



## **Colin Early Intervention Community**

### **Handbook of Programmes**

**October 2011**

## **Introduction**

This booklet provides details of a number of parenting programmes that are being provided through the Colin Early Intervention Community. It will be available to families in the Colin area. Each of the programmes outlined in this document represent 'best-practice' in relation to the strength of their evidence base and many are recognised globally as leaders in their field. As such, referrers can have confidence as to the quality of the programme's ethos, syllabus and materials. As additional programmes are developed this booklet will be updated and expanded.

## **The Colin Early Intervention Community**

The Colin Early Intervention Community, focusing on the Twinbrook, Poleglass, Kilwee and Lagmore areas, is one where the community leaders, in collaboration with the Voluntary, Business and Statutory sectors, are leading the development of early intervention programmes to improve services for children and families in Colin.

Each of the programmes covered in this booklet are free, both to the referrer and to the family, although for the mellow babies / parents, there may be a small cost to cover child-care costs. Whilst most of the programmes are delivered by Trust professional staff, including social workers, psychologists and nurses, the Incredible Years programme is also delivered by a range of voluntary partners including YMCA, Sure Start, Home Start and North Down Community Network whilst the Strengthening Families programme will be delivered by Action for Children.

## **New Parent Support Programme**

The New Parent Support Programme is an intensive home visiting programme for vulnerable first time mothers. The programme incorporates 27 home visits by a specially trained health visitor and commences at 20 weeks gestation. As such, referrals have to be made prior to this. The programme continues until two years post birth and incorporates a number of different therapeutic interventions, with the over-arching aim to maximise the attachment bond between mother and child, although including fathers in the programme is also an important aim.

For more information or to discuss referrals, please contact:  
Rita McCollum (07595609591)

## **Family Support Panels (Lisburn /Colin)**

Family Support Panels meet monthly and are made up of a range of voluntary, community and statutory providers of family support services. Each month, the Panels consider referrals from a range of sources, included schools, community groups, health visitors, social workers, community psychiatric nurses, Sure Start and others. In addition to being able to signpost referral to local services, each of the three Panels active in the South Eastern Trust area (Lisburn / Colin, North Down / Ards, Down) have a budget

which they can use to purchase packages of support for vulnerable families. These packages of support can range from very practical help to intensive therapeutic interventions. It should be noted that the main aim of the panels, which exist outside of the social services system, is to prevent vulnerable families reaching the point where they require statutory social services involvement through putting in place appropriate and timely supports tailored to their needs.

For more information or to make a referral, please contact:  
Karen Otley: 07525898223

## **Mellow Parents**

Mellow Parenting is a 14 week group programme designed to support mothers who have relationship problems with their children under 5. The programme combines personal support and the use of personal video, along-with direct work with parents and children with their own parenting problems. Mellow Parenting is an evaluated programme which has been shown to be effective in engaging hard-to-reach families. One year follow-up has shown lasting gains in maternal well-being, parent-child interaction, child behaviour and child development. An evaluation by the Department of Health has shown that compared with other parenting programmes run in family centres, the programme improves:

### Components for Mellow Parenting

- Emphasis on parental engagement and empowerment 1 Personal group for parents while children are supported in children's group,
- Shared lunch time for children, parents and staff,
- Lap games and songs to promote mutual enjoyment,
- Individual analysis of video tape of family mealtime,
- Activities and outings to practice new skills and build a repertoire of skills,
- Structured parenting workshop,
- "Homework" to reinforce new skills,
- Built-in objective and subjective measure of change.

## **Mellow Babies**

Mellow Babies is a specialised version of Mellow Parenting, based on the same core principles, that has been developed for parents and vulnerable babies under a year. This programme addresses both adult mental health (post natal depression) and child protection. Mellow Babies research has shown improvement in maternal depression and parent-infant interaction, and a reduction in the need for Child Protection Registration.

### **Colin:**

Contact Maureen Jamison on 07739879575 for more information

## Strengthening Families

The Strengthening Families Programme, for young people aged 10-14 years and their families, was developed by the School of Health & Social Care at Oxford Brookes University, Oxford. The Programme is a 7-session programme focusing on reducing family related risk factors for adolescent problem behaviours and building protective factors in young adolescent children and their parents / caregivers, especially in relation to alcohol misuse.

The Programme benefits from having been widely researched and from being focused on the transition to post-primary school, which is one of the most vulnerable periods for a family due to the likelihood of children encountering drug and alcohol use. Research also suggests that enhancing the protective factors and reducing risk in the family environment can be particularly important during adolescence. Evaluations of the Strengthening Families Programme to date have shown promising results in terms of parenting skills, risk factor mitigation and slowing the growth of youth problem behaviours. Positive effects with regard to specific difficulties (eg. alcohol, substance use, conduct problems, school-relating problem behaviour, peer resistance and affiliation with anti-social peers) have generally shown positive effects over time. The programme includes Parent Sessions, Youth Sessions and Family Sessions. These 3 elements take place over the course of each evening with 2 members of staff facilitating the parent sessions and 2 the youth session and the final part of the evening parents and young people together in a family session. Each evening a meal or snack is provided.

