

# Sunderland Parenting Programme Directory

## A Guide for Practitioners and Services Working with Families in Sunderland

This guide is designed to give an understanding of specific parenting programmes which can help you support children and families across Sunderland.

## **What are Parenting Programmes?**

Parenting programmes are packages of training, delivered by expert practitioners, which support children, young people and their parents or carers.

## **Where are they?**

Parenting programmes are delivered in a range of community settings including schools, children centres and voluntary and community sector bases.

## **When can families use them?**

Parenting Programmes can be accessed at any time during the life of a child or young person.

## **Who are they for?**

Universal Parenting Programmes can be accessed by all parents and carers and the children and young people whom they care for.

Targeted Parenting Programmes can be accessed when parents and carers need extra help and support beyond that provided by Universal services.

Specialist Parenting Programmes are suitable for parents and carers who are experiencing significant challenges or problems in their parenting role. This will include parents of children with additional needs having access to specialist services such as the Child and Adolescent Mental Health Service (CAMHS), services for children with disabilities and more intensive social care interventions.

## **How can services be accessed?**

Practitioners should use the contact details within this guide to make a referral to the appropriate programme or service. Where no provision exists, they should make a referral to the Sunderland Parenting Panel.

## **How to use this guide**

This guide provides detailed information about the Universal, Targeted and Specialist Parenting Programmes that are available in Sunderland. It will enable practitioners to link the needs of the families with the available provision. This guide also highlights some of the other parenting support, which families may find of use.

This guide should be used in conjunction with the Parenting Calendar and the Sunderland Parenting Panel referral details, which can be found on the Families Information Service website – [www.familiesinfoservice.com](http://www.familiesinfoservice.com)

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# Universal Parenting Support

This means that all parents and carers have early access to information, advice and signposting to other services by self-referral, in places and times that are convenient to them:

- One-to-one or group support from a range of trained staff, including child and family workers and healthcare professionals
- Clear and up-to-date information available in leaflets or through the Families Information Service telephone line and website
- Programmes delivered to meet the need of adults in a parenting role to help them to support their children and young people
- Peer groups so that adults who access a course can then be supported by other parents/carers and share their experiences of parenting in a supportive environment.

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<b>Parent Craft</b>	<p>Support and advice on physical and emotional changes during pregnancy and how to care for the unborn child, including smoking cessation.</p> <p>Preparation for parenthood including support around breastfeeding and healthy eating.</p>	<ul style="list-style-type: none"> <li>• Promotes a healthy pregnancy</li> <li>• A chance to meet the local health professionals and children’s centre staff</li> <li>• Improved health outcomes for mothers and their babies</li> <li>• Helps parents/carers to develop a better understanding of what to expect from their baby and develop a good relationship with their child</li> <li>• A chance to meet other parents/carers with babies, socialise with peers and support each other</li> </ul>	<p>Open access.</p> <p>Contact: Sunderland Royal Hospital - 0191 565 6256 (Extn 47000) or your local Midwifery Team.</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe</li> <li>• Enjoy and achieve</li> <li>• Make a positive contribution.</li> </ul>
<b>Family Nurturing - Family Links The Nurturing Programme (0-12 years)</b>	<p>The Family Nurturing Programme is a 10 week whole school/community programme relevant to all children and to the adults responsible for their upbringing. It explores the needs behind children’s behaviour and offers a consistent approach to positive behaviour. The programme encourages positive relationships between children and adults at home and at school from early years through to secondary school.</p>	<ul style="list-style-type: none"> <li>• Can help parents/families build a happier home</li> <li>• Gives parents/families the skills to cope in more difficult times</li> <li>• Helps parents/families develop life skills such as communication and problem-solving</li> <li>• A chance to meet other parents/carers and socialise with peers</li> </ul>	<p>Open access.</p> <p>Available in school settings, children’s centres and the community.</p> <p>Contact: Families Information Service on 0191 520 5505 for the calendar of events.</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>

# Targeted Parenting Support

This means more specific services available at a local level to meet the needs of children, families and communities where a child or family may have some additional needs.

Key features of targeted support are where:

- Parents and carers need extra help and support beyond that provided by Universal services
- Targeted services will be accessed following the completion of an assessment
- A multi-agency parenting panel could facilitate access to an agreed parenting programme
- Parents' forums in all areas shape local services for disabled children.

