

HAMBLETON PREVENTION SERVICE TARGETED COURSE GUIDE

Contact Us

Hambleton Prevention Service Hub

NYCC Children and Families Service - Prevention
1, Racecourse Lane, Northallerton
North Yorkshire
DL7 8AD
Tel: 01609 536206
Email: pshubhambleton@northyorks.gov.uk

Hambleton Children's Centres

Thirsk Children's Centre
Hambleton Place
Thirsk
YO7 1DS
Tel: 01609 533068
Email: thirskcc@northyorks.gov.uk

Northallerton Children's Centre
c/o Alverton Community Primary School
Mount Road
Northallerton
DL6 1RB
Tel: 01609 534634
Email: northallertoncc@northyorks.gov.uk

Mellow Parenting

What is it?

A course to strengthen parenting skills and build attachment. The programme examines family relationship difficulties. It addresses behaviour management, positive co-operation, containment of a child's distress and recognition of parent's own needs and self-esteem. The programme reflects on the positive interaction between parent and child and includes the use of video recordings in the group setting. Parents can expect a friendly and safe group of peers, plus experienced workers who want to support them in any changes they would like to make. The course starts with an introductory coffee morning and following that, parents are expected to attend one full day a week for 12 weeks. The sessions run morning and afternoon, and include a shared, group lunch with their child.

A crèche, lunch and taxis will be provided.

Who is it for?

Mellow Parenting is aimed at parents with a high or critical level of need and who have a child under 5 years of age. It is particularly designed for parents where the difficulties have been assessed as being predominantly linked to an attachment issue for parent and child and the family must be open to Children's Social Care for the duration of the course. A Mellow Parenting referral is required.

Where and when?

At Thirsk Children's Centre (Term Time Only). Please contact for dates and times.

Incredible Years Baby Programme

What is it?

A parenting programme lasting up to 8 weeks, designed to strengthen parenting skills and promote children's learning and development. Each session lasts for 2 hours and will include discussion and peer support. There will also be take home activities each week to reinforce the learning within the group. The weekly topics focus on elements such as :

- Babies as Intelligent Learners
- Providing Physical, Tactile and Visual Stimulation
- Parents Learning to Read Babies' Minds
- Gaining Support
- Babies' Emerging Sense of Self

Who is it for?

Incredible Years is for parents who want to strengthen their parenting skills and build positive relationships with their children. It would benefit parents who may struggle with different aspects of parenting such as behaviour, interaction and attachment.

The baby programme is for parents of children aged up to 1 year.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Incredible Years Toddler Programme

What is it?

A parenting programme lasting up to 12 weeks, designed to strengthen parenting skills and promote children's learning and development. Each session lasts for 2 hours and will include discussion and peer support. There will also be take home activities each week to reinforce the learning within the group. The weekly topics focus on elements such as :

- Child-Directed Play Promotes Positive Relationships
- Promoting toddlers language with child directed coaching
- Social and Emotional Coaching
- The Art of Praise and Encouragement
- Spontaneous Incentives for Toddlers
- Handling Separations and Reunions with Toddlers
- Effective Limit Setting
- Handling Misbehaviour

Who is it for?

Incredible Years is for parents who want to strengthen their parenting skills and build positive relationships with their children. It would benefit parents who may struggle with different aspects of parenting such as behaviour, interaction and attachment.

The toddler programme is for parents of children aged 1-3 years.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Incredible Years Pre-School Programme

What is it?

A parenting programme lasting up to 14 weeks, designed to strengthen parenting skills and promote children's learning and development. Each session lasts for 2 hours and will include discussion and peer support. There will also be take home activities each week to reinforce the learning within the group. The weekly topics focus on elements such as :

- Child directed play promotes positive relationships
- Play and social and emotion coaching
- The art of effective praise and encouragement
- Establishing routines and household rules
- Effective Limit Setting & Follow Through
- Ignoring children's inappropriate behaviour
- Time Out to Calm Down
- Natural and logical consequences
- Teaching children to problem solve

Who is it for?

Incredible Years is for parents who want to strengthen their parenting skills and build positive relationships with their children. It would benefit parents who may struggle with different aspects of parenting such as behaviour, interaction and attachment.

The Pre-School programme is for parents of children aged 3-8 years.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Time Out for Parents – The Teenage Years

What is it?

The Teenage Years is a 7 session course written by parents and professionals. We hope it will provide an opportunity for families bringing up pre-teens and teenagers to support and encourage each other.

Parent-focused outcomes:

The course aims to improve parents knowledge of :
Self-esteem, self-efficiency, confidence, empowerment, child development, parenting styles, attachment related behaviours, communication, and improved self-awareness of the necessary tools to build positive relationships

Young person focused outcomes:

Enhanced emotional well-being
Increased self-esteem and confidence
Reduction in behavioural problems
Improved decision-making

Who is it for?