### *Delivery Plan for Strengthening Families*

Action for Children will deliver two pilot programmes throughout 2011/12, as detailed below:

#### **Lisburn/Colin area:**

Strengthening Families to start in February / March, 2011

For more information, please contact Trudy Brown on 07803 213932

## Incredible Years

Incredible Years is a 12-14 week programme for parents with children aged 3-6 years. Unlike Mellow Babies, which is specifically focused at the hardest to reach families, the Incredible Years programme can be used with a broad range of parents.

The long-term aims of Incredible Years are to:

- Reduce violence, drug abuse and delinquency in later years,
- Promote parent competencies and strengthen families,
- Increase positive and nurturing parenting,
- Reduce critical and violent discipline approaches by replacing spanking with positive strategies such as ignoring, using logical and natural consequences, redirecting, adequate monitoring, and problem-solving,

- Improve parents' problem-solving skills, anger management, and communication skills,
- Increase family support networks and school involvement,
- Help parents and teachers work collaboratively to ensure consistency across setting,
- Increase parents' involvement in children's academic-related activities at home.

The programme covers a wide range of parenting issues over the 12-14 weeks as detailed below:

1. *Strengthening children's social skills, emotional regulation & school readiness*
  - a. Child directed play & how this promotes positive relationships
  - b. Play – academic & persistence coaching promotes school readiness
  - c. Play – social & emotion coaching
2. *Using praise & incentives to encourage co-operative behaviours*
  - a. The art of effective praise & encouragement
  - b. Effective ways to praise & tangible rewards
3. *Household rules, routines & effective limit setting*
  - a. Establishing routines & household rules
  - b. Effective limit setting & follow through
4. *Positive discipline & handling misbehaviour*
  - a. Ignoring children's inappropriate behaviour
  - b. Time out to calm down
  - c. Time out for aggression & non compliance
  - d. Natural & logical consequences
  - e. Teaching children to problem solve
  - f. Adult problem solving

#### *Delivery Plan for Incredible Years*

The programme will be delivered in the following areas in March / April 2011  
South Eastern HSC Trust (ASCET and Health Development)

#### **Surestart**

The listed organisations will be taking referrals on to their programmes. For more information please contact Fiona Molloy on 028 91510182 or email [Fiona.molloy@setrust.hscni.net](mailto:Fiona.molloy@setrust.hscni.net)

## **Nurturing Scheme**

Nurture groups have the power to change life outcomes for our most vulnerable children and young people. By encouraging nurture students to build their emotional resilience, social skills, to engage with their peers and communities and to take pride in their

achievements, we prevent the socially excluded child from becoming a socially excluded adult. *The emphasis within a nurture group is on emotional growth, focusing on offering broad-based experiences in an environment that promotes security, routines, clear boundaries and carefully planned, repetitive learning opportunities. The aim of the nurture group is to create the world of earliest childhood, build in the basic and essential learning experiences normally gained in the first three years of life and enable the children to fully meet their potential in mainstream schools.*

**For more information contact Claire Robinson**

St Luke's Primary School  
Contact details 90619941

## **Time 4 Me Primary School Counselling Service**

Time 4 Me is a Barnardo's schools-based counselling service working in primary and special schools. In 2010-11 we worked in 50 schools with over 150 children each week. We currently work in 7 primary schools in the Colin Area and last year 74% of our referrals in the Colin Area were for boys. With growing concerns for young men's mental health and the link with increased suicide, Time 4 Me counselling represents a significant early intervention with positive preventive potential.

Time 4 Me counselling aims to increase children's emotional and social well-being in order to improve *communication, learning, relationships* and *problem-solving skills*. Our practice model is systemic. We believe that children do best in counselling when you support the key adults in their lives – parents/carers and professionals – as well as the individual child. We therefore offer a menu of integrated services to help increase well-being and build future resilience.

- 1. Time 4 Me** - Individual Counselling for children aged 4 -11 and drop-in service for pupils 9 – 11 with a focus on helping children cope better with life problems so that they are more ready and able to learn;
- 2. Time 4 Us** - Therapeutic Group Work with a focus on preventing social and emotional problems from escalating;
- 3. Time 4 Parents** - Support and Guidance for parents to enhance the impact of individual counselling, improve family communication and increase parenting confidence and capacity;
- 4. Time 4 Staff** - Consultation and Training for school staff to enhance the impact of individual counselling and build capacity to better understand and respond to children's emotional well-being needs.

