

Next Programme Details

When: The next programmes will be running in September 2015.

A home visit will be carried out by a programme facilitator along with the referrer to meet the family and explain what the programme is about prior to the start of the programme.

Where:

How long is it running: 10 sessions , one per week

Time:

Referral Process

This programme is by referral only and has limited space.

To refer a Family please contact: April Moreton; FIP Support Officer

Email- April.Moreton@adur-worthing.gov.uk Tel-101 ext. 581743

Worthing Police Station, 21 Chatsworth Road, Worthing,

West Sussex, BN11 1LY

Closing Date for referrals:

Referrer's Role and Responsibilities

☑ Stay involved before, during and after the programme to help support the family in the changes they make.

☑ Make sure the Break4Change team are aware of any specific needs of the family so we can offer the right support within the sessions.

☑ To assist the family in identifying means of transport to and from the sessions

BREAK4 CHANGE



Working in Partnership

Supporting Parents and Young people
to build healthy relationships.

I have learnt to control my behaviour more, listen more and talk about how I feel." - Young Person

Talk about your feelings with other parents that are experiencing similar things." - Parent

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Programme Overview

This programme supports parents/carer's and young people in building healthy relationships. The programme aims to help the family break patterns where a young person in the home is:

- Controlling the home environment
- Being violent or aggressive towards the parent
- Putting the parent down
- Making threats

This is a very exciting programme that both child and parent/carer attend at the same time. The groups work separately within the same facility. There is a weekly filming element which allows for open dialogue between child and parent.

The group is for parents and young people who are willing to make changes in how they communicate to each other and to improve home life.

How does the programme work?

Friendly Team: The Break4Change Team will visit the family at home to explain what the programme is about and make sure it is the right support for them. When the families come to the first session, they will already have met the team they will work with.

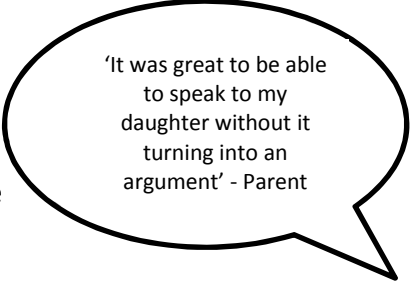
Work on issues through creative work:

The young people group will use graffiti ,

lyric writing, art work and music editing to


create a music track to take away with them at the end of the course.

Listen to each other: We use film to create a conversation between the parent and the young person. They are able to ask and answer questions from each other in a safe space. This is an integral part of the programme and everyone must participate. On the final session the groups will come together to watch an edited DVD documenting their journey through the programme.



'It was great to be able to speak to my daughter without it turning into an argument' - Parent

Feel Safe: The groups are able to feel secure in the confidentiality of them and those around them.

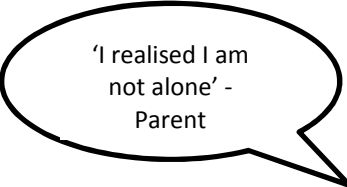


'I enjoyed working with others'

Lasting Memories: The families are able to walk away with lasting souvenirs of their hard work together, taking home a creative piece that the young people have produced and a personalised parents resource pack containing information from each of their sessions .

Share knowledge and experiences:

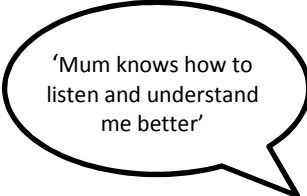
The families join others who are experiencing similar behaviour and share their experiences.



'I realised I am not alone' - Parent

Build confidence to deal with the future:

The group helps parents and young people to see a healthy way of communicating with each other so that they feel equipped to continue to build a stronger relationship in the future.



'Mum knows how to listen and understand me better'

"It was great to be able to speak to my daughter without it turning into an argument" - Parent

"I realised I'm not alone"
- Parent

"Mum knows how to listen and understand me better." - Young Person