

## Further information

Courses are free and assistance with transport and childcare may be available.

Parents are encouraged to commit to the full programme and share their own skills to gain the most benefit. There are usually around 8-12 parents on the course. Mothers, fathers, partners and carers are able to attend.

If you feel one of these programmes would help you and your child, please speak to your GP, school nurse or any other professional you have contact with and ask them to refer you to us.

## Privacy

We only share information in situations where we have either spoken to you, or where it is vital to do so quickly and we are unable to talk to you.

There are also legal reasons that require the NHS to share information. These include child protection, controlling infectious diseases and protecting vulnerable individuals.

## Tell us your views

If you have a comment, concern, complaint or compliment about our services, please contact our Service Experience Team on 01452 894673 or email [complaints.2gether@glos.nhs.uk](mailto:complaints.2gether@glos.nhs.uk).

## Contact us



### Write to:

Parent Support Team  
Children and Young People Service (CYPS)  
Acorn House  
Horton Road  
Gloucester  
GL1 3PX



**Telephone:** 01452 894320



**Email:** [parent.programmeoffice@glos.nhs.uk](mailto:parent.programmeoffice@glos.nhs.uk)

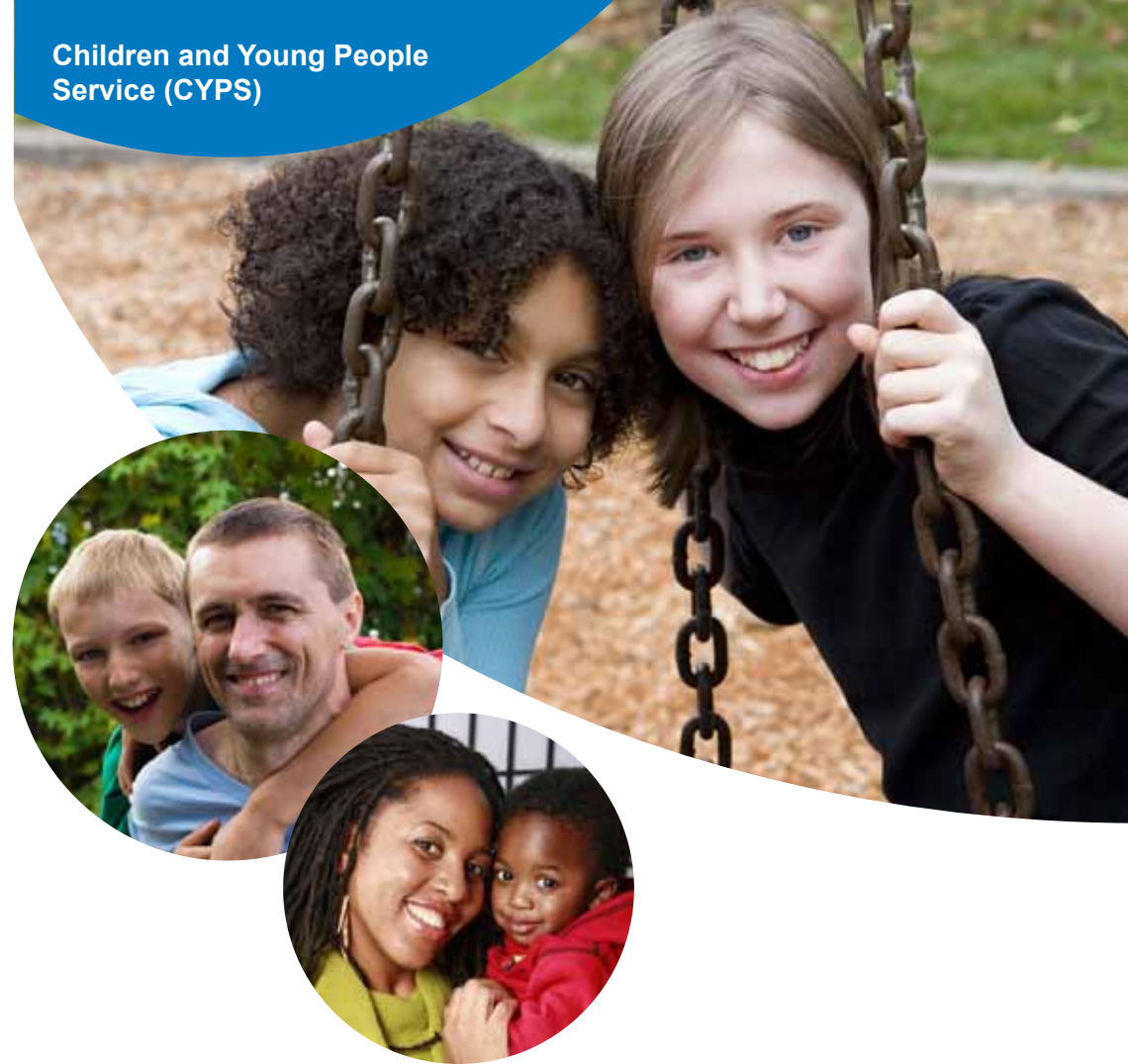
In partnership with:



If you would like further information, additional copies or would like to receive this leaflet in another language, large print or on audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester, GL1 1LY. You can email us at [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) or call us on 01452 894007.

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## Children and Young People Service (CYPS)



## Parent Support Team

Information for parents and professionals about the programmes we offer

**2gether**  
Making life better

Foundation Trust  
For Gloucestershire 

## What we do

Parents and carers are really important in helping their children to develop and grow up well, and it isn't always an easy job. Our courses offer support on managing behaviour and input on positive discipline techniques. They aim to build on your strengths as a parent and help you to feel confident in solving problems. By taking part you will be promoting your child's own self esteem.

## Current programmes

### The Incredible Years Programme - written by Carolyn Webster-Stratton

*For parents with children aged 0-12 years*

A 12 week programme, meeting for two hours a week during term time at venues across the county. A range of methods are used to help you develop new and existing skills and build your confidence in promoting positive behaviours in your child. These include DVD clips, group discussions, practise activities and homework exercises.

Programmes are run in a fun and friendly atmosphere and allow parents to meet with others who share similar goals.

Feedback from parents after the programme included:

*"I did not feel embarrassed to talk about my child."*

*"Gave me lots of ideas and insights."*

*"Fulfilling experience, I have learned a lot from co-leaders and other parents. A positive group."*

### Parents Plus Adolescent Programme

*For parents of children aged 11-16 years*

A 10 week programme designed to support parents in building enjoyable family relationships, solving problems together and communicating effectively with your teenager. Video clips and discussions introduce you to strategies for positive parenting, whilst homework activities and role play allow you to practise these skills and receive support from fellow parents.

Feedback from parents after the programme included:

*"I found it emphasised the positive aspects. We all felt that we were good parents doing a lot of things right."*

*"It really did help considerably and helped the way that we related to each other as a family."*

## Managing Challenging Behaviours in Children with Additional Needs

*For parents and carers of children who have a severe learning disability (aged 2-16 years)*

A 12 week programme designed to support parents/carers who have a child with a severe learning disability. Using strategies adapted from The Incredible Years programme and with the experience and knowledge of the staff/professionals who work with children who have a learning disability, the course focuses on supporting parents to manage challenging behaviours and understand the varying needs of the child.

The sessions offer realistic tips and strategies to help the parent/carer support their child, using a range of sensory and practical ideas. It is also a great opportunity to meet with other parents/carers who share similar experiences.

Feedback from parents after the programme included:

*"It has been the most fantastic experience. I have learnt such a lot."*

*"I thought that the course was very useful with coping with a lot of problems with our children. It has made me feel a lot more confident."*

*"The leaders were very helpful and full of fun and made me laugh."*

## Strengthening Families

*For parents and their child aged 10-14 years*

A 10 week programme aimed at reducing alcohol and drug use and behavioural problems in adolescence, and strengthening the parent/carer young person relationship. It is unique in the way it works with both parents and children, bringing them together.

Through discussions, fun games and activities, families solve problems together, learn about rules and consequences and explore ways to show love, support and strengthening family communication. During the first hour, parents and young people meet separately with group workers and then come together for a hot meal, followed by family activities. This allows parents, young people and facilitators time to relax and get to know each other.

***Please note that this programme does not run regularly. We aim to run the course once a year but this can vary depending on need and availability. Please contact the office if you would like to discuss this programme.***

## Helpful websites:

- [www.familylives.org.uk](http://www.familylives.org.uk) - a national organisation to support parents and carers
- [www.gloucestershire.gov.uk/fis](http://www.gloucestershire.gov.uk/fis) - Gloucestershire Family Information Service
- [www.youngminds.org.uk](http://www.youngminds.org.uk) - The voice for young people's mental health & well being