

Family Gateway Information Team Update

December 2019

Cardiff Parenting

This bulletin focuses on the range of Parenting Support delivered by the Flying Start and Families First Parenting teams in Cardiff.

Families First

Cardiff Parenting 0-18 team are currently able to offer families:

GroBrain

What is GroBrain?

- GroBrain is a group for expectant parents or parents with an infant up to 12 months
- GroBrain explores bonding, emotions experienced by parents and baby, and brain development.

Over the 5 week course attendees will look at topics including:

- How the brain is 'wired up' by early experiences and relationships.
- The impact of stress on a baby's brain.
- How to 'tune in' to your baby's cues and signals and practice ways to soothe a baby.
- How to manage your baby's emotions.
- How to bond with your baby.
- Baby massage.
- Looking at how diet and lifestyle choices during pregnancy connect with baby's brain development.

Practical Information

- There are 5 x 2 hour sessions with a break for refreshments in each session.
- Cardiff Parenting recommend that you attend all five sessions to get the most of the programme.
- You are welcome to come to sessions on your own or with a partner or another relative who supports you in your care and the care of your child.
- The programme is delivered in an informal style with a group of approximately 10 parents.

- All groups provide a crèche run by qualified and experienced staff, or you are welcome to attend with your baby. You are welcome to feed your baby during the sessions.
- Where parents are unable to attend a group there is scope to offer one-to-one in the home.

Parent Nurturing Programme

What is the Parent Nurturing programme?

Parent Nurturing Programme from Family Links believes that children are rewarding, stimulating and fun although looking after them can be stressful and challenging. The Parent Nurturing Programme helps deal with these challenges so that you can have a calmer, happier family life. The Parent Nurturing Programme aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with children and each other. It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives, which contributes to learning.

Over the 10 week course you will look at topics including:

- Understanding why children behave the way they do
- Recognising the feelings behind behaviours (ours and theirs)
- Exploring different approaches to discipline
- Finding ways to develop co-operation and self-discipline in children
- The importance of looking after and nurturing ourselves

Practical Information

- There are 10 x 2 hour sessions with a break for refreshments in each session.
- Cardiff Parenting recommend that you come to all ten sessions as the programme fits together like a puzzle.
- You are welcome to come to the sessions on your own or with a partner or another relative who supports you in the care of your child.
- The programme is delivered in an informal style with a group of approximately 12 parents.
- The programme is best-suited to parents with toddlers, nursery and primary aged-children.
- Where parents are unable to attend a group there is scope to offer one-to-one in the home.

Strengthening Families Programme 10-14

What is Strengthening Families?

The Strengthening Families Programme is a 7 week course for any family living in Cardiff with young people aged between 10 and 14 years of age. The Strengthening Families Programme is proven to support parents & young people through the, sometimes, difficult transition from child to teenager.

Over the 7 week course you will look at topics such as:

- Help parents build on their strengths in showing love and setting limits
- Help young people develop skills in handling peer pressure and building a positive future
- Increase parents' confidence in setting boundaries
- Strengthen family communication
- Help young people and parents identify each other's positive qualities and strengths

Practical information

- Your family will attend seven weekly sessions - each lasting 2 hours, usually held in the evening.
- During the first hour, parents and young people meet in separate groups, during the second hour they come together to have fun in activities and games.
- Sessions use DVD's which portray different family situations

Triple P

What is Triple P?

Triple P is for parents who are concerned about their teenager's development and behaviour. Triple P helps make raising children and teenagers easier and more enjoyable for both you and your children.

Group Teen Triple P is a great chance to meet other parents in similar situations with similar concerns.

The Every Parent's Guide to Teenagers DVD will show you how the strategies work in real life and your workbook will give you the tools you need to start positive parenting right away.