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>Family Nurturing Family Links (0-12 years)</b></p>	<p>The Family Nurturing programme is a 10 week whole school/community programme relevant to all children and to the adults responsible for their upbringing. It explores the needs behind children’s behaviour and offers a consistent approach to positive behaviour. The programme encourages positive relationships between children and adults at home and at school from early years through to secondary school.</p> <p>Delivered by trained parent group facilitators.</p>	<ul style="list-style-type: none"> <li>• Can help parents/families build a happier home</li> <li>• Gives parents/families the skills to cope in more difficult times</li> <li>• Helps parents/families develop life skills such as communication and problem-solving</li> <li>• A chance to meet other parents/carers and socialise with peers.</li> </ul>	<p>Barnardo’s Sungate Parenting Project offer three routes into this course:</p> <ul style="list-style-type: none"> <li>• If the child or young person is referred via the Targeted Youth Support Panel</li> <li>• If the child or young person is on the Child Protection Register, a referral will be made to Social Work Plus</li> <li>• If a referral is made to the Respect Parenting Practitioner from the Anti-Social Behaviour Unit.</li> </ul> <p>Contact: Barnardo’s Sungate Parenting Project – 0191 417 9329</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>
<p><b>Challenging Behaviour “Let’s Talk” - (10-17 years)</b></p>	<p>The “Let’s Talk” programme is designed to help parents understand the many roles and responsibilities in parenting and the changing needs of children as they grow and develop.</p>	<p>The programme specifically deals with issues of adolescence, challenging behaviour, negotiation and communication. The “Let’s Talk” Programme was created locally and has been evaluated by Northumbria University and the Youth Justice Board. Elements of the programme include:</p> <ul style="list-style-type: none"> <li>• Ground-rule setting</li> <li>• Exploring the parenting role and styles</li> <li>• Communication</li> <li>• Understanding adolescence</li> <li>• Negotiation and compromise</li> <li>• Supporting parents in recognising when they need help</li> <li>• Drugs and alcohol</li> <li>• Educational issues</li> <li>• Working with other agencies.</li> </ul>	<p>Barnardo’s Sungate Parenting Project or Impact Family Services (for fathers only)</p> <p>Contact: Barnardo’s - 0191 417 9329</p> <p>Impact Family Services - 0191 567 8282</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>The Incredible Years - Webster Stratton (0-12 years)</b></p> <p>The aspects of the programme the CCAMHS currently deliver are:</p> <ul style="list-style-type: none"> <li>• BASIC Parenting Programme (0-5 Years);</li> <li>• BASIC Parenting Programme (school-age version, for ages 5-12).</li> </ul>	<p>The parenting programme is one of three linked programmes for children, teachers and parents, which seeks to both prevent and treat conduct problems among children and increases their social competence. It is designed to strengthen parenting skills; to prevent and treat behaviour problems: for instance, decrease negative behaviours and non-compliance with parents at home.</p> <p>The Incredible Years Programme is for those parents of children whose children are at risk of developing a disruptive behaviour disorder Oppositional Defiant Disorder (ODD), Conduct Disorder (CO) or Attention-Deficit Hyperactivity Disorder (ADHD).</p> <p>These run for 12 weeks, with two facilitators, for two-hourly sessions, which include vignettes, discussions, role-play and home activities. Telephone support is also provided between sessions.</p> <p>The programmes are co-ordinated by Sunderland CAMHS, delivered by multi-agency personnel, with facilitators from Health and Education.</p>	<p>The outcomes of this programme are:</p> <ul style="list-style-type: none"> <li>• Increases in positive parenting</li> <li>• Decreases in harsh discipline</li> <li>• Reduction in conduct problems</li> <li>• Increases in child social competence.</li> </ul>	<p>The Community Child and Adolescent Mental Health Service (CAMHS) use the programmes within locality teams.</p> <p>Referred through CCAMHS via:</p> <ul style="list-style-type: none"> <li>• Educational Psychology</li> <li>• EBD Team</li> <li>• Children and Family Department</li> <li>• Key Stage 1</li> <li>• Key Stage 2</li> <li>• Behaviour Intervention Team</li> <li>• School Nursing.</li> </ul> <p>Contact: The Community Child and Adolescent Mental Health Service – 0191 514 1622.</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe</li> <li>• Enjoy and achieve</li> <li>• Make a positive contribution</li> <li>• Achieve economic wellbeing.</li> </ul>

