

Parenting Support in Slough

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Universal Support

Family Links

About this programme:

- For parents of children from birth to end of primary school age
- Appropriate for anyone as this is a universal programme unless it is provided for a targeted group.
- A nurturing programme that encourages parents to reflect on their own childhood, how this affects their parenting style and the effect this has on their own children. Behaviour strategies are taught and supported.
- 10 weekly two hour sessions delivered on a multi-agency basis

**How to access this programme: Contact mel.gabbi@slough.gov.uk
Tel. 01753 787640**

Speakeasy

About this programme:

Speakeasy is for parents/carers of children aged up to 19 years. Speakeasy offers parents and carers the information and skills they need to talk to their children about sex and relationships.

Speakeasy offers a group-based opportunity for parents and carers to acquire the confidence and skills they need to talk to their children about sex and sexuality. It is designed to be fun and relaxed, providing an atmosphere where parents can learn together from their own experiences.

The Speakeasy course is also registered for accreditation with the Open College Network (OCN) and for those who wish, the course and resulting portfolio-based work can be used to gain OCN credits that can offer a pathway for entry into further education.

The programme consists of eight sessions each of which is two hours long.

**How to access this programme: Contact thomas.starling@slough.gov.uk
Tel. 01753 787640**

Power to be You for Parents and Carers (P2BU)

About this programme:

For parents and carers who wish be more confident in everyday life.

This programme helps parents and carers identify what makes a person feel under pressure and offers techniques and strategies to overcome such difficulties.

The programme seeks to help parents and carers achieve the following outcomes:

- To learn how to express their feelings and opinions with increased confidence
- To identify stress factors and strategies to deal with them
- To learn how to be happy and stay positive

The programme consists of four 2 hour sessions delivered on a weekly basis.

**To access this programme: Contact baljit.mann@slough.gov.uk or anne.evans@slough.gov.uk
Tel. 01753 787640**

Targeted Support

Holding Hands

About this programme:

- For parents of children aged 2-4 years old
- Appropriate where a child is presenting mild to moderate challenging behaviour at home, in education or in a care setting
- A play-based programme where parent and child work together with a professional and behaviour strategies are discussed and reviewed
- Eight weekly one hour sessions delivered in the home by a Service Supporting Behaviour outreach worker
- Parents can be signposted to other services where necessary.

**How to access this programme: Contact Gurjinder.Chhokar@slough.gov.uk
Tel. 01753 787640**

Triple P

About this programme:

Triple P is a Positive Parenting Program that promotes good communication and strong relationships between parents and children. This positive approach to parenting helps parents promote their children's development and manage their children's behaviour in a constructive and caring way. Triple P helps parents recognise causes of common child behaviour problems and encourages desirable behaviour in their children.

Two programmes are available: the PRIMARY group programme is for parents with children of primary school age. The group TEEN programme is for parents with children of secondary age. Parents with children in the 10-12 age range will need to decide which programme is most suitable and this will depend of the type of behaviours their child is presenting.

Eight week programme consisting in weeks 1-4 of a two hour group session per week. In weeks 5-7 each parent will have a 30 minute telephone call with one of the group facilitators and in week 8 there will be a final two hour group session.

**How to access this programme: Contact Amina Ali at amina.ali@slough.gov.uk
Tel. 01753 787640**

Incredible Years

About this programme:

- For parents of children aged 2-6 years old
- Aimed at parents of children with conduct and attention problems including ADHD, families with Child Protection issues relating to abuse and neglect, foster and adoptive parents
- The programme focuses on cognitive, behavioural, social learning and affective processes. It is developmentally based with an emphasis on 'collaborative process'. A variety of methods are used including video taped modelling, role play, rehearsal and home assignments. Examples of the programme's content include: how to play with your child, effective praising, motivation and rewards, handling misbehaviour, setting rules, routines and effective limit setting.
- 18 weekly two hour sessions and weekly telephone follow up delivered by Educational Psychologists.