Practical Information

- There are usually about 12 parents in a group session.
- There are up to four group sessions with other parents.
- You will spend at least eight hours with your group. This could be in weekly sessions of two hours each, or it could be one or two longer sessions
- Group Teen Triple P involves a few weeks for home practice (Cardiff Parenting will call parents each week to help and support them and offer advice if they are having any trouble. Those calls last about 15 minutes.)
- One final group session or phone call. This is a chance to go over any questions – and to congratulate themselves on how far they have come!
- Where parents are unable to attend a group there is scope to offer one-to-one in the home.

Parents First

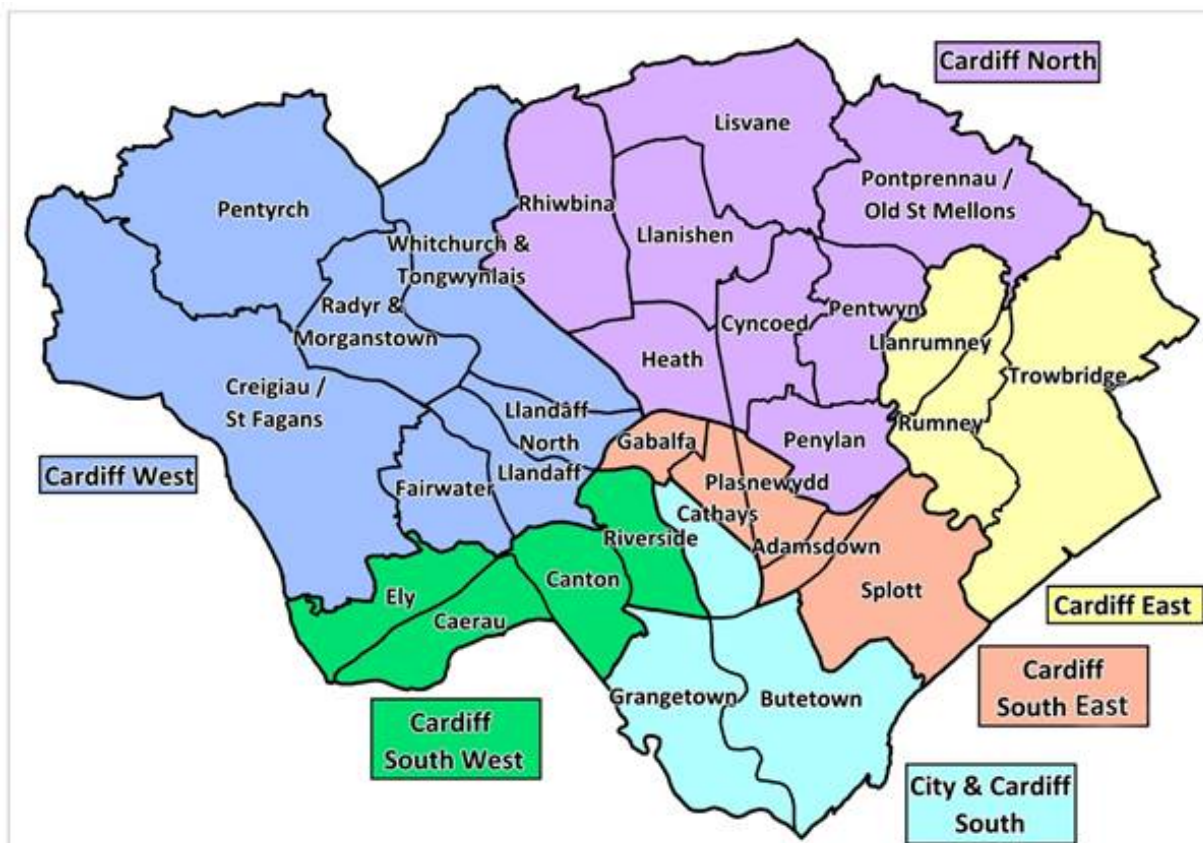
What is Parents First?

- A psychology led service for parents of children aged 0-18 delivered on an individual basis, usually in your home or local venue
- We are a team of Home Liaison Officers (HLOs) and Educational Psychologists delivering personalised parenting support. Psychologists are interested in how people think, feel, behave and develop. Our HLOs have experience in working with parents, children and young people and receive training and supervision from the Psychologists.