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>Triple P - The Positive Parenting Programme (0-12 years)</b></p>	<p>Triple P, the Positive Parenting Programme, is a widely used Australian system that aims to provide guidance for parents on parenting skills in order to promote good behavioural and emotional adjustment. The programme draws on social learning, cognitive-behavioural and developmental theory, as well as research into risk and protective factors associated with the development of social and behavioural problems in children.</p> <p>The programme's multi-level framework aims to tailor information, advice and professional support to the needs of individual families. It recognises that parents have differing needs and desires regarding the type, intensity and mode of assistance they may require. Triple P interventions range from the provision of media messages on positive parenting, through to brief information resources such as tip sheets and videos. It also provides brief targeted interventions (for specific behavioural problems) offered by primary care practitioners at Levels 2 and 3, to more intensive parent training programmes at Levels 4 and 5 programmes targeting broader family issues, such as relationship conflict, parental depression, anger and stress.</p>	<p>The Positive Parenting Programme (referred to as 'Triple P') is a unique parenting and family support system developed at the University of Queensland and was initially created to assist parents of children who fit the early-starter model. Triple P uses a tiered system of intervention. On a scale of increasing intervention strength, programmes include:</p> <ul style="list-style-type: none"> <li>• Media- and information-based strategies</li> <li>• Brief consultation primary care interventions</li> <li>• More intensive parent training</li> <li>• Enhanced behavioural family interventions.</li> </ul> <p>The multiple tiers of intervention in the programme allow it to provide different levels of support depending on parental need. Additionally, there is a range of delivery options, including individual and group sessions, self-directed and telephone-assisted components. Triple P is designed as an intervention for all parents and its use of different media promotes easy access to the programme.</p>	<p>Contact: Your local Children's Centre:</p> <ul style="list-style-type: none"> <li>• Coalfields: 0191 561 6576</li> <li>• Sunderland North: 0191 561 8126</li> <li>• Sunderland South and East: 0191 561 8809</li> <li>• Sunderland West: 0191 561 2050</li> <li>• Washington: 0191 219 3995</li> </ul>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>Teen Triple P (12-16 years)</b></p>	<p>Teen Triple P was developed for parents of older children who fit the late-starter model. It addresses issues that might lead to severe adolescent anti-social and delinquent behaviour. Teen Triple P targets parenting risk factors, such as:</p> <ul style="list-style-type: none"> <li>• Harsh, coercive discipline styles</li> <li>• Parent-teenager conflict and communication difficulties</li> <li>• Parental monitoring of teenagers' activities</li> <li>• Parental depression</li> <li>• Marital conflict.</li> </ul> <p>Teen Triple P provides parents with assertive discipline skills to preserve parental authority in a consistent and nurturing manner and to help teens maintain regard for family norms of appropriate behaviour, as well as respect for school and wider community expectations.</p>	<p>The primary aim of Teen Triple P is to assist parents to promote positive skills and abilities in their teenage children, which contributes to the prevention of more serious adolescent health-risk behaviour, and delinquent or anti-social behaviour. The programme helps to:</p> <ul style="list-style-type: none"> <li>• Promote the independence and health of families through enhancing parents' knowledge, skills and confidence</li> <li>• Promote the development of non-violent, protective and nurturing environments for teenagers</li> <li>• Promote the development, growth, health and social competence of teenagers</li> <li>• Reduce the incidence of adolescent delinquency, substance abuse, conduct disorder and behavioural problems by diverting teenagers away from risky developmental pathways</li> <li>• Enhance long-term resourcefulness and self-sufficiency of parents in guiding their children through the teenage years; and promote existing school-based support systems and enhance them with additional resources.</li> </ul>	<p>Contact: Family and Parenting Team – 0191 443 2908.</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>

# Specialist Parenting Support

Specialist support for parents who are experiencing significant challenges or problems in their parenting role. This will include parents of children with additional needs having access to Specialist services such as the Child and Adolescent Mental Health Service, services for children with disabilities and more intensive children's social care interventions:

- Parents and carers will need relatively high levels of support via more intensive parenting programmes
- Specialist parenting programmes will only be delivered by those accredited by their agencies to do so.

