

Extra Support For Families QUICK GUIDE

For any of these interventions please ring 0191 211 5773

Or email newcastlenorthenquiries@newcastle.gov.uk



Understanding your Baby

A group for new parents and babies (up to 9 months) based on Solihull Approach. 8 weeks. A safe, relaxed programme promoting getting to know and understand your baby.



Understanding Your Child

8 week programme for parents of children 9 months upwards. Based on Solihull approach help understand their child's behaviour and promote strong relationships



Baby Massage

6 week programme for parents and babies 3-9 months. An enjoyable class promoting sensitive care and bonding.



My Child and Me

Easy and supportive 4 session group or can be 1:1 at home; managing boundaries; understanding behaviour; tackling difficulties.



Incredible Years Pre-School

Half a term of 1:1 workshops at home aimed at parents of 3-4 year olds thinking about encouraging independence and skills. Managing Behaviour.



Decider Skills Group or 1:1 (young people)

Based on CBT and DBT (cognitive and dialectical behaviour therapy) to teach children and young people skills to recognise and manage thoughts, feelings, and behaviour.



Parents on the Ball (all ages)

To promote healthy life choices within families and help parents gain confidence in a fun and interactive way, including physical activity and games that they can share at home with their children. 10 weeks



Emotionally Based School Non-Attendance

For parents whose children are struggling to go to school a 5-week support group that looks at reasons behind this, gives the chance to share ideas and meet others in the same situation.



Support For Families: QUICK GUIDE NORTH LOCALITY

Sessions open to all, just point parents in our direction.



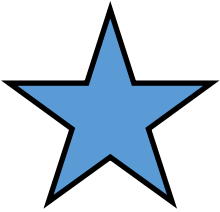
Citizens Advice Newcastle

A weekly drop-in for information advice and guidance on debt, benefits etc. The Haven, Halewood Ave
Tuesday 10-12.



Family Space

After school space for families come along for fun, crafts, a snack and games. The Haven, Halewood Ave.
Tuesday 3.30-5.00



Autism Hub

Monthly Workshops and one to one appointments
Call Kerrie Highcook on 0191 410 9974



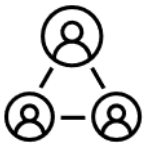
SEND support

Advice and support from professionals for children with additional needs. No Diagnosis necessary.
Every other Friday, ring for next date on 0191 2115773



Youth Clubs

NE Youth on **Tuesday** age11+ 4.00-6.00.
Projects 4 Change **Wednesdays** age11+ 3.30-5.30
The Haven, Halewood Ave



Non Binary Group (young people)

Safe Space for young people who identify as non-binary.
Fortnightly - Call for next dates 0191 2115773



Coffee Drop-ins

Come and join us for a coffee, meet other parents and find out what we do. The Haven, Halewood Ave - **Mondays 1-3**, Gosforth Library - coming soon



Ante Natal Classes; Tuesdays

4 Workshops for expectant parents run by Midwifery, Health visiting, Healthworks and Action for Children.
To book call single point of access on 0191 282 3319