What can you expect from us?

- We usually start by visiting you where you live to get to know more about you and your family. It's a chance for you and your child to find out more about us and tell us about what your concerns are. We will agree on a few targets that you'd like some ideas on. Each family will have their own personal targets.
- We will visit you usually once a week, for about an hour each session, over a 4-10 week period. Through talking with you, we can explore different ideas about how to manage or approach issues which you would like support with. This can be helping you to find ways to build on your relationship, notice and encourage your child's behaviour and/or skill development. Where appropriate, we will bring activities for children present.

Cardiff Parenting 0-18 (Cardiff East Team)		Cardiff Parenting 0-18 (Cardiff West Team)	
Cardiff North	Lisvane	Cardiff West	Pentyrch
	Rhiwbina		Creigiau / St. Fagans
	Llanishen		Radyr / Morganstown
	Heath		Whitchurch / Tongwynlais
	Cyncoed		Llandaff North
	Penylan		Llandaff
	Pontprennau / Old St. Mellons		Fairwater
	Pentwyn		
Cardiff East	Llanrumney	Cardiff South West	Ely
	Rumney		Caerau
	Trowbridge		Canton
	Riverside		
Cardiff South East	Gabalfa	City & Cardiff South	Cathays
	Plasnewydd		Grangetown
	Cathays		Butetown
	Splott		
	Adamsdown		



Flying Start

Flying Start Parenting Programmes

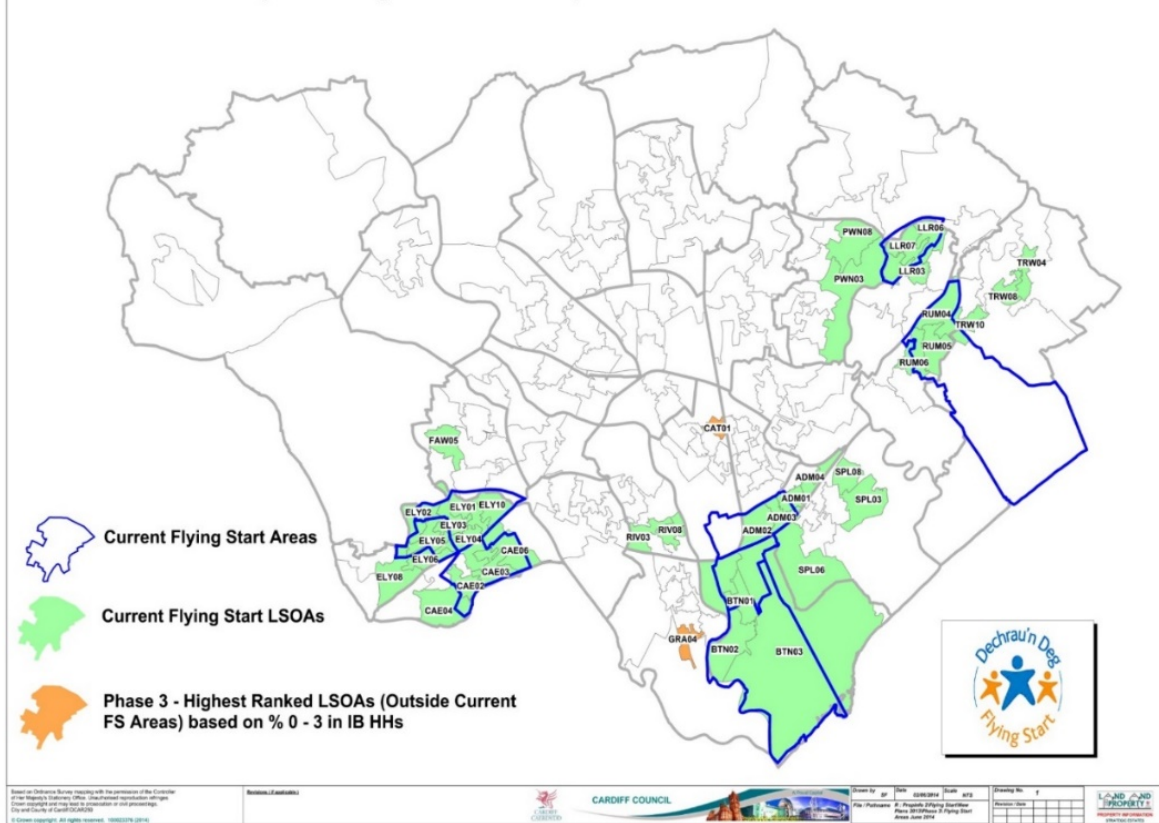
The Flying Start Parenting Team offer a variety of parenting programmes both in the home and in local community venues, including sessions such as Stay & Play.