**How to access this programme: Contact sarah.davidson@slough.gov.uk
Tel. 01753 787640**

Mellow Parenting

About this programme:

- For parents of children aged 0-5 years
- Appropriate for families where there are parenting or relationship difficulties plus child protection issues or family violence and at least two of the following issues – behavioural problem (child), parent with mental health difficulties, problems with current family relationships
- The programme is more relationship focused than behavioural but both behavioural and psychodynamic methods are used, especially attachment theory. The group uses a variety of methods including structured group discussion and detailed video feedback on parenting practice. Children join the group for lunch followed by an activity, returning to crèche for final session.
- 14 weekly sessions (9.30am-2.30pm) plus two home visits and a visit to the crèche prior to the course

**How to access this programme: Contact Gurjinder.Chhokar@slough.gov.uk
Tel. 01753 787640**

EarlyBird

About this programme:

- For parents of pre-school (not yet of statutory school age) children
- Appropriate for children with a diagnosis of an autistic spectrum disorder
- The Early Bird programme has three 'threads':
 - o *Understand your child's autism*
 - o *Get yourself into your child's world: make contact; find ways to develop interaction and communication*
 - o *Learn how to analyse and understand your child's behaviours; and how to use structure, so you can pre-empt and cope with problem behaviours*
- Early Bird combines group training sessions for parents with individual home visits when video feedback is used to help parents apply what they learn, whilst working with their child.
- Parents have a weekly commitment - to a two-and-a-half hour training session or a home visit and to ongoing work with their child at home - during the three-month programme.
- Two parents or carers from each family may attend.

How to access this programme: Contact Sarah Covell on 01753 690842

EarlyBird Plus

About this programme:

For families whose child has received a later diagnosis of autism (between four and eight years old) and is in Early Years or Key Stage one provision.

The programme addresses the needs of both home and school settings by training parents/carers together with a professional who is working regularly with their child.

EarlyBird Plus uses the established EarlyBird framework of teaching about autism before considering how to develop communication or manage behaviour

The programme consists of eight group sessions and two home visit weeks. A follow-up session is held six months after the programme.

How to access this programme: Contact Mandy Wimbush on 01753 787627

Intensive/Specialist Support

Community Safety Parenting Team

About this programme:

For the parents of children who are involved in crime and anti-social behaviour or are at risk of involvement

Being a parent is not always easy. It's becoming more and more difficult in today's world. No two children are the same and no two parents are the same.

The Community Safety Parenting Team has the following objectives:

- Increase in number of residents who believe parents take responsibility for their children
- Reduce the number of families in Slough who are at risk of losing their home as a result of their involvement in crime.

We work with both the parents and their children and young people to offer a range of interventions including:

Anti-Social Behaviour Parenting Practitioners

These staff can provide one-to-one work with parents and/or their children on the phone or face to face (including home visits). They also run parenting programmes (group work).

Youth Crime Family Intervention Project (FIP)

A key worker will work on an almost daily basis with the family to improve parenting and so reduce offending by the family, increase their engagement with services and improve their health and well being.

The key worker will seek to become a trusted friend of the families by providing real help and advocating for them. In return the key worker will expect to see an improvement in behaviour by the family. The key worker will work with Thames Valley Police, Slough Borough Council and other partners to impose sanctions against those families that do not take reasonable steps themselves to curb their offending.

This programme will engage with families outside of normal office hours.

**How to access this programme: Contact the FIP Manager on 01753 8755231
or 01753 875 267**

Youth Offending Team (YOT)

About this programme:

For parents who are finding it difficult to manage their young people's behaviours and are losing confidence in their own ability to parent their child. If a child or young person has become involved in any of the following activities:

- School refusing
- Criminal activities
- Drugs/alcohol misuse. etc
- Anti-social behaviour

It is possible that parents will have come into contact with the School, Police or Courts. These experiences can leave parents feeling angry and upset.

The YOT can offer the following types of support:

- **1:1 Support**
'Parenting Wisely' a nine week interactive programme. Parents are supported to find different ways of dealing with conflict in the home.
- **Group Support**
'Living with Teenagers' a seven week programme where parents can share their experiences and improve their relationships with their teenagers.

- **Parallel Parenting**

1:1 support for both parents and young people, working individually but parallel to improve communication and relationships.

'Family Links Nurturing Programme' is an intensive ten week programme where the whole family is involved in working on the relationships and problems.

- **Drop-in**

Parents or carers can drop into weekly support sessions to chat about current concerns. Please contact parenting workers for information on times and venue.

How to access this programme: Contact Jyoti Sahota (Parent Support Worker) or Catherine Read (Family Support Social Worker) on 01753 522702

Family-Nurse Partnership

About this programme:

For mothers who are 19 and under and expecting their first baby.

