "Baby Friendly Initiative" in the community

Activities:

Practical cooking demonstration of a recipe. Meal then eaten at the party. Support and advice on complementary feeding and preparing home cooked meals for baby. Healthy Start Vitamins and free Weaning Pack available.

Outcomes Sought:

The parent reports/there is evidence of an increase in child's healthy eating.
The parent reports/demonstrates an increase in knowledge and understanding of how to keep their family healthy.
The parent reports increased knowledge and understanding of healthy weaning.
The parent reports an increase in healthy eating.
Parents are able to identify a nutritionally balanced, well portioned sized meal.
To enable parents to gain good basic cooking skills.

AGES & STAGES - LITTLE MOVERS **AGE: 9-18mths**

Universal Service - Drop-in

6 week rolling programme. 1hr 30min session.

Parents/Carers do not need to book and can join the group at any stage.

Runs term time only.

Aims and objectives of Group:

- To provide support for all families experiencing or likely to experience difficulties in the first 9 to 18 months of their child's life.
- To support parents/carers to recognise, understand and manage their emotions and those of their child's through group discussions and practical activities.
- Parents/carer to have better understanding of child development and how they can support their children

Activities:

Speech, language and communication

Babies Health

Feeding

Bonding and attachment

Parent Health

Child Development



Outcomes Sought:

The parent reports/demonstrates an increase in knowledge and understanding of how to keep their family healthy.

Parents report receiving information, advice or guidance that meets their defined need.

The parent reports an increased knowledge and understanding of healthy weaning.

LIGHT SUPPORT GROUP

Targeted service - Referral required.

A referred group for people and families who are free from domestic abuse.

Attendees should ideally be free from abuse for 6 months. This is only a guideline and each case would be individually assessed with the information that the referrer provides.

Not gender specific; this will enable survivors to build and form normal relationships/ friendship with the opposite sex.

The programme would encourage children to be part of the recovery.

An individual would need a sponsor to be referred onto the course i.e. Children's Centre worker, school worker.

Aims and objectives of Group:

- To raise self-esteem and self-worth.
- To begin to consider next steps of their life journeys.
- To gain new skills and to reduce isolation.

Activities:

Each session will be planned and self-evaluated. Plans could include outings, pamper sessions, arts and crafts etc. Offering new opportunities/experiences.

Outcomes Sought:

The parent reports increased self confidence.

The parent reports improved self esteem.

The parent reports/and demonstrates experiencing lower levels of stress.

The parent reports an increase in knowledge and understanding of how to reduce risks and keep their child safe.



FREEDOM PROGRAMME

Targeted service Referral necessary – A referred group for women who have experienced or are still experiencing domestic abuse – Linked to Children's Centre agenda predominately women with children under the age of 5

Aims and objectives of Group:

- To provide information about male violence to women i.e. to share Information about potential characteristics of 'Mr Good' and 'Mr Bad'
- To provide opportunities for the women to build peer support networks

For more information email TDAS@Sanctuary-Housing.co.uk

SMALL STEPS (School Readiness)

AGE: 18mths - 4 yrs

Targeted Group - Booking necessary.

To Increase parents knowledge and understanding on how to support their children to be prepared for the next steps in their life i.e. nursery/school.

Aims and objectives of Group:

- To provide a programme of support for families who would like to extend their ability in supporting their child's development.
- To support parents/carers to recognise, understand and manage their own emotions and those of their child through group discussions and practical activities i.e. transition.
- To support with reducing the attainment gap for children living in poverty.
- To raise family aspirations and to begin a learning journey.

Activities:

To Increase parents knowledge and understanding on how to support their children. To be prepared for the next steps in their life i.e. nursery/school. Particular focus on the 3 prime areas of learning (EYFS)
Physical Development (including self-care skills)
Personal, emotional and social development (emotional wellbeing)
Communication, Language and Literacy

Outcomes Sought:

Increase in home learning activities and communication with children.
Children improving relative to their individual development milestones.
Parents report an improved understanding of child development.
The child's or parent's additional needs are identified and timely intervention takes place through the Children's Centre.
The parent expresses/demonstrates an improvement in their aspirations for their family's future.



