

# Plymouth Family Hubs

## MONTHLY UPDATE



**December 2024**



[Click here for Plymouth Family Hubs Facebook Page](#)



Brainwaves Free mental health resources for secondary schools

Click [here](#) for more information

### Plymouth Family Hubs Autumn Timetable



Scan the QR code above or click [here](#) to view our Autumn term timetable

### Parenting Courses



For more information on our parenting courses across the city click [here](#)



For more information on support for cost of living click [here](#)

Lark Children's Centre (North Prospect Emerging Family Hub) are currently working on plans to move into a new centre in North Prospect. Whilst this transition is underway, we continue to offer a service and will be operating temporarily out of St James The Less Church Hall. This is next door to our previous Ham Drive delivery space, to ensure our community can still access us with ease.



Whilst work is underway to prepare our new building, we may have some changes to our programme and group services, however we are still accepting referrals and will continue to deliver our service during this transition period. We are looking forward to launching our new family hub in the new year!

For more information, or for enquiries about Lark please contact 01752 313293.

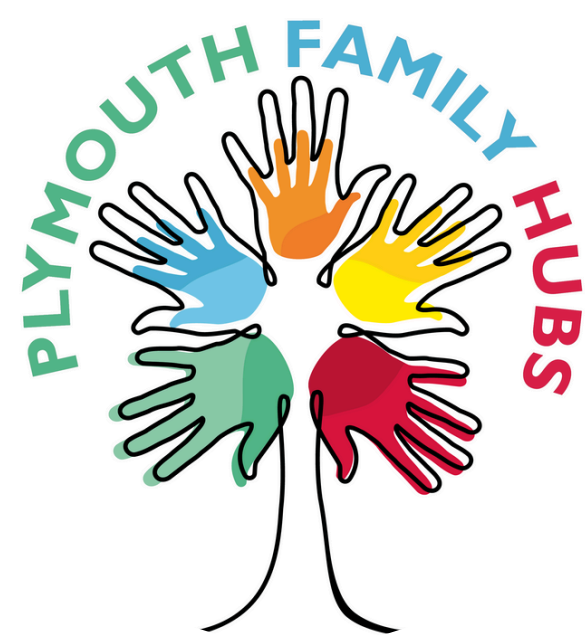




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### COMMUNICATION – CARING DAD'S PROGRAMME

Caring Dads is a 17-week FREE to agency and attendees programme designed for Dad's who acknowledge they need to change their behaviour towards their partner (or ex-partner) and children who they are having contact with.

#### What are the programme aims?

- Help Dad's improve their relationship with their children.
- End controlling, abusive and neglectful behaviours with relationships.

#### Criteria for the programme:

- Dad is to be having at least weekly contact with child/ren.
  - No previous sexual offences
  - Abstaining from using alcohol and other substances
- Referrer needs to remain involved with the Dad throughout the programme or take responsibility for constructively passing the case on to another case holder, for at least the remainder of the group.
- We cannot work with men in total denial. Most men are likely to minimise, deny, blame etc. we can consider a man for assessment if he regrets some of his actions and accepts, he needs to change something.

#### What is required of Referrers?

- Talk with the Dad and encourage his interest.
- Ensure you can identify some realistic positive outcomes for the mother and children from the Dad's participation in the programme.
- Agree that you will retain responsibility for the Dad throughout the programme or ensure that some other person/agency will take on that role.
- Attend a pre assessment interview with the Dad and a Caring Dad's facilitator, a mid-way meeting and one at the end of the programme.
  - Engage with us over you experience of the programme and inform us of any ways we need to improve.

When: Course starts on Thursday 6th February 2025  
Course Finishes on Thursday 29th May 2025

Where: Manor Street Children's Centre, Stonehouse, Plymouth, PL1 1TL

Closing Dates for referrals will be the Friday 17th January 2025.  
Any further questions please contact [Francesca.green@actionforchildren.org.uk](mailto:Francesca.green@actionforchildren.org.uk)

**Barnardo's Exceed Service DICE**  
A 4-week Online Parenting Support Programme

DICE provides families with information, advice and support to help them provide a safe and protective environment for their child or young person.