This service will provide a specially trained family nurse to visit you at home weekly, fortnightly and monthly throughout pregnancy until your child is two years. During these visits you will have lots of time to talk about yourself, your baby and your family. If able, your partner will be encouraged to join in with the visits. The same nurse will work with the family throughout their involvement with the programme.

The Family-Nurse Partnership is based on the theories of human ecology, attachment and self-efficacy and has three main goals to improve antenatal health, child health development and economic self-sufficiency. The nurses in the team have backgrounds in either health visiting or midwifery.

Until Feb 2010 referrals will come through the randomised controlled trial and the research nurse, Carrie Grainger

**To found out more about this programme: Contact jayne.snell@berkshire.nhs.uk
Tel 01753 635556**

Family Support Services

Health Visiting (Universal Support)

About this service:

For families with new born babies and pre-school children - some mothers will also be visited during pregnancy.

This universal service leads on the Healthy Child Programme and offers family support and advice during pregnancy and the early years of a child's life.

The service provides a core programme of home visits, clinic and group contacts including advice and information on breastfeeding, child development, accident prevention and parenting. We also offer an enhanced service to families requiring additional support such as mothers with post-natal depression and young children with behavioural, health or developmental concerns.

The service is available weekdays during office hours.

To access this service: Tel 01753 635544 or go to www.healthvisiting.org

School Nursing Service (Universal Support)

About this service:

The school nursing service offers a programme of screening and immunisations within state maintained schools and can advise and support parents/carers and young people on medical conditions, enuresis (bedwetting) and any other concerns regarding a child's physical and emotional health.

The service is available weekdays during office hours, with reduced cover over the school holidays

To access this service: Tel 01753 635041

Destiny Support CIC (Universal Support)

About this service:

This service offers floating support to families, living within the community and facing difficulties, who are isolated and cannot get access to mainstream help. This includes emotional support, advice and guidance. The service aims to reduce social exclusion and is driven by the research it carries out into the needs and aspirations of the individuals and families that it supports.

The service will work with all families regardless of the age of their children to encourage engagement with and access to services and resources.

This service is available on Tuesdays, Wednesdays and Thursdays 9.30-4.30 across Slough.

**How to access this service: Contact Sue Njuguna on 01753 552271 or email info@destinysupport.org
Visit: www.destinysupport.org**

Service Supporting Behaviour (SSB)

Child and Family Social Workers/Family Workers (Targeted Support)

About this service:

This service works with children from the age of three and up to Sixth Form level.

Support for children and their families when a child has an emotional, behavioural or social difficulty. Dependent on the child's needs, identified in a detailed assessment, support may be offered to the child/parent or to the whole family, as well as providing a strong link between the school and parents. Support can be home based or offered in school depending on parental preference.

Referrals are accepted from Slough schools who 'buy in' the service as part of their SSB package.

The service is available weekdays during office hours with some early evening sessions.

**To discuss this service: Contact catherine.brangwin@slough.gov.uk
Tel. 01753 787640**

Lone Parent Project (Targeted Support)

About this service

This project is designed to support Lone Parents into employment. To achieve this it offers them the practical support, information and skills they need to get a job. Job Clubs, quarterly forums, free skills courses and free individualized advice sessions are also available.

How to access this service

The Job Clubs are held three days a week at the following centres:

- Job Club on Tuesdays held at Britwell Family Action, Long Furlong Drive, Britwell SL2 2LX
- Job Club on Wednesdays held at Thomas Gray Centre, Queens Road, Slough SL1 2QW
- Job Club in Langley held at Langley Library, Trelawney Ave, Langley, SL3 7UF

Please contact Myra Ahmed for further information on 01753 476619 or email myra.ahmed@slough.gov.uk.

Home-Start Slough (Targeted Support)

About this service:

This is a weekly home visiting service for parents who need extra support due to stress. Stress can be due to isolation from friends and family, financial pressures, family stresses such as family breakdown, single parent, multiple births or bereavement, mental health issues or learning difficulties.

The service is provided by well trained volunteers who are managed by full time staff. Volunteers befriend the family and support and guide them through a difficult period. One-to-one support is provided for parents in their own home every week. Parents need to have at least one child under the age of five but support can be targeted towards an older child as long as there is a child under five in the family.

The service is available all year; visits normally take place during the school day but some exceptions are made depending on family needs and volunteer availability.

Self referrals are accepted although the majority of referrals come via health visitors and social care teams.