Flying Start is available to all eligible families with a Flying Start postcode. For eligibility go to www.flyingstartcardiff.co.uk and find the easy-to-use [postcode checker](#).

Flying Start areas of Cardiff: (also see map on next page)

Adamsdown	Ely	Riverside
Butetown	Fairwater	Rumney
Caerau	Llanrumney	Splott
Cathays	Pentwyn	Trowbridge

Map showing potential new Flying Start Areas based on the Highest Ranking LSOAs in relation to the number of 0 - 3 year olds living in households in receipt of Income Benefits



Cardiff Flying Start Parenting Group - Parent Nurturing Programme

Cardiff Flying Start Parenting Groups Team – informative, fun and interactive parenting sessions that help you get the best out of family life. The Cardiff Flying Start Parenting Groups Team work with children aged 0 - 3 years 11 months and their parents/carers in Flying Start areas of Cardiff.

Over the 10 week course you will look at topics including:

- Understanding why children behave the way they do
 - Recognising the feelings behind behaviours (ours and theirs)
 - Exploring different approaches to discipline
 - Finding ways to develop co-operation and self-discipline in children
 - The importance of looking after and nurturing ourselves
- There are 10 x 2 hour sessions with a break for refreshments in each session.
- Try and attend all ten sessions as the programme fits together like a puzzle.
 - You are welcome to come to the sessions on your own or with a partner or another relative who supports you in the care of your child.
 - The programme is delivered in an informal style with a group of approximately 10 parents.
 - The programme is best-suited to parents with toddlers, nursery and primary aged-children.

- Parents can gain accreditation through this programme – a supported step back into learning.

A crèche is provided with this service.

Cardiff Flying Start Parenting Group - Stay and Play Sessions

Stay and Play sessions (for under 4's) provide the opportunity for parents/carers to have a fun time playing with their child in a safe and friendly setting – no need for an invitation, parents/carers living in a Flying Start area can drop in to any one of the Stay and Play sessions running in their community weekly.

The sessions are held in accessible community venues; qualified, experienced staff offer a range of fun and exciting activities for families to take part in with their children. Bring little ones along to join in the fun and explore the exciting activities, as well as having an opportunity to meet with other parents/carers that live nearby. Share ideas and discover new ways to play using low cost and even no cost resources that help children to develop.

Cardiff Flying Start Parenting Group - GroBrain

Cardiff Flying Start Parenting Groups Team – informative, fun and interactive parenting sessions that help you get the best out of family life.

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GoBrain is a group for expectant parents or parents with an infant up to 12 months. GroBrain explores bonding, emotions experienced by parents and baby, and brain development.

Cardiff Flying Start Parenting Group - Your Baby is Amazing

A small intimate group run over 4 weeks for parents/carers and their baby (pre-walkers).

The group focuses on bonding and attachment, tuning into your baby and the importance of face to face and talking to your baby. A wonderful opportunity to find out how amazing your baby really is.

Cardiff Flying Start Parenting Group - It's Child's Play: Exploring the Benefits of Play

An 8 week course for parents/carers with children under 4 years of age.

- 2 hours per week of hands on fun experiences to develop an understanding of how a child learns and develops through play
- Play activities and ideas to use at home
- Group discussions & tasks

- Parents/carers can gain accreditation through this programme – a supported step back into learning.