Lets 'Talk & Play'

AGE: 18 to 30 mths

Targeted service - Referral required.

Targeted - Appointment based Service. Professional or self-referral.

A service provided for parents/carers, who are concerned with their child's SLC (Speech, Language & Communication) development. Supported by Early Years staff to enhance SLC development in the home.

As a child's first and most important teacher, this session through guidance/advice aims to empower parents/carers with the tools and knowledge (top tips) to take advantage of this.

Aims and objectives of Group:

- To develop skills & understanding of the parent/carer when interacting with their child, so that they can support their child's speech and language skills.
- To assist in developing the child's listening skills.
- To identify at an early stage if a child has more significant needs that require additional support.
- To develop and offer opportunities for children to improve language and interaction skills.

Activities:

Initial appointment held at a Children's Centre, although if mutually agreed that a home visit would benefit the family, then these will be made separately.

The first appointment taking about 1hr will consist of Completing SLC monitoring documents, observation of parent/carer interactions. Supported by role modelling and coaching skills.

Reflection and home activity plan.

Confirming date of follow up (30mins) progress review.

Outcomes Sought:

Increase in home learning activities and communication with children.

Children from priority groups show improvement against individual developmental milestones.

Parents report an improved understanding of child development (around SLC)

Any additional needs identified, are addressed through timely intervention.

Parents report receiving relevant support that met their defined need.

Top tips being used.

EVIDENCE BASED PARENTING GROUPS

AGE: 0-5 YEARS

Targeted Groups—Referral required.

Nurture – 11 weeks

(Week 0 followed by 10 weeks)

The Nurturing Programme is a 10 week parenting programme that looks at family life in a thoughtful and fun way. It also helps support positive behaviour in children and goes much further than that by looking at the emotional needs behind our children's behaviour. The Nurturing Programme benefits both children and parents by:

Triple P – 9 weeks

Comprising of: - Week 0, Weeks 1-4 Group, Weeks 5, 6, 7 phone calls, week 8 group

Aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to positively and confidently manage family issues. The three Ps in 'Triple P' stand for 'Positive Parenting Program'. Triple P introduces parents to a range of strategies to help them:

Solihull – 11 weeks

(Week 0 followed by 10 weeks)

The Solihull Approach Parenting Group emphasises the need for emotional containment and the presence of a reciprocal relationship. This enables parents to think, within the group and at home, about sensitive and effective approaches to behaviour management. It also empowers parents, to build on their existing skills and develop a way of thinking to solve difficulties in the future. The Solihull Approach Parenting Group is designed to help parents:

Incredible Years - 15 weeks

(Week 0 followed by 14 weeks)

For parents of younger children, the course can give you the tools to use play, praise and rewards to bring out the best in your child as well as giving you the confidence to deal with difficult behaviour without losing your cool.

Incredible Years can support parents by.

All the above groups are by referral only.

Please visit our website for referral forms and more details.



FAMILY SUPPORT

AGE: 0-5 YEARS

Targeted Service - Referral necessary via Early Help Panel.

A one to one support service that responds to the individual needs of the family; the child is at the centre of all activities/interventions.

Aims and objectives :

- Enabling families with resilience/confidence to cope with family/life difficulties.
- Supporting families with significant/severe or complex needs.
- Give guidance to families who are experiencing stressful events, conflict or are at crisis point.
- Supporting those with adult mental/physical health that impact on children.
- Families with history of domestic violence or substance abuse which is impacting on the children.

Activities:

Daily routines and family organisation.
Budgeting and healthy eating.
Support in accessing appropriate services or universal activities.
Support parents to complete forms and applications.
Positive behaviour management strategies.
Establishing positive and secure relationships.
Understanding children's social, emotional and developmental needs.
Developing supportive family and social networks.
To raise aspirations and contributions into the community.
Attendance at child in need, child protection and core group meetings supporting the needs of the child.

