

Project		Family engagement and opportunity project	
Lead delivery partner		Sure Start Children's Centre/Warsop	
Theme	Adult and Family learning Having things to do	Priority	3.3.1 Empowering people 3.6.1 Having things to do
Activity	Training and personal development opportunities	Budget code	
Project outcomes (from SLA) Improved knowledge and skills Improved life opportunity			
Reporting period dates	Jan 2017-April 2017	Nr and age of people benefiting from the project during the reporting period	Expected
Introduction We are currently celebrating the success of several activities, learning and supported added value sessions. 1: Incredible Years crèche worker funding 2: Paediatric First Aid crèche worker 3: Baby Heart Start progression 4: Breastfeeding peer supporter training-supporting additional crèche worker and resources 5: 2 x Bunny Hop parties			
Activities undertaken during reporting period See above			
Outcomes the project has contributed to <i>Empowering people</i>			

Having things to do

Timescales/Participant Numbers

Empowering people:

Breastfeeding training ran over a ten week period. The aims were to encourage more local parents to become Breastfeeding supporters. This will ultimately contribute to greater life chances for children, improved health benefit for both children and adults and ultimately provide peer support for parents.

"Peer Support for people with similar life experiences has proven to be tremendously important towards helping many move through difficult situations (Reissman, 1989; Roberts and Rappaport, 1989)...."maintaining its non-professional vantage point is crucial in helping people rebuild their sense of community when they've had a disconnecting kind of experience..."

Initially nineteen people expressed an interest and were interviewed between December 2016 and early January 2017. Not realising the commitment required to complete a ten week programme, submit a portfolio and become confident supporters, some declined their places and a further two dropped out due to work commitments and childhood illnesses. Eleven in total completed the training, including four from the wider community.

All eleven expressed greater knowledge by attending the course, increased confidence and also set up peer support, closed group, Facebook page. We know that child poverty and life chances are further improved by parents having two or more friendships.

"I feel that I now have more confidence and I am more knowledgeable now and have an insight to breastfeeding support"

"I would like to be a support worker to educate mum/to be and the benefits of breastfeeding"

The funding allowed additional crèche workers to support restricted staffing and ensure all babies had quality care and an onsite provision to remain breastfed while their mothers attended the course. The funding also supported additional study resources to be provided to enhance the delivery of the course and course materials.

Eleven folders will be submitted to receive Level 2 Award in Peer Support Skills: Breastfeeding (QCF).

Incredible Years

This parenting programme, delivered by trained facilitators through the Children's Centre, was due to run without childcare. Parents with children with behavioural and emotional need were encouraged to attend and identified barriers to attending, mainly focussed around non availability of childcare. The programme focuses on parent-child interactions and attachments and positive behaviour management strategies. The long term goal of I.Y. is to prevent and reduce school dropout, delinquent behaviours and promote long term academic success. The funding provided sessional crèche workers to work alongside regular workers to allow parents to attend with younger children. These parents are often the most in need and have no other source of childcare available. Managing children's behaviour is ultimately a way of keeping children safe and well and parents recognised the benefits of this course

in promoting positive behaviour management techniques.

10 parents started and completed the course.

Baby Heart Start/Savers 19.1.17

Two sessions ran and in total 10 attended.

Comments from parents include:

JH: *I really enjoyed The Heart Start course as I can use it in knowledge for my baby and my 4 year old but we also learned how to deal with adults too.*

We will hopefully be completing the paediatric course after.

AS: *After completing the course I feel more confident that I can help my baby in an emergency. It also helped my confidence in general being part of a group learning session.*

I have shared my new knowledge with my family.

LH: *I felt more confident when feeding my baby bigger pieces of food.*

I don't panic when he eats bigger things and It's made me try lots and lots of different food with him

KC: *I have four children aged 13, 11, 8 and 9 months so this heart start session helped me to feel confident that in an emergency I could deal with it.*

I have also shared with my partner what I learned.

As a progression opportunity, parents were offered a six week Paediatric course, funded through Inspire Community Learning. As a result of Big Warsop taster sessions, parents signed up to these and completed this course. Childcare was offered through Shaping Futures for parents with no other support.

