**South East & Havercroft Intervention Core offer - delivered by Family Hub Intervention Team**

**All groups will be on a rolling programme starting from January 2021.and run form Cedars & Havercroft Family hubs, who’s in charge is run from various schools**

**BEAM Behaviour,Exercise & Anger Management Face to Face for 8-12 yrs** BEAM is comprised of a 2 hour session, which focus on recognising your anger cues and triggers, and works toward making positive choices, using exercise, breathing and other strategies, the sessions reflect on the consequences of anger in the past, present and the potential impact on the future. **Only available during school holidays**

**Who’s in Charge Parenting – (restorative parenting & WIC). Face to face. Suitable for parents/carers with children 7 years and above.** The main part of the programme is delivered in 6 consecutive weeks. The main goal of the group is to empower parents/carers, reduce stress and guilt, giving them concrete strategies to change their behaviours and attitudes which will produce behaviour change in their children. The sessions explore anger, both in parents and children, encourage assertiveness & self-care, reinforce progress and provide emotional support while parents attempt to become more assertive, reduce parents feelings of depression and powerlessness, reduce the amount of violence and abusive behaviours in their family, they also include Behaviour as Communication, Parenting Styles, Restorative Questions and Brain Development. The aim of the session is to help parent/carer to draw on restorative principles and skills to support their parenting.

**Parental Wellbeing group** – **10/11 week face to face sessions**  Support for parents and carers who are experiencing low mood, stress and anxiety. The course will cover a range of subjects provided by guest speakers from different organisations including CAMHS, Talking Therapies and employment/benefit support advisor, Spectrum, PCSO, WDH, GAMCARE & Kings Solicitors. Support is given in areas such as future aspirations, managing & identifying stress, low mood & anxiety, bereavement, domestic abuse, Current crime trends & consequences of crime for the whole family, gaming & gambling, drugs & alcohol misuse & staying safe online.

**2-8yr parenting – Face to face sessions 4-6 week program with strategies on positive parenting** Goals: Promoting Children’s Social Development Child-directed play, promotes positive relationships, Promoting toddler’s language with descriptive commenting, Social and emotional coaching, Positive attention, praise and encouragement, Handling separations and reunions, Setting developmentally appropriate limits Using distractions, redirections & ignore effectively to handle misbehaviour, routines, boundaries and age appropriate consequences.

**Baby massage –**  6 weeks to non-movers **Face to face**  **group**

Massage is a lovely way for you to express your love and care for your baby. Massage can soothe your baby and help them to sleep. It supports a good attitude to relaxing and mental health benefits

Massage has many added benefits for your baby, including improving weight gain, aiding digestion, improving circulation, and easing teething pain. Massage is a great way for you and your partner to bond with your baby, and you may find it relaxing, too!

**Baby Led Weaning - 4 months – 1year**  **face to face group**  The benefits of baby-led weaning are it helps fine-tune motor development: "Baby-led weaning supports the development of eye-hand coordination, chewing skills, dexterity, and healthy eating habits. It is promoted by the NHS as the best way to start a healthy eating attitude.

**Sleep Workshop face to face group**  Strategies to support families with good sleeping habits. Sleep is vital to our wellbeing. Children and babies who get the right amount of sleep are more likely to be: mentally alert, have a brain that functions better, be able to learn to their full potential, be happy and pleasant in disposition, concentrate and do better in school. Sleep helps our bodies develop by supporting our immune system & releasing hormones that aid growth, helping tissues repair and leaving us feeling better.

**Freedom programme** – **face to face sessions .** This programme explores violent and abusive behaviours. It can help women to change their own behaviours and to recognise when they are being controlled.

The programme looks at different traits of the perpetrator week by week and explores the warning signs for women to look for. The programme also explores the effects that Domestic Violence and Abuse has upon children.

Women report that the programme helps them recognise the warning signs of an abusive relationship which has stopped them getting into further negative relationships. **Please note all referral for Freedom programme must go through WDDAS**

Please read group content prior to referring to ensure the intervention meets the needs of the family.

**Direct from HUB or Social care – Email to relevant hub inbox** **cfhsoutheast@wakefield.gov.uk** **(south East & Havercroft area) Parent/Guardian name , Address with postcode, Contact number, Child’s name , DOB & age, School, Liquid Logic number, Reason for request any additional info .**

**Referral process for Freedom programme -**

**Direct from Hub –** If Children First Hub is holding the case, email details to hub inbox, DASH to be completed

**Direct from Social Care** – Social worker to refer through WDDAS team

**We recommend that any parents or carers who are anxious about attending group, bring them to the family hub before group starts to meet us, we have found this has helped reduce any anxiety and worry.**