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>Early Bird (Pre-school) and Early Bird Plus (5-9 years)</b></p>	<p>Early Bird is a practical programme that focuses on early intervention for those children diagnosed with autism and helps parents to come to terms with the diagnosis, as well as looking at ways to improve communication, develop structure and manage strategies for their child. The National Autistic Society (NAS) Early Bird Project was originally set up by the NAS in 1997 to develop and evaluate an autism specific model of early intervention using a parent programme.</p> <p>Early Bird is a three-month programme which combines group training with individual sessions for parents and their child using video feedback in order to help parents apply what they learn whilst working with their child. Parents have a weekly commitment to a three-hour training session, or a home visit, and to ongoing work with their child at home during the three-month programme.</p>	<p>The NAS Early Bird Scheme aims to:</p> <ul style="list-style-type: none"> <li>• Support parents in the period between diagnosis and transition to nursery or school</li> <li>• Empower parents and help them facilitate their child's social communication and appropriate behaviour within the child's natural environment</li> <li>• Help parents establish good practice in handling their child at an early age so as to pre-empt the development of inappropriate behaviours.</li> </ul>	<p>This programme is offered by the Autism Outreach Team. Access to the programme is available following the child's diagnosis. Parents/carers are informed of the programme via the Child Development Unit staff, a Speech and Language Therapist, a Doctor or a member of the Autism Outreach Team.</p> <p>Contact: Autism Outreach Team – 0191 219 3863.</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>The Incredible Years - Webster Stratton (2-10 years)</b></p>	<p>The Parenting Programme is one of three linked programmes for children, teachers and parents. It seeks to prevent and treat conduct problems among children and increase their social competence. It is designed to strengthen parenting skills and to prevent and treat behaviour problems. For instance, decrease negative behaviour and non-compliance with parents at home.</p> <p>The Incredible Years Programme is used for those parents whose children are at risk of developing a disruptive behaviour disorder: Oppositional Defiant Disorder (ODD), Conduct Disorder (CD) or Attention-Deficit Hyperactivity Disorder (ADHD).</p> <p>These run for 12 weeks, with 2 facilitators, for 2 hourly sessions. These include vignettes, discussions, role-play and home activities. Telephone support is also provided between sessions.</p> <p>The aspects of the programme the CCAMHS currently delivered are:</p> <ul style="list-style-type: none"> <li>• BASIC Parenting Programme (Birth-5 Years);</li> <li>• BASIC Parenting Programme (school-age version, for ages 5-12).</li> </ul>	<p>The outcomes of this programme are:</p> <ul style="list-style-type: none"> <li>• Increases in positive parenting</li> <li>• Decreases in harsh discipline</li> <li>• Reduction in conduct problems</li> <li>• Increases in child social competence.</li> </ul>	<p>The programmes are co-ordinated by Sunderland Community CAMHS and delivered by multi-agency personnel, with facilitators from Health and Education.</p> <p>Contact: The Community Child and Adolescent Mental Health Service – 0191 514 1622</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe</li> <li>• Enjoy and achieve</li> <li>• Make a positive contribution</li> <li>• Achieve economic well-being.</li> </ul>

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>The Parent Factor - Attention Deficit Hyperactive Disorder (ADHD) (10-17 years)</b></p>	<p>The Parenting Factor Programme is appropriate for parents/carers whose child/young person has been diagnosed with ADHD. This considers the parenting skills and knowledge needed in these circumstances.</p> <p>The specific elements of the sessions programme are to:</p> <ul style="list-style-type: none"> <li>• Give parents relevant and understandable information about ADHD and how it can be treated</li> <li>• To get parents to think about the tasks involved in being a parent and then about the extra tasks there are if children are diagnosed as having ADHD</li> <li>• To look at different parenting styles</li> <li>• To demonstrate to parents the importance of good communication and rewarding/reinforcing positive behaviour</li> <li>• To show how important feelings are and to show how they nearly always impact on behaviour</li> <li>• To give parents relevant and understandable information about the education system and their rights within it</li> <li>• To help parents think about the different ways people get attention and how the response they get can influence the way they get attention in future.</li> </ul>	<p>The aims of the programme are for parents/carers to:</p> <ul style="list-style-type: none"> <li>• Acquire knowledge and understanding about ADHD and how it can be treated</li> <li>• Explore different parenting styles and to be able to make decisions about what works for them</li> <li>• Practice skills important in the parenting role - for instance, communication and negotiation</li> <li>• Gain an understanding of their rights, together with their child's rights, in relation to education</li> <li>• Allow confidence and self-esteem to grow and, therefore, become more confident in their parenting.</li> </ul>	<p>Barnardo's Sungate Project and the CAMHS via the Youth Offending Service and Youth Intervention Support Programme/Targeted Youth Support Programme in Sunderland.</p> <p>Contact: The Child and Adolescent Mental Health Service - 0191 565 6256.</p> <p>Barnardo's Sungate Project - 0191 417 9329</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>

Parenting Programme	Description of Programme	Benefits for Parents and Children	Access Pathway	Every Child Matters Outcome
<p><b>Strengthening Families (10-14 years)</b></p>	<p>The Strengthening Families Programme is for parents, young people aged 10-14 and families and is based upon a skills-building curriculum.</p> <p>The programme is delivered with 7 sessions for parents, young people and families using realistic videos, role-playing, discussions, learning games and family projects.</p>	<p>The programme has been proven effective in:</p> <ul style="list-style-type: none"> <li>• Delaying the onset of adolescent substance use</li> <li>• Lowering levels of aggression</li> <li>• Increasing the resistance to peer pressure in young people</li> <li>• Increasing the ability of parents/carers to set appropriate limits</li> <li>• Showing their children appropriate levels of affection</li> <li>• Promoting parental self-esteem and confidence</li> <li>• Improving family relationships</li> </ul> <p>This programme uses a process of learning between parents and their teenage children.</p>	<p>One pilot has already taken place using a Multi-Agency approach with parents and young people identified through YISP and YDAP. All referrals to be sent to the Sunderland Parenting Panel whilst the offer is being developed.</p> <p>Contact:</p> <p>Family Information Service – 0191 520 5505 or <a href="http://www.familiesinfoservice.com">www.familiesinfoservice.com</a> for a referral form.</p>	<ul style="list-style-type: none"> <li>• Be healthy</li> <li>• Stay safe.</li> </ul>