Parents and carers of Young People aged 11-19 years.

Where and When?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Strengthening families

What is it?

The Strengthening Families programme is a 7 week programme focusing on reducing family related risk factors for young people and building protective factors with parents. Young people and their parents attend together.

Over 7 weeks, during 2 hourly sessions, the young people and parents will work separately for the first hour and then join together for the second hour in a family session.

Parents/carers will look at...

Love & Limits
Becoming a more confident & assertive parent
Understanding the effects of substance misuse
Reducing family conflict

Young People will explore issues including...

Peer Pressure
Being assertive and saying no
Why parents/carers have to set boundaries

Who is it for?

Young people aged 10-14 years and their parent/carers.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Create Confidence

What is it?

Create Confidence is a targeted intervention for children and young people who have witnessed and been affected by domestic abuse. The Create Confidence Programme is a tool box of targeted art based interventions which aim to improve resilience, confidence and self-esteem in children and young people who have been witness to domestic abuse. The sessions cover a range of topics in a friendly and supportive group situation and are delivered by Family Outreach Workers. The course is run in a small group, with a maximum of around 6 children.

Topics covered will include healthy relationships, personal and family strengths, keeping safe, gender differences, exploring anger and understanding emotions.

Who is it for?

This course is suitable for children and young people who have **historically** been witness to domestic abuse and family difficulties in the past. It is **not** aimed at children who are currently witnessing domestic abuse and the family must be open to Children's Social Care for the duration of the course. A children and families referral to the Customer Resolution Centre is required and should state that the referral is for the locality Create Confidence Course. The course can be tailored to suit varying age groups within the 5-18 years range according to need.

Where and when?

This course is usually run termly, depending on the needs of young people in the local area. Contact your local Children's Centre for more information.

Emotional First Aid for Parents

What is it?

This is not a parenting course but focuses on a parent's own emotional well-being; helping them to identify their own early warning signs of emotional distress and develop their own sense of positive emotional well-being. The course offers an overview of mental health and well-being in relation to being a parent. The course consists of an introductory session and then 6 x 3 hour sessions. The course covers:

- Exploring our own behaviours and seeing them as a solution to emotional distress
- Understand how anxiety affects us and how we can overcome it
- Understanding the concept of self-esteem and how we can improve our sense of self
- How we express ourselves to others
- Using peer consultancy looking at the various risks we pose to ourselves and others pose to us
- Understanding the concept of stress and how this manifests itself, especially being a parent. What we can do to manage this and maintain our own emotional resilience.

Who is it for?

This course would be beneficial for all parents, although not those in crisis. Especially suitable for those parents who may be feeling stressed or anxious.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Being OK

What is it?

Being OK is a 7 week course that provides young people with the skills, knowledge and attitudes needed to become positive and responsible members of their local school and community. The course will include lots of activities and group work and the opportunity to discuss a number of issues including relationships, sex, masculinity and values helping you to grow in different life skills.

The group is flexible according to the needs of the young people who are attending and can be tailored to suit the group. The group gives the young people an opportunity to be open and ask questions in a safe, comfortable environment, whilst respecting the views and confidentiality of others.

Who is it for?

Being OK is for young people who attend secondary school and would benefit from some extra support. This support could be in many forms, for instance disruptive behaviour, low self-esteem, relationships or anti-social behaviour.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Building Blocks for Language

What is it?

This is an 8 week course, for parents and children to attend and learn together. The course demonstrates and shares a variety of strategies with parents that will help them to further encourage their child's speech, language and communication skills. The group is kept very small with a maximum of around 4 parents to ensure that all children/parents have individual input. Each week one member of staff will work with the parents, explaining strategies that will help their child, whilst another member of staff models play and communication with their child. Written information and take home activities are provided each week to support the parents understanding and the child's development. This enables the parents to try out the strategies that they have learned in the home environment and repeat them through the week. The programme aims to give parents simple yet powerful tools which can be used in everyday life such as going to bed, getting dressed and going to the park.

Who is it for?

For children aged 2 – 3 years who have delayed speech, language or communication. A referral is required from a Speech and Language Therapist, a Health Visitor/Assistant Practitioner or an early year's provider and should be sent to your local Children's Centre.

Where and when?

Termly in Hambleton area either Thirsk or Northallerton Children's Centre's.

Small Talk

What is it?

A 7 week course for parents and their children to attend together and aimed to promote the importance of early communication with your child and encourage speech development. Each session runs between 1-1.5 hours and the group is kept small to enable all attendees to have input from facilitators. The course utilises resources such as books, music, messy play and food and drink to deliver key messages and sessions are planned around the following focuses:

Oral and sound awareness and encouraging attention and listening

Observing, Waiting and Listening to your child/ren.