The four key issues we respond to in Time 4 Me are: (1) family problems; (2) bereavement; (3) friendship difficulties and bullying; (4) school worries and stress.

We are an outcome-informed service and use a measure called the 'Child Outcome Rating Scale' (CORS) every session with every pupil. Results from the CORS have shown that **86% teachers, 95% parents and 95% pupils** saw a statistically significant improvement in children's distress and overall difficulties following a period of Barnardo's counselling

For more information please contact the Time 4 Me service Manager, Dave Stewart, on 9064 6515 or [dave.stewart@barnardos.org.uk](mailto:dave.stewart@barnardos.org.uk)

## Roots of Empathy

Founded in Toronto, Canada in 1996 by educator Mary Gordon, Roots of Empathy is an evidence-based classroom programme that has shown significant effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy.

At the heart of the programme are a **neighbourhood infant and parent** who visit the classroom **nine times** during the school year. A certified Roots of Empathy Instructor guides the students in observing the relationship between baby and parent, following the baby's development and celebrating milestones. This experiential learning is reinforced through Instructor Visits the week before and the week after each Family Visit, with the full programme encompassing **27 class visits** and allowing for both preparation and prediction, as well as critical thinking, problem solving and discussion. The specialised curriculum covers **nine themes** and supports children as they learn to understand the baby's perspective, label the baby's feelings and extend that learning to reflect on their own feelings and those of others.

Contact details:

Trudy Brown

Health Development Specialist (Children's Service)

SE Health and Social Care Trust

Tel: 028 92 501376

Mobile: 07803213932

[Trudy.brown@setrust.hscni.net](mailto:Trudy.brown@setrust.hscni.net)

## Time to Read

'Time to Read' is a volunteering programme which aims to help improve the basic skills, communication and self confidence of children aged 8-11 years old within a primary school setting.

Volunteers work with Key Stage 2 (P5-P7) children in a local primary school for one hour each week. This helps to support the children's literacy skills as well as fostering an enjoyment of reading books.

Research carried out in 2010 found clear evidence that the 'Time to Read' programme is effective in improving the enjoyment of reading and ultimately potential outcomes for children. Volunteers also enjoy the experience of working with the children in a school setting, and using and developing their own abilities and communication skills.

The South Eastern Trust works in conjunction with Business in the Community to identify potential volunteers and place them in a school. All volunteers receive police clearance and induction training, and the initial commitment is for one year. The programme also encourages work place visits in the summer term to introduce the children to where the volunteers work and their fellow colleagues.

Contact details For more information please contact Susan Thompson on (028) 9151 2177 or email: [Susan.Thompson@setrust.hscni.net](mailto:Susan.Thompson@setrust.hscni.net)

## **Colin SureStart**

Small group support is offered in the Colin community by SureStart Outreach workers (qualified Community Facilitators i.e., NVQ Level 3 direct training and support), providing parenting education courses eg:

### **You Make the Difference**

A parent-child interaction programme. Using a combination of small group sessions (8-10 parents) and individual parent and child practice sessions (using video). This programme helps parents learn how to foster and enrich their child's social language and literacy development, during everyday experiences. All facilitators have been trained by the Hanen Centre and hold licenses to facilitate this programme. All programmes are evaluated by parents after attending 9 two hours sessions, crèche provided.

### **The Nurturing Programme**

A 10 week parenting programme based on four foundation stones i.e., self-awareness and self-esteem, appropriate expectations, empathy and positive discipline (the seeds for emotional health). These provide the key elements for successful relationships and confident parenting.

This programme is also facilitated by Outreach workers who are registered Nurturing Programme Facilitators (trained by Family Links). All programmes are offered with a crèche facility.

### **Cook-It**

A six week course, offering parents the opportunity to learn about the balance of good health and how to cook meals on a budget. Meals are cooked with the facilitator and then eaten together.

**Baby Massage/Baby Yoga/Toddler Yoga**

These are offered on regular basis (all facilitators are Birthlight/International Association of Infant Massage trained and registered).

**Baby Stay & Play**

Baby Stay & Play takes place every Wednesday in the main office of Colin Sure Start in the Dairy Farm Centre.

**Toddler Stay & Play**

Toddler Stay & Play takes place every Thursday in Stewartstown Road Health Centre (facilitated by Sure Start staff).

New Parent Group (providing Breast feeding support) takes place every Monday in Stewartstown Road Health Centre, facilitated by SureStart Health Visitor.

**All groups evaluated by service users.**

Contact: Colin Surestart,  
Unit 21 Dairy Farm Centre,  
02890601417  
[Info@colinsurestart.com](mailto:Info@colinsurestart.com).