Supports families to understand the risks young people face in modern society.

4 week online free universal support for parents/carers of pre-teens and teens who are worried about parenting in the modern world, with the risks and challenges this presents.

The programme is running on a regular basis throughout the year. Please ensure you contact Exceed to request a referral form and a space or you can use the QR Code below which will take you to our referral via google forms.

[exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

01752 256339

[exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

[www.barnardosexceed.org.uk](http://www.barnardosexceed.org.uk)

Registered Charity Nos. 216250 and SC037605

**Barnardo's Exceed Service**  
Tackling Child Exploitation across Cornwall & Devon

**Session 01 Introduction and talk about the life of a Teenager**  
The teenage brain, why teenagers might take risks and the pressures they face in the modern world.

**Session 02 The exploitation of children and young people**  
Grooming—what it is, how does it happen, where and by whom? How can we spot the signs? Active listening techniques, advice and guidance, managing stress and pull factors.

**Session 03 Digital Dangers**  
Social media, sexting and nude selfies How can we be better digital parents/carers?

**Session 04 A safe place to share ideas about parenting**  
Parenting top tips - Practical advice and information about the support available. Communicating effectively, life parenting a teenager, support networks and working together.

The Barnardo's Exceed service is open 9am - 5pm Mondays to Fridays (not including bank holidays) We aim to get in contact with you within 1 working day after receiving your enquiry.

For all enquiries, further information or a referral form please contact - [exceed@barnardos.org.uk](mailto:exceed@barnardos.org.uk)

**Barnardo's Exceed Service**  
DICE

Upcoming Dates

Please note this is a 4-week course, therefore please ensure you're able to attend all 4 dates listed. All sessions are ran online via Teams.

October	February
Evening Course - 5pm to 7pm	Evening Course - 5pm to 7pm
Thursday 10th	Thursday 6th
Thursday 17th	Thursday 13th
Thursday 24th	Thursday 20th
Thursday 31st	Thursday 27th
November	March
Evening Course - 5pm to 7pm	Day Course - 10am to 12pm
Thursday 7th	Monday 24th February
Thursday 14th	Monday 3rd
Thursday 21st	Monday 10th
Thursday 28th	Monday 17th
January	
Evening Course - 5pm to 7pm	
Thursday 9th	
Thursday 16th	
Thursday 23rd	
Thursday 30th	

01752 256339

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[www.barnardosexceed.org.uk](http://www.barnardosexceed.org.uk)

Please contact our email to receive a referral form to get signed up or scan our QR Code.

Registered Charity Nos. 216250 and SC037605

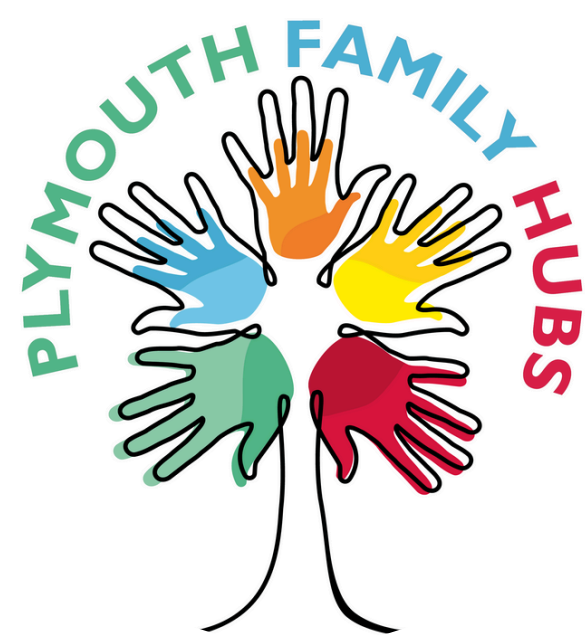




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Plymouth Methodist Central Hall, Eastlake St, Plymouth, PL1 1BA  
Every Tuesday 1.15-2.30pm

Café available

Family Hub staff from Barnardo's, LARK and Action for Children (and other professionals) will be available for support and advice if needed.