# Sunderland Parenting Services

## **Anti-Bullying Service (provided by Impact Family Services)**

Sunderland's anti-bullying service works with children aged 5-15 years and their families, to reduce the impact and levels of bullying by working in schools with groups and individuals. Advice and support is given to individuals and families. They also write policies and help to implement them.

Contact Details:

37 West Sunnyside, Sunderland SR1 1BU

Tel: 0191 566 0622

## **Attendance Team: 'Every Schoolday Counts'**

The Attendance Team works in partnership to support schools to enable every child to achieve their maximum potential. By working closely with parents and pupils they promote attendance, as well as challenge poor attendance through non-attendance procedures.

The team of Attendance Development Officers and Assistant Development Officers work with families, schools and agencies around the issues that prevent children from attending school regularly. This includes child protection, anxiety-based issues, behavioural issues, bullying and uniform problems.

Contact Details:

Attendance Team, Extended Services and Attendance Group, The Sandhill Centre, Grindon Lane, Sunderland SR3 4EN

Tel: 0191 561 5601 (Secondary Schools)

Tel: 0191 561 8822 (Primary Schools)

## **Autism Outreach Team**

The Autism Outreach Team is a multi-disciplinary team which includes Specialist Teachers, an Educational Psychologist and a Speech and Language Therapist. The Team provides advice and support to families and schools within the Sunderland area.

Contact Details:

Autism Outreach Team, Columbia Grange School, Oxclose Road, Washington NE39 7YN

Tel: 0191 219 3863

## **B2b+ Project**

A range of advice and support services for teenage mothers and fathers and pregnant teenagers, with support packages tailored to suit individual needs. These include access to education, training opportunities, parenting support, health advice, dedicated support to young fathers and childcare.

Contact Details:

The Place, Hendon Health Centre, Meaburn Terrace, Hendon, Sunderland SR1 2LR

Tel: 0191 561 2381

## **Barnardo's Sungate Parenting Project**

The Barnardo's Sungate Service is a parenting project working in partnership with Sunderland and Gateshead Youth Offending Teams and with limited contracts to the relevant education authorities. In addition to these standard services, the service is currently commissioned to develop transitional work in schools, together with a Family Nurturing Programme with targeted groups, for instance, mental health services. The Respect Parenting Practitioner for Sunderland is currently located within Sungate and has access to our service delivery.

Work with parents is on an individual, couple, or group basis depending on needs and circumstances. Groups are generally run on a single sex basis (with the exception of the ADHD groups). The intervention is time limited, but parents can also access support services following the parenting programme.

Contact Details:

4 Cuthbert House, Tower Road, Glover Industrial Estate, Washington NE37 2SH

Tel: 0191 417 9329

## **Bridge Project**

The Bridge Project offers a range of women-only support services to increase women's self esteem, confidence and to support their personal development. They also offer a comprehensive range of support services which include a 1:1 listening service, group support for women with mental health difficulties, support for older women, women who have been bereaved, drop-in facilities and volunteering opportunities.

Contact Details:

Bridge Women's Education Centre, Grasmere Terrace, Columbia, Washington NE38 7LP

Tel: 0191 417 2445

Bridge Support, Manor Road, Sulgrave, Washington NE37 3BD

Tel: 0191 417 0218

## Children's Centres

Sunderland's Children's Centres aim to give children aged 0-5 years the best possible start in life, offering parents/carers integrated care and education for their children, health and family support services, as well as advice on training and work issues.

Children's Centres are the gateway to a range of services that are delivered by a network of staff from a range of agencies (statutory, private, voluntary and independent). Children's Centres offer parents and families access to preventative services at a local level and also provide swift and easy referral to more specialist services as needs require.

Access to Children's Centre services is an entitlement for families and the majority of services and activities through Children's Centres is 'open access'; universal for all. Specific and individual help, for instance, parenting and family support, early years' mental health or short-term childcare, requires a referral to the local Children's Centre.

Contact Details:

Coalfields:	0191 561 6576
Sunderland North:	0191 561 8126
Sunderland South and East:	0191 561 8809
Sunderland West:	0191 561 2050
Washington:	0191 219 3995

For further information please refer to 'A Guide to Services for Practitioners and Managers' (Sunderland Children's Centres).