How to access this service: Contact Corinne Martin; Janine Edwards; Brenda Johnston; Vickie Miller; Jessica Tres on 01628 661029 or office@hsslough.co.uk

Family Action (Targeted Support)

This is an intensive home-based service for families who are experiencing a range of difficulties which are creating concern among professionals such as health visitors, social workers, teachers and children's centre staff. The range of concerns may include behaviour problems in children, alcohol and substance misuse, criminal behaviour, mental health problems of parents, lack of home routines and boundaries for children.

Trained and qualified staff work with the whole family to identify what the problems are and how to resolve them. Workers use role modelling, clear planning and target setting to help families move forward. Family Action staff work closely with other agencies to make sure that the best possible service is achieved for families. We also use our own trained volunteers and crèche facility to assist with some aspects of the support provided and to help meet cultural needs.

Family Action also delivers a Family Links course that incorporates Islamic values.

The service is available Monday to Friday throughout the year

How to access this service: Family Action Slough on 01753571348
Email slough@family-action.org.uk

Resettlement and Tenancy Support Service (Targeted Support)

About this service:

The resettlement and tenancy support service helps to prevent homelessness in Slough. They give short term support, for up to two years, to families and couples living in Slough to help them successfully set up or maintain a home and develop independent living skills and ensure they have access to appropriate housing, health, education and other support.

How to access this service: Contact resettlement@slough.gov.uk or
Tel 01753 477367 Referral form available from
www.slough.gov.uk/resettlement

Slough Sure Start Children's Centres (Universal Support)

Every family within Slough lives in a Children's Centre area. This means that a range of services is available to you and your family at local sites in your neighbourhood, such as schools, clinics and community centres.

The aim is to provide everything that you and your children need within walking distance of your home.

Call 01753 476566 to find out where all your local Children's Centre services are.

About Children's Centre Services

A team of people in your local Children's Centre area is providing a variety of services, including:

- Childcare integrated with education for children from three months upwards
- Health services, including antenatal and post natal support and speech and language services
- Family support services, including home visiting and practical help for parents
- Support and advice for families with children with special needs and disabilities
- Links to the Library Service, including the Bookstart scheme
- Loan of toys and equipment to families, childcare providers and agencies working with children
- Adult education and training, supported by childcare provision
- Links to Jobcentre Plus and other organisations which offer advice, guidance and support to adults seeking employment and much more... Slough Lifelong Learning

Your local Sure Start Children's Centres

- **Monksfield Way Children's Centre**
SL2 1QX Tel: 01753 578691
- **Orchard Avenue Children's Centre**
SL1 6HE Tel: 01753 476566
- **St. Andrews Way Children's Centre**
SL1 5NL Tel: 01628 559085
- **Penn Road Children's Centre**
SL2 1PG Tel: 01753 574420
- **Elliman Avenue Children's Centre**
SL2 5BA Tel: 01753 896688
- **Chalvey Grove Children's Centre**
SL1 2TE Tel: 01753 574387
- **Wexham Road Children's Centre**
SL2 5JW Tel: 01753 533543
- **Yew Tree Road Children's Centre**
SL1 2AR Tel: 01753 527571
- **Romsey Close Children's Centre**
SL3 8PE Tel: 01753 540797

Centre opening soon in the Colnbrook and Haymill areas.
Call 01753 476566 for further information.

For more information please contact: Tel: 01753 476566

Email: sure.start@slough.gov.uk

Website: www.slough.gov.uk

Slough Children and Young People's Information Service (Universal Support)

The Slough Children and Young People's Information Service provides information, advice and assistance to parents, carers and professionals on a range of services available for children and young people aged 0-19 years, and their families.

We can provide information on childcare, leisure activities, financial help with childcare costs, careers and training in childcare and agencies providing support and advice for families with children and young people.

To contact us please call 01753 476589 anytime Monday - Friday between 9.00am - 5.00pm or email cypinformationservice@slough.gov.uk.

We also have a Children and Young People's Service Directory available online giving details of services available for children and young people in Slough. The directory has its own web address www.sloughcypdirectory.org.uk.

The services listed are mainly available in Slough but the directory also includes details of national charities, websites and telephone helplines that may be of use to children, young people and their families.

Web Links (Universal/Targeted Support)

- <http://www.slough.gov.uk/parentingsupport>
- <http://www.dcsf.gov.uk/familyinformationdirect/>

The organisations and activities listed here are only a representative selection. More information can be obtained from the Slough Children and Young People's Directory. If you would like your organisation to be included in this document please Tel. 01753 787640.

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