PEEP corner for ideas through play to promote speech and language

**Family Hub Soft Play**  
\*FREE\*

### COSY CHRISTMAS CAROLS AND STORIES

Monday 16th December: Plympton Library, 3.30-4.30pm  
Monday 16th December: Crownhill Library, 3.30-4.30pm  
Monday 16th December: Efford Library, 3.30-4.30pm  
Thursday 19th December: Plymstock Library, 3.30-4.30pm  
Thursday 19th December: St Budeaux Library, 3.30-4.30pm  
Friday 20th December: Central Library, 2.30-3.30pm  
Friday 20th December: Southway Library, 3.30-4.30pm

### Fit and Fed

Plymouth City Council has received funding from the Department for Education to coordinate a city-wide holiday activity and food programme during the 2024 Easter, summer and Christmas holidays to primarily support families with children who receive benefit related free school meals.

For more information please click [here](#)



7Stars Foundation is offering grants of up to £2,500 for registered charities with an annual turnover of less than £1.5 million across the UK to deliver projects and activities that support young people aged 16 years and under across the priority themes of abuse, addiction, child carers, and homelessness.

Apply for funding [here](#)

### Fit and Fed

## Free Family Activities

**Family Swim**  
**National Marine Aquarium**  
**Ice Skating**  
**Tenpin Bowling**

**Only for children in receipt of benefit-related free school meals**

Enquire now at [www.plymouth.gov.uk/fitandfed](http://www.plymouth.gov.uk/fitandfed) or  
Email [getactive@plymouthactive.co.uk](mailto:getactive@plymouthactive.co.uk)

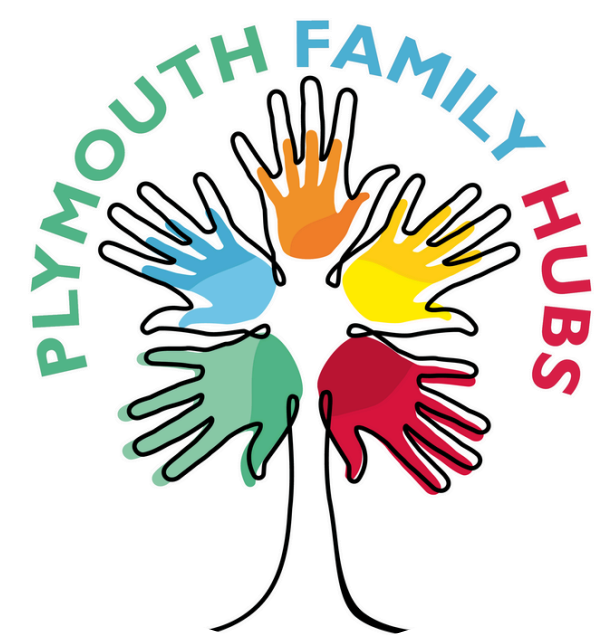




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Clare Young - Community Support Worker, CYP&F Neurodiversity Wellbeing Team  
Please see the link below for our free Family Fun Day in January.

[Book a space here](#)

## My Mind, My Body, My Money – A Family Wellbeing event

# Save the Date

Saturday 8 February  
Plymouth Life Centre 10.30 to 2.30

Find out and experience some of the amazing services available to children, young people and families across Plymouth.

## Workforce Development - Support for Young People Worried about their sexual behaviour - SHORE



Click [here](#) to join the meeting

16th January  
2024  
4-5pm

## Libraries news



### Library Market Days

Plymouth Libraries will be hosting three Library Market Days in December:

St Budeaux Library - Tuesday 3 December, 10am to 4pm

Plymstock Library - Friday 6 December, 10am to 2pm

Plymstock Library - Tuesday 17 December, 10am to 2pm

During these events, you can expect to find a variety of local and small businesses, a library book sale, festive coffee mornings and craft activities for children and families.

To find out more click [here](#)



Christmas activities in libraries  
We have some exciting festive activities happening in libraries over the next few weeks including coffee mornings, carol singing, craft activities and even a sprout themed treasure hunt!

We are also delighted to announce that Santa will be making an appearance at some of our Rhymetimes!

Browse our online calendar to discover free, fun, festive events and activities happening at your local library and to check Santa's timetable!

To find out more click [here](#)