## Children's Services (Social Care)

Provide social care services for children, young people and their families. Social Care's duties and responsibilities focus on improving the life chances of children and young people by supporting families where:

- Children are in need because they are at risk of abuse
- Children need to be looked after
- Children are leaving care
- Children have a special need arising from a disability
- Children are involved in caring
- Children are at risk of offending.

Contact Details:

Cassaton House, Fawcett Street, Sunderland SR1 1RF

Tel: 0191 566 1500

Fax: 0191 566 1501

Email: [childrensservices@sunderland.gov.uk](mailto:childrensservices@sunderland.gov.uk)

## **City Hospitals NHS Foundation Trust**

Paediatric Service

The General Paediatric Service works with a strong children's nursing and multi-disciplinary philosophy in close partnership with children and families. There are a range of services that support all aspects relating to children's health, including a team of generic community nursing staff who provide expert care to children in the community and, further, a peripatetic service which provides, where possible, home support to children with life-limiting illnesses, including individual provision in the terminal stages of illness.

Child and Adolescent Mental Health Service (CAMHS)

The Child and Adolescent Mental Health Service are based in the Child and Family Department on the Sunderland Royal Hospital Site and across the City in a number of schools and clinics. This service offers specialist mental health services for children and their families, including psychiatry, psychology and therapeutic interventions, together with a dedicated service for 'Looked-After' Children.

Contact Details:

Sunderland Royal Hospital, Kayll Road, Sunderland SR4 7TP

Tel: 0191 565 6256

## **Community Child and Adolescent Mental Health Service (CCAMHS)**

The Community Child and Adolescent Mental Health Service (CCAMHS) is a team of professionals who offer support and advice to aid mental health promotion and positive well-being.

The service works with children aged 0-18 years who may be showing signs of behavioural difficulties and/or emotional distress.

The service aims to deal with difficulties in the early stages. We hope that children and young people will develop skills and resilience to promote positive well-being, thus minimising the risk of further distress.

They have excellent links with schools, GPs, health visitors, school nurses and other specialist services and form part of a larger group of professionals who specialise in Child and Adolescent Mental Health.

#### Contact Details:

Valley Road Community Primary School, Corporation Road, Hendon, Sunderland SR2 8PL

Tel: 0191 514 1622

Fax: 0191 510 0654

Email: carl.sketchley@suntpct.nhs.uk

## Connexions

Connexions provide support for parents and carers of young people.

They offer a confidential advice and support service for all 13-19 year old young people (up to age 25 for young people with special needs) on a wide range of issues, including education, training, careers, employment and personal development opportunities.

Connexions' Personal Advisers work with schools, colleges, training providers and voluntary youth sector partners. They provide information about the transition into the world of work.

They recognise the important role that parents and carers play in helping their young people plan for the future. Parents are invited and welcome to attend Year 11 vocational guidance interviews in school and also the various careers' events provided. For example, Connexions in Sunderland hold an annual training and apprenticeship event at the Stadium of Light. Personal Advisers can offer support to parents and carers on a number of issues regarding their child's welfare or education, including information on the range of options post-16.

#### Contact Details:

Newbottle Street

Houghton-le-Spring

Tel: 0191 443 2972

Fawcett Street

Sunderland

Tel: 0191 443 2950

The Galleries

Washington

Tel: 0191 443 2986

## Developing Initiatives Supporting Communities (DISC): Sunderland Family Intervention Project

The Sunderland Family Intervention Project works with families to stop anti-social behaviour, restore safety to their home and to the wider community. The project also tackles the causes of poor behaviour, which involve issues such as drug and alcohol misuse, poor health, domestic violence, non-school attendance, unemployment and debt. This work is targeted at those people whose anti-social behaviour is threatening their tenancies, is putting their children at risk or is likely to lead to them facing further action. The Project uses a dual approach, which includes help for families to address the causes of their anti-social behaviour, alongside supervision and enforcement to provide them with incentives to change.

Referral Routes are from a variety of sources, including the Anti-Social Behaviour Team, Housing Providers, Children's Services, the Youth Offending Team, the Wear Kids Project and Schools. A copy of the referral application form can be obtained from the FIP team.

Contact Details:

Unit 9, Bridge House, Sunderland SR1 1TE

Tel: 0191 564 2145

## **Educational Psychology Service**

Educational psychologists work with children and young people, schools and families when a young person experiences difficulties in their learning, development or coping skills. They help schools to support pupils with a wide range of needs, offer training to teaching and non-teaching staff and also work as members of multi-agency teams.