A crèche is provided with this service.

Cardiff Flying Start Parenting Group - Mini Talkers/Mini Explorers (Language & Play)

6 weeks of fun sessions for parents/carers and their children (1 – 4 years of age).

- Designed to provide top tips to support a child's development through fun, hands-on, sensory activities, Mini Talkers/Mini Explorers supports awareness of the importance of language development through play
- The course highlights the importance of good communication and the role this plays in laying down foundations for future learning

Parents Plus Psychology Led Service

The Parents Plus Psychology Led Service works with parents/carers of children aged 0 - 3 years 11 months old who live in Flying Start areas of Cardiff. The team work with parents/carers for around 10 weeks, within the family home. All work is formulated and clinically supervised by an Educational Psychologist and is carried out by highly skilled Parents Plus Practitioners.

The Parents Plus Psychology Led Service are a strengths-based service who believe that people can make the changes they wish to see, given the right conditions and resources. Work is undertaken with parents/carers who may require a bespoke 1:1 parenting intervention and/or where there are a range of factors influencing parents/carers confidence and ability to make and sustain positive changes.

We work in a therapeutic way with parents/carers and apply counselling, solution focused, motivational interviewing and restorative approaches in order to help parents/carers identify and work towards achieving their own unique parenting goals.

As a psychology led service, we apply a wide range of psychological theories and evidence-based approaches to help parents/carers to understand themselves, understand their children, build relationships and connections, and regulate and manage behaviors.

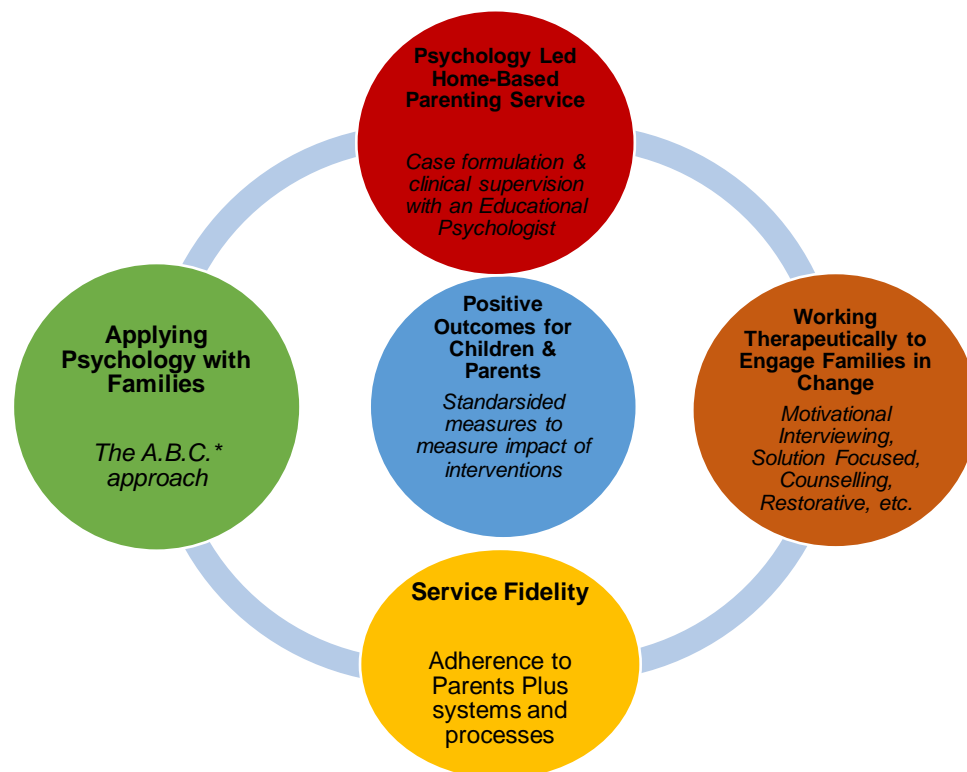
Our work falls into the three (often-overlapping) areas of:

- **Attachment & Relational Approaches:** Helping parents/carers to respond in reflective, sensitive and responsive ways to their child/ren and promote secure attachments / positive relationships within families.
- **Behavioural Approaches:** Helping parents/carers to explore and reflect on the

underlying causes of behaviours, set clear and consistent boundaries and to develop appropriate positive parenting strategies in response to unwanted behaviours.