How print and narratives aid the development of speech and language.

Understanding of the process that children go through in acquiring speech and language skills and recognise developmental stages.

The benefits of encouraging good eating and drinking skills from birth onwards.

Who is it for?

Parents and their children aged 1-2 years. A referral is required from a Speech and Language Therapist, a Health Visitor/Assistant Practitioner or an early year's provider and should be sent to your local Children's Centre.

Where and when?

Termly in Hambleton area either Thirsk or Northallerton Children's Centre's.

Girls Group

What is it?

This is a 6 week course aimed at providing young people with the skills, knowledge and attitudes needed to become positive and responsible members of their local school and community.

Each session will have a specific theme or topic which will be planned to respond to the assessed needs of those attending. Course content could include:- improving empathy, learning about consequences of actions, healthy relationships, challenging a young person's behaviours, opinions and perceptions, staying safe in the community.

The group is flexible according to the needs of the young people who are attending and can be tailored to suit the group. The group gives the young people an opportunity to be open and ask questions in a safe, comfortable environment, whilst respecting the views and confidentiality of others.

Who is it for?

For 11-16 year old girls who have been recommended by school and community partners to participate in the project.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please complete an Expression of Interest form or speak to your local children's centre.

Live It, Feel It, Do It

What is it?

This is a 7 – 10 week social and emotional targeted group for young people to develop knowledge such as; personal safety, healthy lifestyles & positive relationships. Families who are referred in will receive a home visit from facilitator/s prior to the start of the course to assess appropriateness and establish the individual needs of the participants.

Week 1 : Getting to know you

Week 2 : All about Relationships

Week 3 : Being a good friend

Week 4 : All about behaviour

Week 5 : Understanding Emotions

Week 6 : Staying Safe

Week 7 : Being safe with Others (PANTS)

Week 8 : Healthy Lifestyles

Week 9 : Keeping Active

Week 10 : Celebration and Awards

Each session is 2 hours long.

Who is it for?

Children and Young People aged 6 – 11 years.

A Live It, Feel It, Do It referral form is required and available from your local Children's Centre.

Where and when?

This course is usually run depending on the needs of families within the local area. If you or a family you know would benefit from this course, please speak to your local children's centre for a referral form.

Baby and Me

What is it?

A 6 weekly post-natal course in a relaxed and friendly atmosphere to get to know other parents and families whilst finding out lots about the first few months of your baby's life. This course offers new parents the opportunity to ask questions and explore some of the joys and challenges that having a new baby can present whilst finding out about local services and gaining peer support.

The sessions are loosely planned around the following :

Week 1 : Becoming a parent

Week 2 : Baby Brain Development

Week 3 : Interacting with your baby

Week 4 ; Keeping baby safe

Week 5 : Healthy Baby, Healthy You

Week 6 : Introducing Solid Foods

This course is delivered in partnership with the Healthy Child 0-5 years team. Each session is 1.5 hours long.

Who is it for?

Babies aged 7 weeks to 6 months and their parents/carers.

There are a limited number of places on this course so booking is required.

Where and when?

This course runs on a rolling programme every half term in each of the following localities:

Easingwold, Thirsk and Northallerton.

Please contact your local Children's Centre to book dates.

Singing Speech

What is it?

Singing Speech is a programme developed by a speech and language therapist aimed at pre-school children, aged 3-4, with speech sound difficulties, supporting those children whose main area of need is speech sound development.

The group consists of no more than 6 children at a time, for 45 minute sessions, once per week for 6 weeks

The session delivers the intervention through use of resources such as books, toys, pictures, lycra and the use of songs and rhymes. The sessions are delivered by Prevention Service staff who have received training from Speech and language therapists and will have input at the end of the course to identify next steps in terms of speech and language support for the individual children.

Who is it for?

Children are referred directly by speech and language therapists following attendance at one of the regular SLT Drop-in sessions. Families should attend the Drop In session to be referred into Singing Speech.

Where and when?

This course is usually run in a Children's Centre, depending on the needs of families within the local area. If you or a family you know would benefit from this course, please speak to your local children's centre for dates of your local Speech and Language Drop in sessions.

Further Information

Please discuss any course with families or identified young people and ensure consent is gained before submitting an expression of interest or referral form.

Please be aware that all forms and information you supply will be shared with the family/young person.

On receipt of enough referral/expression of interest forms, dates, times and venues will be confirmed in line with the need identified and then those families/young people on the list will be directly contacted by the facilitators.

All expressions of interest forms can be returned to thirskcc@northyorks.gov.uk or northallertonCC@northyorks.gov.uk

Thankyou.