Contact Details:

The Stannington Centre, Stannington Grove, Sunderland SR2 9JT

Tel: 0191 561 2230

## **Families Information Service (FIS), Children's Services**

The Families Information Service (FIS) provides information to parents and carers about all aspects of family life. The service can offer help, advice or signpost to other organisations.

The range of information includes:

- Childcare, and help available to pay for it
- Schools and education
- Health services
- Sport and leisure activities
- Family support.

Whatever you need to know, the service can find the information or services that meet your needs and will provide details either by telephone, email or post.

Contact Details:

1st floor, City Library and Arts Centre, Fawcett Street, Sunderland SR1 1RE

Tel: 0191 520 5505

Email: [fis@sunderland.gov.uk](mailto:fis@sunderland.gov.uk)

[www.familiesinfoservice.com](http://www.familiesinfoservice.com)

## **Family Adult and Community Learning**

### Family Learning

Family Learning activities and programmes are designed to help families enjoy learning together through a wide range of free, fun and planned opportunities. They provide an accessible route enabling adults, particularly those with a poor previous experience, to return to learning to develop their skills and to gain knowledge and expertise to better support their children's learning. Family Learning reflects the diversity of family relationships and encourages participation from adults in a caring role, including parents, grandparents, carers, guardians and foster carers.

#### Contact Details:

Family Programmes Officer, Family, Adult and Community Learning (FACL), Stannington Centre, Stannington Grove, Sunderland SR2 9JT

Tel: 0191 561 2620

Fax: 0191 553 2617

E mail: FACL.info@sunderland.gov.uk

## **Family and Parenting Team**

Responsible for ensuring the implementation of the Family and Parenting Strategy 2008-2012 and for supporting the Family and Parenting Board and its sub-groups.

#### Contact Details:

Family and Parenting, Children' Services, 1st Floor, City Library and Arts Centre, Fawcett Street, Sunderland SR1 1RE

Tel: 0191 443 2908

Fax: 0191 510 3846

## **Impact Family Services**

Offer support to families to facilitate contact between children and non-resident parents, support to resident and non- resident parents who use the service, offer a mediation service to couples who are separating and/or divorcing and wish to make decisions for themselves regarding children, property, finance etc and work with male perpetrators of domestic abuse.

#### Contact details:

Impact Family Services, 37 West Sunnyside, Sunderland SR1 1BU

Tel: 0191 567 8282

Child Contact Centre, St Luke's Neighbourhood Centre, Maxwell Street, Pallion, Sunderland SR4 6SF

Tel: 0191 510 3182

## **Kaleidoscope (NSPCC)**

Kaleidoscope provides services for children and young people who are sexually harmful to others, aimed at helping them understand their behaviour and learn to control it. A range of assessment and therapeutic services are available, for instance, individual/family/group work, consultation and training services.

Contact Details:

Kaleidoscope, NSPCC, 172 Newcastle Road, Sunderland SR5 1NW

Tel: 0191 516 4600

## **KITE NCH Action for Children**

Provides a therapeutic service for children, young people and their carers who have experienced sexual abuse. Their services include individual therapy, play, art therapy, group work for adolescents and a mothers' group.

Contact Details:

25 Kayll Road, Sunderland SR4 7TW

Tel: 0191 567 4801

## **Nursery and Key Stage 1 Behaviour Team, Children's Services**

The Nursery/Key Stage 1 Team provide support for parents/carers of the children who are referred to the Team via the Integrated Services Referral Panel. The Team offer home visits to discuss support/advice for parents/carers in managing their child's challenging behaviour patterns. Additionally the Team facilitate parent support groups e.g. The Family Links Nurturing Programme and also The Incredible Years Parenting Programme, alongside other services. Regular family sessions currently follow themes for parents/carers and child/siblings to join a range of activities. Themes have included relaxation, ceramic craft, magic and celebrations.

Contact Details:

Valley Road Primary School, Corporation Road, Hendon, Sunderland SR2 8PL

Tel: 0191 553 7791

Farringdon Primary School, Archer Road, Farringdon, Sunderland SR3 3DJ

Tel: 0191 553 5949

## **Parent Partnership Service**

The Parent Partnership Service can signpost parents to appropriate educational services. Support can be offered to families with a child with Special Educational Needs (SEN) to help them through the special needs process.

Contact Details:

Parent Partnership Co-ordinator, Stannington Centre, Stannington Grove, Sunderland SR2 9JT

Tel: 0191 561 2295

## **Portage Team**

Portage is a home-based service for pre-school children who have special educational needs, a sensory impairment, downs syndrome, profound multiple learning difficulties or a complex developmental communication disorder. Portage Workers assess the needs of children and work in partnership with their parents to build on their abilities to develop new skills.