- **Child Development & Routines:** Supporting parents/carers to play, interact and support the learning and development of their child(ren) and/or help establish routines within the home.

Parents Plus Service Delivery Model



The psychology we apply in the three key areas:

Attachment/Relational Approaches:

- Helping parents/carers to understand early brain development and the importance of sensitive and attuned parenting during the early years by drawing from theories such as Attachment Theory, Mentalisation, Mind-mindedness, Neuroscience, etc.
- Applying attachment, relational and trauma informed evidence based interventions with the child and caregiver dyad to increase parents/carers mentalisation skills, support attuned and sensitive caregiving and build secure attachments (e.g., modelling, coaching, Watch, Wait & Wonder and Video Interaction Guidance (VIG)).

Behavioural Approaches:

- Helping parents/carers to understand behaviour as communication.
- Looking beyond the behaviour to help parents/carers explore the underlying causes of problematic behaviours (The Iceberg Model, Polyvagal Theory, etc.).
- Helping parents/carers to develop age-appropriate expectations around behaviour and understand how this is linked to a child's developmental stage.
- Helping parents/carers to set clear and consistent boundaries and to apply positive parenting approaches to help regulate and manage unwanted behaviours.
- Encouraging high levels of warmth and nurture alongside age appropriate positive behaviour strategies (i.e., Connection with Correction / Two Hands of Parenting).

Developmental Approaches:

- Helping parents/carers to understand their child's developmental stage through observation and assessment tools (e.g., the H.E.L.P. intervention).
- Supporting parents/carers to support the learning and development of their child through play.
- Helping parents/carers to develop their child's skills in a specific area of their development.
- Helping to establish specific routines within the home whereby a more typical approach to helping families to establish these have not created the desired change (e.g., CNN intervention).

How to involve us with a parent/carer:

If you know a parent/carer who might benefit from working with us, please contact a member of our team for an informal and confidential discussion about the type of work we might be able to offer.

As we are a voluntary and non-statutory service, the standard Flying Start referral form will need to be completed with the parent/carer, and signed by the parent/carer, before we are able to work with the family.

To comply with GDPR regulations, please make sure that completed referral forms are handed to a member of our team in person. We will contact the referrer when a member of the team has been allocated to work with the family for a more detailed discussion as we value your input.

For more information, please contact:

Dr Nicola Canale, Specialist Educational Psychologist & Parents Plus Manager

Nicola.Canale@cardiff.gov.uk / Tel: 02920671441

Here is a selection of services who have recently added or updated their details on Dewis Cymru.

In addition to those services listed below. Vision 21 have updated 11 records on Dewis Cymru. Vision 21 provides realistic work-based opportunities for people with learning needs through unlocking their ability and potential.

Name of service	Summary of service	Link for more information on Dewis
<p>Keep Safe Cymru Card - South Wales</p>	<p>South Wales Police, Learning Disability Services and Mencap Cymru, have jointly developed a Keep Safe Card Scheme for anyone in the South Wales force area with a Learning Disability, Mental Health or Dementia and communication need.</p> <p>If the card holder needs assistance, whether they are lost, a victim of crime or any situation that means they need some extra support, they can use the card to access this help. The card will hold basic information about the individual such as how they communicate, any health issues and any emergency contacts such as parents or carers.</p> <p>When an individual registers for a keep safe card, they will also be given access to the Police Disability Line.</p>	<p>Click here</p>
<p>Safe Families for Children Wales</p>	<p>Safe Families for Children is a volunteer organisation that gives help to families in crisis, providing safe short-term accommodation for children and befriending support to parents and carers.</p>	<p>Click here</p>