Outcomes Sought:

The parent reports/demonstrates improved confidence in setting clear boundaries and dealing with difficult behaviour.
The parent reports/demonstrates improvement in mental and emotional well-being.
The parent reports increased self-confidence and self esteem.
The parent shows understanding of the impact substance misuse has on their child.
The parent reports an increase in knowledge and understanding of how to reduce risks and keep their child safe.
The parent is supported in accessing appropriate services to protect the family.

STAY AND PLAY

AGE: 0-5 years

Universal Group - Drop-in

A community based universal service supporting child development and school readiness. Run in areas identified as having high need.

Aims and objectives of Group:

- A safe and welcoming environment to play, explore and socialise.
- Reduce parent isolation, enabling access to a local service.
- To empower adults with confidence and abilities.
- To promote emotional, moral, and social development.
- To provide a positive learning environment.
- To identify & assess the family's needs holistically at an early stage.

Activities:

A positive learning environment.
Support with SLC.
Book share scheme.
Team games.
Singing.
Craft activities.
Messy play.
Access to advice and guidance.
Healthy Snacks.
Health Promotions

Outcomes Sought:

An increase in home learning activities and communication with children.
That children from priority groups show improvement in relation to their individual development milestones.
The child's or parent's additional specific needs are identified and timely intervention takes place through the Children's Centre.
Parents report receiving relevant information, advice or guidance.

FIPCAN - FAMILY INFORMATION & PLAY FOR CHILDREN WITH ADDITIONAL NEEDS

AGE: 0-5

Targeted Group - Drop-in

Fortnightly at The Beehive Paignton and Watcombe Children's Centre, Torquay - sessions can be accessed by any parents/carers who have a child/children from 0-5 years with additional needs and their siblings.

Aims and objectives of Group:

- An opportunity for families to access support from other parents/carers and professionals which is specific to their needs.
- This group provides parent/carers with emotional support, advice and sign posting from experienced families and staff, professionals and other parents.
- To provide additional need children and their siblings a positive, stimulating and sensory play environment to enjoy and explore.
- Helping children to achieve more.

Activities:

Provision of information and advice about special needs (health, finance, education)
Emotional support for parents from professionals/parents
To reduce isolation and promote social inclusion.
Play environment accessible for children with additional needs and their siblings.

Outcomes Sought:

To provide advice and emotional support.
To include parent's choice and feedback on activities.
To provide an arena for social interaction and support.
To reduce isolation and promote social inclusion in all aspects.

We have regular days out visiting local events e.g. Paignton Zoo, Occombe Farm and Living Coasts, where we make use of their cafés as a separate visit which is a vital part of Inclusion in the Community for our families.



LETS TALK AND PLAY TOGETHER

AGE: 0-5

Targeted Group

An interactive story and singing session to promote child development focusing on language and communication skills through sharing stories, singing & activities. Activities are planned around Speech, Language and Communication Development. These consist of Attention & Listening, Understanding, Talk & Speech Sounds, Social Communication.

Aims and objectives of Group:

- For parents and their children to sing together and have fun with music.
- Parents to understand that singing supports the development of a range of skills vital for language and communication development, anticipation, turn taking, listening and attention, memory and talking.
- For parents to know how to share books with their child.
- Parents to know why sharing books is important for language development and educational achievement.
- For parents to know which books are appropriate to select according to age.
- Parents to share books with their child.
- To share healthy snacks, developing social interaction. To try new foods.

Activities:

A shared book, group singing and activities related to the story.
Group finishes with a snack time of fruit and a drink to allow children to explore social interaction and social language.
Library book loans available at each session.

Outcomes Sought:

Increase in home learning activities and communication with children.
An improvement in relation to their individual development milestones.
Parents report an improved understanding of child development (SLC).
The child's or parents additional needs are identified and timely intervention takes place through the children's centre.
Parents receiving information, advice or guidance that meets their defined need.