Contact Details:

Teacher-in-Charge of Portage, Sunningdale School, Shaftoe Road, Sunderland SR3 4HA

Tel: 0191 561 5716

## **QUEST**

QUEST is a joint initiative between Sunderland's Children's Services and South of Tyne and Wearside NHS Trust. It is a specialist service that works with children who have a severe learning disability and whose behaviour presents a severe challenge to families and services. Direct work with the child and their family is undertaken to provide an assessment then work is undertaken to find ways to reduce behaviours.

Contact Details:

c/o Children with Disabilities Team, Gilpin House, Blind Lane, Houghton-le-Spring DH4 5HX

Tel: 0191 566 2190

Fax: 0191 566 2191

## **Services for Disabled Children**

Services for Disabled Children work with children and young people from birth to 18 years, who have permanent and substantial disability.

Following an assessment to look at the child's needs, the needs of the carer and the help needed to look after the child, the team may offer money to help families make their own arrangement for support (direct payments) or support may be offered at home or in the community. This could include short-breaks for the child away from home. Services for Disabled Children work closely with other agencies. Families can refer themselves or get more information by contacting a Duty Social Worker.

Contact Details:

Gilpin House, Blind Lane, Houghton-le-Spring DH4 5HX

Tel: 0191 566 2190

## **Sunderland Carers' Centre**

Offers confidential information, advice and support services to carers throughout the City of Sunderland. They provide a 'listening ear' and support groups where carers can meet others in a similar situation, as well as arranging courses on a range of carer-related subjects. They also organise social activities and support/activities for young carers.

Contact details:

Sunderland Carers' Centre, 12 Toward Road, Sunderland SR1 2QF

Tel: 0191 567 3232

## **'Wear Kids' (Youth Offending Service)**

Wear Kids is a free voluntary support scheme for young people aged 8-13 years and their families in Sunderland. The main aim is to help young people stay out of trouble and prevent anti-social behaviour. Young people can refer themselves directly to the scheme or can be referred by parents, carers, teachers or other professionals.

Wear Kids work with young people to organise support and access to other services. These include, health advice, family and parenting support, mentoring, education and local projects etc. Once a referral has been made, young people meet with their project worker and a panel is organised where a plan will be developed to work with young people and support them through any difficulties.

Contact Details:

Lambton House, 145 High Street West, Sunderland SR1 1UW

Tel: 0191 566 3000/566 3001

## **Wearside Women-In-Need (WWIN)**

Wearside Women-In-Need provide a service to women and children who are victims of domestic abuse by providing refuges for women and children. Outreach services are offered and a 24 hour helpline answering service is available. They provide both advice and support and also accommodation for young women aged 16-18 years who are homeless and at risk of abuse.

Contact Details:

The Elms, 19 Front Street, Concord, Washington NE37 2BA  
Tel: 0191 416 3550 (Day) 0191 415 1506 (24 Hour Service)

## **Youth Drug and Alcohol Project (YDAP)**

YDAP is a multi-agency partnership. It offers specialist services for young people with drug or alcohol problems in Sunderland. The partnership is primarily funded by the Drug Action Team, with representatives from Children's Services, the Youth Offending Services, NECA, Education and Sunderland Teaching Primary Care Trust. The service offers appropriate intervention to children and young people, working in a holistic way to address all of their needs, not only issues regarding their use of substances.

The Project believe that all young people have the right to a service which enables them to develop their full potential and make informed choices about their drug use. This is a confidential service working within the spirit of the Children Act, which offers:

- 1:1 key working
- Talking therapies
- Advice and information
- Harm minimisation and support.

The Project assesses and makes referrals, if necessary, to inpatient detoxification and residential rehabilitation. Referrals to the service are taken by telephone or by letter and they aim to see young people within 5 working days of receiving a referral.

Contact Details:

Youth Drug and Alcohol Project (YDAP), Services for Young People, 1 John Street, Sunderland SR1 1HT  
Tel: 0191 566 3150  
Fax: 0191 566 3151  
Website: [www.ydap.co.uk](http://www.ydap.co.uk)

## Youth Offending Service (YOS)

Sunderland Youth Offending Service provides advice and support to young people who are at risk of offending or who have committed an offence. They monitor community-based Court orders and offer guidance and help to young people who are serving custodial sentences. They also work with the families of these young people to help prevent/reduce criminal behaviour.

Contact Details:

St Cuthbert's House, East Cross Street, Sunderland SR1 1XB

Tel: 0191 520 5555

Fax: 0191 566 3002

Website: [www.sunderland.gov.uk/yos](http://www.sunderland.gov.uk/yos)

# Referral Pathways