<p>SURE for Mental Health Community Project</p>	<p>Our new SURE for Mental Health Community Project will be running support groups and activities for anyone who may be struggling with their mental health. This may include: coffee mornings, walking groups, craft groups etc. To help our project succeed, we are recruiting volunteers to help with these groups and activities.</p>	<p>Click here</p>
<p>Peer Forward Project</p>	<p>The Peer Forward project is delivered by St Giles and has been designed to enhance the current provision of front line services by providing carefully selected individuals to work alongside staff on a voluntary basis. Individuals can have an offending history, substance misuse, homelessness, domestic abuse, mental health difficulties and long-term unemployment. Participants must be over 16 and living in Cardiff, the Vale or Gwent areas.</p>	<p>Click here</p>
<p>Touch Trust</p>	<p>Touch Trust provides creative, touch-based art of movement and dance programmes for individuals affected by Autism Spectrum Disorders, behaviour that challenges and profound and multiple disorders. They work with children and adults of all ages and are based in the Wales Millennium Centre. They provide group or 1:1 sessions depending on the needs of each individual. The staff are accommodating and flexible and can provide 1:1 sessions seven days a week on request to enable the meet each family's individual needs. They have two rooms used for group sessions, one room for 1:1 sessions and an area where families can relax.</p>	<p>Click here</p>

	<p>Through sessions the workers aim to use music, touch and percussion to engage the senses, explore sounds together, praise unique qualities, encourage exploration and creativity through sounds and massage and touch helps with positive body awareness.</p>	
Elevate	<p>Elevate is a coaching and mentoring charity that works with young people to improve their self-esteem, raise their aspirations and help them build skills, whilst reducing their levels of disengagement with education and society. We train and match community mentors and personal coaches to young people. The activities are centred around wellbeing, personal development and optimism and can be at times therapeutic due to being rooted in positive psychology and coaching psychology principles We currently operate through several projects to affect change in our community, and offer further bespoke services when needed.</p>	Click here
Lego club at the Fairwater Hub	<p>Child(ren) can enjoy a hour of Lego building fun.</p>	Click here
Lego Club and Childrens Film Club	<p>Every Saturday</p> <p>Get creative, come and enjoy our Lego Club and join us for some cool crafts!</p> <ul style="list-style-type: none"> • Children's Film Club - 10:00 - 12:00pm • Lego Club - 11:00 - 12:00pm • Children's Film Club - 14:00 - 16:00pm • Craft Club - 14:30 - 15:30pm 	Click here

<p>Home Start Cardiff</p>	<p>Home-Start Cardiff offer practical and emotional support to families living in Cardiff who have at least one child under the age of 5 .UNLESS the family is a refugee or asylum seeking family or under the neurodevelopment service in which case we accept children under eleven.</p> <p>Volunteers offer 1:1 support to families who are struggling to cope with a variety of challenges, including post natal illness, budgeting on low income, disability, isolation, the demands of parenting young children, bereavement and multiple births.</p> <p>We help to prevent these difficulties escalating into crises which may lead to family breakdown.</p> <p>We also offer support to families who are refugee and asylum seekers and have at least one child under the age of 11.</p>	<p>Click here</p>
<p>Barnardos Support Service for Young Families</p>	<p>Supported housing for young families aged 16 - 25 focusing on helping young parents to increase in confidence, and strengthen their skills and knowledge to live more independently in their communities.</p>	<p>Click here</p>
<p>Y Prentis</p>	<p>Y Prentis is a construction based shared apprenticeship scheme operating across South East Wales. Funded by the Construction Industry Training Board (CITB) and Welsh Government, we employ apprentices across many construction trades to meet the needs of today's construction industry.</p> <p>We are CITB's preferred supplier of shared apprenticeships across</p>	<p>Click here</p>

	<p>southeast Wales and work with a number of partners to ensure that we are providing opportunities for young people to develop the necessary skills to support the future of the construction industry. We rotate apprentices among different contractors to give employers a hassle-free hiring solution and apprentices the opportunity to get diverse experience, gain qualifications and network with potential future employers.</p>	
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