

Summer 2010

Family Links Newsletter

**Open College
Network (OCN)
Accreditation for
Parents at Levels
1 and 2**

The Open College Network offers credits for informal learning which can be built up to a nationally-recognised qualification. OCN works in partnership with a wide range of organisations including colleges, schools, employers and voluntary organisations such as Family Links, to develop relevant and accessible credit-based qualifications and courses for learners aged 14 upwards.

Parents attending the 10-week Nurturing Programme can get six credits at either Level 1 or Level 2 from the Open College Network.

**Welcome to The Very First
Lancaster and Morecambe
Children's Centres
Family Links Newsletter!**

Family Links first arrived in Lancaster when Firbank Children's Centre commissioned a two day course. This 'Getting it Right with Families' course was for professionals who support families in Children's Centres and schools and in families' homes to meet the five outcomes of Every Child Matters. Since then, interest has steadily grown in the programme with Lune Park and Appletree Children's Centres coming on board last year and the local schools cluster also commissioning a two day multi-agency training for their teams.

In November 2009 we were awarded funding through NAPP to train four practitioners to deliver the Parent Group Training and in July 2010 were delighted to offer training for 17 more multi agency practitioners from across the district to undertake the training.

So what now?

Working as a team across Lancaster and Morecambe we are now able to

offer the Family Links 10 week course to meet the needs of local families across the district. On the back of the news letter you will find a programme of courses that have already been planned. We have plans to deliver the course in venues and at times to meet families' needs and along side other organisations such as the prison, Young Peoples Service and probation services.

Family Links encourages an approach to relationships that gives children and parents an emotionally healthy springboard for their lives and their learning. As a universal programme, it maintains the health of the whole population as well as impacting significantly on the most challenging behaviour.

With emotional well-being at its core, the Nurturing Programme helps to reduce abuse, neglect, deviant behaviour and mental health problems.

If you would like any more information about the programme please don't hesitate to get in touch. Contact details can be found on the back of this letter.

Sarah Hargreaves
Family Links Local Coordinator

Inside this issue:

Welcome	1
Who are Family Links?	1
OCN accreditation	1
Look what families have said	2
Ways to praise children	2
The Nurturing programme	2
Emotional Intelligence	2
Contact	2

Who are Family Links?

Family Links is a registered charity promoting loving, kind relationships within families, schools, communities and prisons. They train parenting practitioners to deliver the Nurturing Programme in statutory and voluntary organisations across the UK.

The Nurturing Programme provides simple, effective tools to help people understand and

manage feelings and behaviour.

These are based on Four Constructs - self-awareness and self-esteem, appropriate expectations, positive discipline and empathy. The Nurturing Programme helps reduce stress and enables children and young people to feel emotionally safe and able to learn.

Contact information

Sarah Hargreaves

Family Links Local Coordinator

Firbank Children's Centre

Firbank Road

Lancaster

LA1 3HL

01524 845319

Sarah.hargreaves@lancashire.gov.uk

New 10 week parent courses

Appletree Children's Centre

Starts 6th September 2010

Contact Lesley Matthews

01524 64132

Westgate Children's Centre

Starts 23rd September & 3rd March

Contact Michelle Lynch

01524 409569

Firbank Children's Centre

Starts October 15th October 2010

Course for dads—starts soon

Contact Sarah Hargreaves

01524 845319

Balmoral Children's Centre

Date 11th October 6-8pm

Contact Janet Atkinson

01524 413524

Lune Park Children's Centre

Starts October 2010

Contact Janet Westwell

01524 382818

Ways to Praise Children

Well done

Give a thumbs up

Smile

Emotional Intelligence—What is it?

The Nurturing Programme promotes emotional health in adults and in children. Everyone is born with emotional intelligence - it's a capacity wired into the brain. How this capacity develops is a person's emotional literacy, and this depends on the kind of relationships they have, initially with the adults caring for them. Emotional literacy leads to emotional health; emotional health helps us fulfil our potential in every aspect of life.

Look at what families have said!

The first 10 week course was facilitated between Firbank and Appletree Children's Centres in January 2010— here are just a few comments from the families who took part.

My children feel proud when I praise them

I feel more confident—I feel more positive about life and parenting.

How to manage my feelings better and to think more positive about myself

I'm enjoying my self respect

What is the Family Links Parent Nurturing Programme ?

The Nurturing Programme helps to improve parents' confidence.

It suggests ways of maintaining effective positive discipline while gaining more understanding of your own and your child's emotional needs.

Among many different skills, parents attending the 10 week course learn to:

- recognise the value of consistency and set boundaries
- maintain positive discipline
- respect their own and their children's emotional needs
- become a more confident, understanding parent
- value and nurture themselves as parents and carers

Who is the Family Links Parent Nurturing Programme for?

Anyone who cares for children, whether parents, grandparents or guardians. It helps families from all social backgrounds whatever their level of need - it's equally effective for parents who are already confident and as an intervention for more challenging behaviour.

Family Links has teamed up with Netmums to offer three short online courses. To find out more go to www.familylinks.org.uk and click on 'Parents'