The courses provided qualifications for volunteers at both Hetts Lane Holiday Club and Shining Little Stars and ensures these local provisions remain safe environments for families attending their sessions.

The Children's Centre recognises the benefits of this funding to be able to progress and empower local people and demonstrates the overall impact of the funding as a tremendous benefit to the local community.

Baby Yoga

Baby Yoga enhances playful interactions between parents and their baby. It encourages early physical benefits, early attachments and improved well being as it re-educates correct breathing techniques. It is no longer provided as "mainstream services" under the new commissioning in Children's Centres. The funding allowed trained workers to deliver the sessions.

Numbers: 6 adults attended (6 babies and 1 older sibling)

- ***A Lovely session, definitely something we will continue at home, and would like to come again if they're any more sessions in the future***
- ***Very worthwhile session, baby J will love to learn these new moves. Although he was***

sleeping it was good to meet other mums at my first baby group

- *Wonderful session, love coming along to these brill classes and so does N (when she sits still!) keep them coming.*
- *Encouraging and insightful. Great way to bond with the little ones :)*
- *Great session learned a lot of new exercises to use when bonding with my baby.*
- *Really enjoyed yoga, its great and creative. New ways of bonding and promoting play.*

Having things to do:

Easter Bunny Hops parties, one at Warsop's Tudor Barn and one at Meden Village Hall.

*These were delivered through a combination of funding (Celebration Funding via Family Action) and the Big Warsop and also incorporated clothes sales, raffles, tombola's and hook a gift fund raising opportunities **raising a total of £408.22.***

Attendance at Meden Vale: 25 children and 15 adults (69 ticket sold but only registered families on systems)

Attendance at Tudor Barn: 34 children and 26 adults (94 ticket sold but only registered families on systems)

Many of the comments mentioned the positive opportunities for families being able to bring along older siblings and other family members, a crucial element of the funding bid and funding service delivery.

There was a point when ticket sales did not match the equated overall costs of the event and a possibility of the event being cancelled at Medan Vale. As a result, local parents got involved advertng and promoting the event through social media and ticket collections for other families. This resulted in a successful Easter party and was attended by families including dads, grandparents and great grandparents.

Comments

Thankyou we had a lovely time

- *Good turnout, Oakland's room is better*
- *Nice to see staff joining in disco dancing (S.C)*
- *Fantastic party for all ages*
- *It's just nice to do this for the children, it's my sons first time at a disco.*
- *Fantastic and friendly*
- *Really lovely party, very lucky to have this service*
- *You're all a great team to be around. Have helped a lot and made me more confident for my daughter*
- *Find it fantastic how the Children's centre puts in so much time to make events like this. So fun for the children. Also involving the big kids (us adults)*
- *Lovely for the kiddies thank you*

- *We have enjoyed it, thank you*
- *We are so lucky to have access to services like this, thank you to everyone involved in running them.*
- *Kids had a lovely time, thank you*
- *Kieren and Becky were fab making sure everyone had a good time, thanks guys*
- *My little girl loves everyone at Warsop children's centre and her confidence has grown so much, that means if she's happy, I'm a happy mummy xxx*
- *It was lovely coming here with my grandchildren and everyone making us feel welcome the staff are very friendly*
- *Should be more events like this; get the community together like it used to be when my kids were young. Thank you to all the volunteers who assisted in this event.*
- *Enjoyed crafting, enjoyed all of it. Good thank you.*

Photo from the event including families, Vision West Notts workers and Cllr Adey



Plans for next reporting period

Plans underway to deliver Baby Heart Start/Saver courses facilitate and evaluate services and progression opportunities.

Baby Yoga x 4 sessions, planned to be delivered and reported on. This is no longer part of generic service delivery by the centre and studies show the positive effects on language development, early childhood attachments and positive parent/child interactions.

Having things to do: Seasonal Fun events, sports and fitness and Warsop Carnival involvement

Information and reports will contribute towards the next LAG meeting and Parents Forums held at the Children's Centre.