

The new parenting support offer will include delivery of the following evidence based programmes;

**Strengthening Families, Strengthening Communities**- *reduces family violence and conflict at home, school and in the community through identifying factors that impact on the parent child relationship such as Domestic Abuse and Substance Misuse. Build resilience; recognise the importance of parent role modelling and community support to have a violence free lifestyle*

**Outcomes:**

- Improved child general wellbeing/mental health, Improved parent wellbeing
- Increased community involvement/ awareness of support networks
- Improved parental role modelling

**Steps** – *raises confidence, self-efficacy and aspirations in the whole family*

**Outcomes:**

- Benefits both adults and children by promoting positive talk, praise, goal setting, raising aspirations and self-belief
- Parents identify and start to work towards their desired goals

**Speakeasy**-*gives parents the confidence and skills to discuss sex and relationships including CSE and grooming with their children/young people (accredited)*

**Outcomes:**

- Parents and carers able to provide positive sex and relationship education in the home by taking on the role of the sex and relationships ‘educator’ and respond to current issues and anxieties around sex and relationships
- Reduced risk of young people engaging in risky behaviours

**SEN Family Links**- *positive behaviour strategies for parents with children who have additional needs*

**Outcomes:**

- Benefits both adults and children by promoting emotional literacy and health, raising self-esteem, developing communication and social skills and teaching positive ways to resolve conflict
- Learn strategies for coping with challenging behaviour, managing feelings, and reducing family conflict
- Share experiences and knowledge with other parents in a similar situation

**Freedom**- *for women and their families who have/are experiencing domestic abuse*

**Outcomes:**

- Women recognise the tactics and beliefs used by abusive men, and the effects of domestic abuse on children. This knowledge empowers them to avoid future abusers, keep their children safe and make positive choices.