



**Daventry & South
Northants Family
Centre**

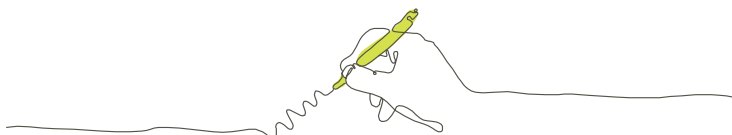
***HANDOUT
PACK***

as long as it takes

WHO WE ARE

Action for Children is a leading National Children's Charity and the Daventry & South Northants Family Centre is funded by Northamptonshire County Council, Children & Young People's Service.

Based in Daventry, services are delivered within Daventry District and South Northants. Various venues are used in South Northants, Towcester and the Health Centre is used in Brackley.



THE GROUP PROGRAMME

Currently includes:

- **CHILDREN'S CONFIDENCE GROUP**

Supports children to look at their feelings, ways to deal with bullies, worries, ways to think differently and develop a more positive sense of themselves.

- **CHILDREN'S ANGER GROUP**

Helps children to understand their anger and encourages them to deal with it appropriately in the future. Parents are required to attend sessions to support their children in this work as the whole family's approach to anger is addressed.

- **DOMESTIC ABUSE GROUP FOR CHILDREN**

Supports children to discuss issues and feelings surrounding domestic abuse and gives strategies for managing these.

- **AVOIDING CONFLICT WITH ADULTS**

Enables young people to think about how they communicate and develop skills in negotiating, problem solving and dealing with anger and confrontation.

(Their parent(s) are required to attend a concurrent group)

- **LIVING WITH TEENAGERS GROUP**

Encourages parents to communicate clearly with their teenagers, identify triggers to behaviour and find responses appropriate to their individual family.

(Their teenagers are required to attend a concurrent group)

- **UNDERSTANDING CHILDREN'S BEHAVIOUR**

Supports parents to look at behaviour they are struggling with and develop tactics for responding differently to their children. The majority of parents attending this group have children under the age of 5.

- **PROTECTIVE BEHAVIOURS**

Workshops are held for parents to increase their awareness of personal safety for themselves and their children. Groups are held for children when sufficient referrals are received. Otherwise work with children is undertaken individually or as a family based service.

- **CONFIDENCE BUILDING COURSE**

Gives parents ideas to work on their own confidence and encourage confidence in their children.

- **TOP TIPS**

Two sessions that provide parents with a “tool kit” that gives basic tips on responding to challenging behaviour from under 5's.

- **MONEY MATTERS**

Six workshops to provide parents with new ways of making their money go further and raising awareness of entitlements.

- **PARENTING SKILLS** - INCLUDES THE TOPICS OF:

- CONFIDENT PARENTING
- GUIDANCE AND BOUNDARIES
- SAFETY
- BASIC CARE
- STABILITY & STIMULATION & PLAY

Each topic is covered over 4 weekly sessions. Aimed at parents who would find the pace of the Understanding Children's Behaviour group too fast.

INDIVIDUAL/FAMILY SUPPORT

All of the group material can be used with individuals or families and the following additional services are also available.

- **COUNSELLING**
Three counselling hours per week are available to parents or young people.
- **VIDEO INTERACTION GUIDANCE**
VIG is a way of using video to improve communication between parents and their children, focussing on the positives.
- **ADULT ANGER PROGRAMME**
This is offered in 3 stages that include 2 assessment sessions, 4 sessions focussing on the needs of the individual within their family, and, if appropriate, counselling.
- **FAMILY CARING**
Short-term childcare provision to families who meet the required eligibility criteria.
- **FAMILY RESOURCE TEAM**
Intensive family support service delivered in partnership with Children & Young People's Service. This service can only be accessed via a referral to Children & Young People's Service.

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FEEDBACK FROM CHILDREN, YOUNG PEOPLE & PARENTS

All Family Centre services are evaluated through the use of questionnaires. The following are examples of the feedback obtained:

CHILDREN'S CONFIDENCE BUILDING

"I learnt more about my feelings"

"It was easy to understand"

"It will help me to be good at school"

"I remember the 'Bully' game and lunch with my mates"

CHILDREN'S ANGER GROUP

Q: What I liked best?

"Punching the Bean Bag"

"All of it – especially the colouring"

"Puppets"

"The Volcano"

CHILDREN'S DOMESTIC ABUSE GROUP

"The group is really helpful to solve your problems"

"Don't worry, let your feelings out"

"It is a little bit fun"

CHILDREN'S PROTECTIVE BEHAVIOURS GROUP

Q: Has it changed anything for you?

"Yes – how I feel about 'my bully'"

Q: Is there anything you could use again?

"Yes – talking about feelings"

UNDERSTANDING CHILDREN'S BEHAVIOUR

Q: Which areas did you find most useful?

"Ways of talking/language"

"Benefits of praise"

"Learning to be more positive"

"Understanding why some behaviours happen. Looking at my reactions to this behaviour – using positive language"

Q: Do you have any other comments you would like to make?

"This was a very useful course. We had fun at it was helpful to share experiences"

"It has all been really useful to use on my younger children"

"On the children's evaluation form I felt that I didn't want to change my original scoring but did want to indicate that I felt I understood these behaviours more and felt better able to deal with them"

"Should be compulsory course for every parent"

"The only thing I would have liked different would to have attended in the evening – not day time"

"It's starting to make me strong and I can like me"

Q: Are you able to use any of the suggestions at home?

"Many – we've been practicing every day"

"Yes, absolutely"

"Yes, sanctioning in a positive way, using "I" not "you" language, sticking to rules and consequences"

Q: What did you discover about yourself:

"I looked at the past and related it to how I am with my children today – never thought in those terms before"

"That I can be strong"

LIVING WITH TEENAGERS GROUP

Q: What difference did our service make to you?

“More positive, stronger family relationships, boundaries in place and more realistic expectations”

“Life is not so violent now, even though my son still has his moments, there is definitely less violence towards me and his brother”

“Made a big difference – my son’s behaviour improved and his relationship with me improved”

“When I use this behaviour programme I was given, it sometimes makes my son a bit calmer”

“It gave us various ways to deal with problems within the family”

“Definitely feel more relaxed and tend to think about things, how to approach, body language. I have more awareness of situations. The group size was good”

AVOIDING CONFLICT WITH ADULTS GROUP

Q: What difference has attending the course made for you?

“How to get my point across without getting angry”

“We actually talk at home now”

CONFIDENCE BUILDING COURSE

Q: Which part of the course meant most to you or had most effect upon you?

“The second session, it made me realise where my problems lie”

Q: What did you discover about yourself:

“That I can only change me”

Q: Do you have any other comments you would like to make?

“It could do with being longer”

“Thank you very much, I’m feeling more confident now than I used to be”

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