

Improved Family Relationship at Home

Description

To provide families with relevant information to support them if they are experiencing relationship difficulties at home.

Different approaches/programmes/interventions

Relate and Relate Solent

Counselling, information and support for all relationships. We help all sorts of people in all sorts of situations. We can help you whether you're in a new relationship, in a long-term relationship, or not currently in a relationship at all. We help with large relationship threatening problems to issues that just make things a little less than perfect. Even if things are going perfectly for you, we can help keep things that way.

Hampshire Family Mediation

Hampshire Family Mediation is a registered charity based in Portsmouth, covering the whole of Hampshire (including Portsmouth, Southampton, the Isle of Wight and Salisbury.) Legally-aware professionals in child contact, property & finance & divorce.

Barnardo's Parenting & Family Support Service

We can support schools, children's services and other professionals by:

- Providing a range of services that promote and safeguard the welfare of families and their children
- Partnering with schools and other agencies to provide a seamless service
- Delivering evidence based parenting programs such as Incredible Years, Family Links and Triple P
- Offering on-to-one support to parents and carers, children and young people
- Providing family consultations that deliver impartial and independent advice, as well as information and support for parents, children and young people
- Supporting families to develop, maintain and enhance their well-being
- Allocating family workers who offer regular reviews to celebrate progress and achievements

Seeds4Change

seeds4change offers hope and practical help to families who are stuck, offering them choices, new perspectives and experiences to help them see things differently and move forward. We can support families through the process of change, this may be due to life experiences involving:

- divorce, separation, family breakdown or domestic abuse
- substance misuse (whole family model)
- bereavement or trauma
- redundancy or transition at home, nursery, school or college
- disability, illness or mental health issues

Our team is currently working to help parents & carers understand children's emotional & behavioural communication opening up empowering family dialogues with school, health & social services.

Our creative workshops offer families the opportunity to express themselves & their individual life journey through the mediums of art, music, drama, dance & therapeutic play.

We look at storytelling & the narratives we tell ourselves about our identity or who we are in relationship with others. We offer challenge in the form of risk taking exercises to develop a new life script about the roles we perform, the positions we take up & the potential seeds4change that are within us.

The seeds4change project is a registered charity and is helping children and families transform their lives through therapeutic family experiences, backed by a Christian ethos.

Our team can offer a child focussed support package which includes building parenting skills, offering couples conciliation work & conflict resolution. We work in pairs or teams to offer families a multi perspective opportunity.

We aim to instil hope in ongoing relationships & nurture families' growth towards repair & recovery.

YMCA Counselling & Psychology

YMCA Counselling and Psychology (YCP) currently run five Counselling and Psychological Support Services for children and young people on the Isle of Wight. Our services cover Tier 2 Mental Health, Continuing and Palliative Care for life limiting, life threatening and end stage care conditions, Social Care Support, School Counselling and Children's Bereavement. The majority of the services are fully funded and accredited by the NHS, with the exception of school commissioned services and Social Care. All therapists come under the registration of the Health and Care Professions Council (HCPC), The British Psychological Society (BPS), the British Psychoanalytic Council (BPC) or the British Association of Counsellors and Psychotherapists (BACP). The services are lead by a Consultant Counselling Psychologist and all therapists receive regular clinical supervision and follow NICE and NHS Framework Guidance for integrated practice and delivery and for clinical governance.

Family Lives

Find advice on all aspects of family life from bonding with your new baby, dealing with tantrums, positive discipline, bullying, communicating with teens and divorce and separation. You can also chat to us online for support or call our confidential helpline.

FIZ (Family Information Zone)

FIZ is the Isle of Wight's family information service which provides impartial information and signposting services to families, children and young people under the age of 20 year (or up to 25 years for young people who have learning difficulties or disabilities).

Solihull Approach

Understanding your child's behaviour courses can be undertaken in face-to-face groups and are for all parents and carers: mothers, fathers, partners, and grandparents. They are for everyone who wants to know more about parenting, to understand their children and understand their children's behaviour.

Triple P (Positive Parenting Programme)

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Targeted Youth Support (TYS)

The central aim of YYS is to help vulnerable young people early, to address their difficulties as soon as possible, and to prevent their problems escalating. It is targeted at young people who without help are at future risk of further problems such as substance misuse, youth offending, teenage

pregnancy and homelessness.

In particular, this is likely to include young people who experience a combination of the factors below:

- Persistent absence or exclusion from school
- Behavioural problems
- Poor emotional, social or coping skills
- Poor mental health
- Learning difficulties and disabilities
- Low self-belief
- Poor aspirations
- Attitudes which condone risky behaviours
- Poor family support, family conflict or problems such as parental substance misuse
- Poor support networks
- Family or friends, or involvement in gangs, who condone high risk activities
- Living in a deprived neighbourhood
- Poverty

The service will now provide 3 key early help interventions:

Intervention	How to access
1. 1-2-1 support, a time limited bespoke intervention which will be tailored to the individuals needs and outcomes required.	To refer to the 1-2-1 TYS professionals need to complete a CAF assessment form and action plan or CIN plan ensuring you identify the needs of the young people, what support is required from TYS and the expected outcome
2. Housing Support-support to young people at risk of homelessness, aiming to prevent family breakdown and provide information, guidance and support regarding options for young people	Complete initial screening check tool with the Young Person/Family (available from the TYS team). If there is an immediate Homelessness issue or Safeguarding concern a referral should be made to Hants Direct. In other cases contact TYS for advice and support.
3. Return Interviews for children and young people who have been missing (non-social care cases). The team will provide an interview for young people and will work with other early help services to address issues/concerns.	Referrals for this service will be through police and social care only.

At the end of the intervention TYS staff will provide a summary of case including the impact of interventions to the referring agency and young person.

Children's Legal Centre

Children's Legal Centre provides free legal information, advice and representation to children, young people, their families, carers and professionals, as well as international consultancy on child law and children's rights. The website provides useful factsheets on residence and accommodation, parental responsibility, schools and education and family and relationship breakdowns.

Services available**Isle of Wight****Relate Solent**

- Telephone: 01983 524402
- Email: appointments@relatesolent.org.uk
- Website: <http://www.relatesolent.org.uk/index.html>

Hampshire Family Mediation

- Telephone: 023 9243 3388
- Website: <http://www.hantsfamilymediation.org.uk/>
- Email: admin@hantsfamilymediation.org.uk

Barnardo's Parenting & Family Support Service

- Telephone: 01983 520006
- Email: iowpfs@barnardos.org.uk
- Website: www.barnardos.org.uk

Targeted Youth Support (TYS)

- Telephone: 01983 535560
- Email: targeted.youthsupport@iow.gov.uk.
- Address: 62 Crocker Street, Newport, PO30 5DA

Seeds4Change

- Telephone: 01983 533813 or 07970 490597
- Website: <http://www.seeds4change.org.uk>

YMCA Counselling & Psychology Service

- Telephone: 01983 861072
- Email: CBS@YMCA-fg.org
- Website: <http://www.ymca-fg.org/counselling-and-community-support/>

FIZ (Family Information Zone)

- Telephone: 01983 821999
- Email: familyinfozone@iow.gov.uk
- Website: www.wightchyps.org.uk

Nationally

Relate

- Telephone: 0300 100 1234
- Website: <http://www.relate.org.uk/>

Family Lives

- Telephone: 0808 800 2222
- Website: www.familylives.org.uk

Children's Legal Centre

- Telephone: 08088 020008
- Website: <http://www.childrenslegalcentre.com/>