

If you would like to know more about any of these services you can contact your Family Centre by phone or email. Otherwise return the form below and over the page and we will contact you. A professional can return this on your behalf but you have to sign the form to give us permission to contact you.

Return to:
Family Centre Lead
North East Locality Hub
 Ryde Family Centre
 George Street, Ryde
 IOW, PO33 2JF
 Tel: 01983 617617
 E: northeastwight@barnardos.org.uk

Return to:
Family Centre Lead
West & Central Wight Locality Hub
 West Newport Family Centre
 Wellington Road, Newport,
 IOW, PO30 5QT
 Tel: 01983 537390
 E: westandcentralwight@barnardos.org.uk

Family Centre Lead
South Wight Locality Hub
 Sandown Family Centre
 Fairway, Sandown, IOW,
 PO36 9EQ
 Tel: 01983 408718
 E: southwight@barnardos.org.uk



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I would like to be contacted by a member of the Family Centre Team to discuss the support ticked overleaf:

Parent/Carer name: _____

Address: _____

Mobile: _____ Home Phone: _____

Email address _____

Child's Name: _____ dob: _____

Child's Name: _____ dob: _____

Signed by parent/carers _____ Date: _____

By signing above I give permission for my details to be passed to the Early Help Centre and I consent to being contacted by them.

If a professional is facilitating this request for support complete below:

Name of professional: _____

Email: _____



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IOW 0-19 Family Centres Parenting and Family Support



There when you need us

Raising a family can be challenging at times

70% of parents say that they would benefit from some advice, guidance and support. The IOW 0-19 service offers a range of support for parents, carers and families, available to all, via their local Family Centre. This leaflet explains some of the support available.

If you need support with something not covered in this leaflet please contact us and let us know. If we can't provide the support you need we will be able to signpost you to the right place.



Drop-in advice and Workshops

We hold regular drop in sessions for families to access information, advice and guidance about anything related to their family's health and wellbeing. Sessions are run by experienced family support workers.

We also deliver workshops tackling specific issues both in family centres and local schools. Please see your family centre timetable for details of drop-ins and workshops in your area.

We also offer a range of programmes to support parents and carers at all stages of their children's development:

Incredible Years: Baby and Toddler Courses

Baby IY is a 5 week program aimed at parents with babies under 6 months. We look at how to promote baby's all round development; understanding crying; being safe and making the most out of the first year of life.

Toddler IY is a 10 week program aimed at parents with children from 2-5 years old. It uses child directed play and coaching skills to promote social skills; school readiness and problem solving. Parents are encouraged to use praise and rewards to enable children to explore and grow within a happy and positive environment.



Family Links: The Nurture programme

A 10 week programme which offers positive and practical advice for nurturing children/young people so they learn how to handle both their feelings and behaviour. It is designed for families with children/young people aged 5 -12 .

The Parenting Puzzle is based on four building blocks: **Self awareness and self esteem, Appropriate expectations, Empathy and Positive behaviour management**

These four areas provide the key elements for successful relationships and confident parenting.

Specialist parenting support: New Forest ADHD & Cygnet ASC Parenting programmes

Parenting a child with ADHD (Attention Deficit Hyperactivity Disorder) or an ASC (Autistic Spectrum Condition) can be exhausting and challenging. The New Forest and Cygnet Parenting Programmes have been specifically developed to support the parents/carers of children with ADHD and ASC. Parents will learn about the nature of brain development and strategies to support their children to manage their anxieties, behaviours and impulses.

Please note these programmes are only available where a child has a diagnosis of ADHD or ASC



Talking Teens/Teen PPP

These programmes are designed for families who have teenagers aged 12-18. They are based on research into adolescent development. They aim to help parents/carers understand and support their teenagers during this time of change and enhance the emotional health of both young people and parents. To lead satisfying lives, fulfil our potential, enjoy good physical and mental health, and sustain close relationships, we need to be emotionally healthy.

I would like to know more about:

Toddler Incredible Years Baby IY		Drop-in support	
Family Links :The Nurture programme		Advice on Healthy Family Lifestyles	
Teen Triple P /Talking Teens		Specialist programmes	
Specialist programmes Supporting healthy Development all ages		Workshops on specific issues (please tell us what below)	

Other—Please tell us what