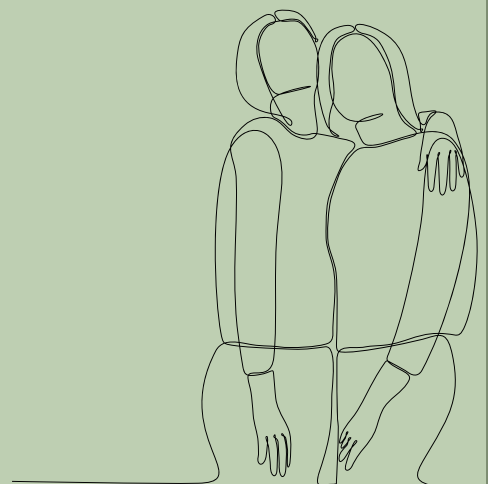




38.6 SOLUTIONS

38.6 Solutions

# Interventions Program

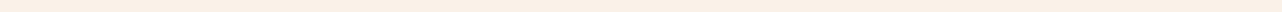




**Interventions are an integral part of the assessment process, offering education and information to give families the best chance of success. All Interventions are offered at no additional cost and undertaken by all families. All Interventions are adapted to the need, ability and learning style of the individual.**

**Our Programs have been developed over the past four years working in collaboration with parents, professionals and our team to ensure all families are empowered to make and sustain change.**

**Each intervention is delivered using bespoke materials to ensure each individuals learning needs are met.**





## Standard Programs;

**All parents attend these interventions and all are included within our costings**

### **Healthy Relationships;**

Facilitator developed this intervention draws from a range of Sources this & includes elements of the S.T.A.R.S Program, “Girls Talk” & “Boys 2” from Barnardo’s, Friend or Foe as well as the Own My Life and The Recovery Program, in which the facilitatory is qualified.

This program discusses Healthy Relationships, Safety within Relationships, identifying risk and protective factors, online safety, the effects of Domestic Abuse on children, as well as building resilience in those who have experienced trauma, abuse or ACEs. The program is delivered to males and female separately due to the course content and is adapted for both victims and perpetrators of Domestic Abuse. Sessions can also be delivered 1:1 where required.

Separate Report Provided-included in costing

### **Father Focus**

Where ever possible this Intervention is led by a male; where not possible this is led by the Healthy Relationship or Domestic Abuse Facilitators.

The program has been established to devise a bespoke training program around domestic violence and abuse for male residents. Each session will be themed to ensure all aspects of domestic violence and abuse (DV-A) are covered, along with how (DV-A) impacts on others.





## Standard Programs;

All parents attend these interventions and all are included within our costings

Our Child Focused sessions are themed each week, providing parents and children with enjoyable, educational activities to increase parents' understanding of child development and how to support it and engage children of all ages in joyful and impactful play.

### **Nurture and Play Sessions:**

Completed by trained in-house staff with over 60 years combined experience of working within children's education settings, to demonstrate positive play and nurture child development.

### **Rhythm Time Sessions:**

Baby/ toddler group using music and song to support learning and development.

### **Book Start-**

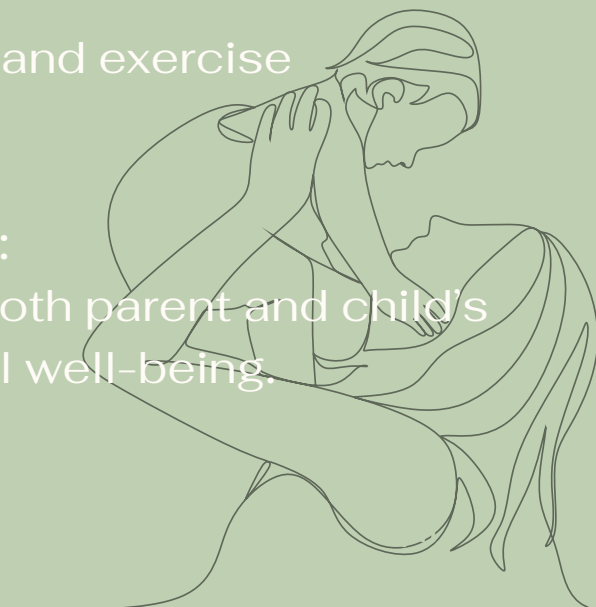
Introducing language and books from birth, creating positive habits and cultivate development as well as introducing the Welsh Language

### **Baby yoga-**

Promoting emotional bonding and exercise

### **Daily pram walks:**

within the local community to benefit both parent and child's physical health and emotional well-being.



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## Additional Programs;

### NPSPCC Coping with Crying:

Offered to all parents 1:1 this is a program that supports parents with their baby's crying and aims to reduce the risk of non-accidental head injuries.

### Own My Life;

We have two trained facilitators to provide this intervention in either a group or 1:1 setting, it is for parents who have completed Domestic Abuse Awareness and Healthy Relationships programs & explores how women can regain ownership of their lives including owning their mind, body, choices, relationships, world & feelings after escaping abusive relationships.

Re-thinking Anger (young people).  
The Anxiety Gremlin (young people).  
Friend or Foe (Sexual exploitation)

