

Project		Nacro Osmaston Family Project	
Lead delivery partner		Nacro	
Theme	Improving life skills	Priority	2
Activity	Families and children 0-7 years	Budget code	
<p>Project outcomes (from SLA)</p> <p><u>Qualitative</u></p> <ol style="list-style-type: none"> 1. Children have the best start in life by being supported and enabled to develop their individual personality, talents and aspire to a successful life. 2. Young people fulfil their aspirations and dreams through being provided relevant opportunities. 3. Families are better equipped with skills to support their children through being empowered and supported. <p><u>Quantitative</u></p> <p>20 children to be offered one-one support in the home and to access community activities</p> <p>10-15 parents/carers to attend the parenting programme.</p> <p>Additional support to be offered to the 10-15 parents/carers to embed the work done in the programme and provide support and encouragement to increase self-esteem and confidence and to signpost to further learning and opportunities.</p> <p>Additional one –</p> <p>one support in the home to be offered to a further 20 families who are unable to attend the parenting programme.</p> <p>Total 30 families</p>			
Reporting period dates	January- March 2015	Nr and age of people benefiting from the project during the reporting period	14 families with 22 children 0-7 years 8 children 10 +

Introduction

The service provides a voluntary 'low-level' support to parents who ask for help in the defined BLT area (but who do not fit the criteria for support from statutory services).

Parents are identified through links with local agencies including the Nacro Osmaston Family Project, other agencies working in the area, local schools, Health Teams and individuals who may self-refer.

The aim is to support and enhance the family's relationships, to encourage family games and activities that have a long term benefit for the area, such as picnics to the local park and family games to increase interaction and a sense of fun, as well as encouraging a healthier lifestyle.

If through this activity, particular needs are identified then we may decide to fund some training or courses.

The service will support families both within the home and through telephone contact to start to embed the behaviour management techniques outlined in the Handling Children's Behaviour Parenting Programme.

The service works directly with young children aged 0-7 years to improve their self-esteem and confidence and encourage them to access local activities e.g. sports clubs, visit the library, after school clubs and leisure activities.

Initially there were 2 activities in this priority: work with families, and work with children. It was agreed by the board that these two activities would become one as the work with families and children is interlinked.

Activities undertaken during reporting period

- One to one support directly with parents and children in their own homes
- Weekly support group/parenting group
- First aid course for parents with a focus on first aid for babies and children

Comments from parents about the support received

- I feel a lot more confident as a parent now, knowing that I was doing most things right but needed to change a few things I was doing wrong, such as not sticking to my word and giving into the kids.
- First aid course was brill. I've wanted to do one for ages but didn't have the confidence. Because it was at the project I felt OK about going in the training room with a lot of strangers and I knew my little girl was being well looked after in the next room. I hope I don't need to use the first aid I learnt, but it was really helpful

and has given me the confidence not to panic should a situation arise.

- The support I have had at home was great I could really talk and be honest about how I was struggling with the children's behaviour. It was nice to have someone who had the time to listen and give me new ideas on how to manage their behaviour. I've used lots of those ideas and they are working well.

Outcomes the project has contributed to

The work we have done directly with children has increased their self-esteem and confidence. It has supported them to talk to their families and communicate in a more positive way together, leading to less friction and arguments in the home.

The families we have supported have said that the support has helped them to increase their self-esteem and confidence. It has given them new ideas of how to manage their children's behaviour and has reduced stress in the home. Their children's behaviour has improved with fewer behavioural problems than before the support.

The advice on healthy eating and first aid was viewed as really positive. Many parents said that they now feel very confident about dealing with first aid situations, rather than panic and going to the walk in centre for help. Since the training a number of parents have said they have dealt with minor first-aid themselves at home, so reducing the need to access the costly walk medical centre services.

Timescales

Project on track and outcomes met.

Plans for next reporting period

To offer more one-one support during the school holidays to support parents to set up their own coffee morning drop in session. To explore with parents setting up toy and a clothes exchange session.