

# February Half Term



Friday 14th — Sunday 23rd  
February 2025.





## Tameside Family Hubs Offer



Family hubs provide a warm and welcoming environment for families to access support for children, young people, parents and carers. Family Hubs are a 'one stop shop' which offer Early Help support to families and young people to help overcome difficulties and build strong relationships. There is a Family Hub based in each of the four neighbourhood areas and there are also mini-Family Hubs which offer different services. Family Hubs also include a virtual offer for families with children of all ages, from 0-19 or up to 25 with special educational needs and disabilities (SEND), with a great start for life offer at their core. Each of the Family Hubs can offer the following to families in temporary accommodation.

**Clothes Washing Facilities: Each Family Hub have access to a washing machine.**

North Family Hub	0161 342 2255
South Family Hub	0161 342 5353
East Family Hub	0161 342 5533
West Family Hub	0161 342 5197



Neighbourhood	Family Hub Address:	Facilities also available at our spokes:
<b>North (Ashton)</b>	Trafalgar Square, Ashton-Under-Lyne, OL7 0LL. Contact us on: 0161 342 2255.	Active Oxford Park Pottinger street, Ashton-Under-Lyne, OL7 0PW.  Tameside One Tameside One, Market Place,
<b>East (Stalybridge, Dukinfield and Mossley)</b>	School Crescent, Ridge Hill, Stalybridge, SK15 1EA.  Contact us on: 0161 342 5533	Mossley Family Hub: Micklehurst All Saints C of E primary school, Mossley, OL5 9DR.
<b>South (Hyde, Hattersley and Longdendale)</b>	Old road, Flowery Field, Hyde, SK14 4SQ. Contact us on: 0161 342 5353.	Hattersley Hub: The Hub, Stockport Road, Mottram, Hyde, SK14 3EQ. Hyde Youth and Community Centre:
<b>West (Denton, Droylsden and Audenshaw)</b>	Greenside Lane, Droylsden, M43 7RA. Contact us on: 0161 342 5197.	Tameside Wellness Centre: Lance Corporal Andrew Breeze Way, Denton, M34 34D. Contact us on: 0161-260 1190.





Scan the QR  
code to register  
with Tameside  
Family Hubs

Tameside  
**Family  
Hubs**





# Tameside Family Hubs Offer



## TAMESIDE STORY WALKS



Join us for our outdoor story walks this half term! Dress for the weather.

Please ring the contact numbers below to secure your place or to find out more information.

**Cedar Park (Ashton)**

**Thursday 20th February**

**10am - 11am**

Please ring 0161 342 2255 to book

**Hyde Park**

**Thursday 20th February**

**1pm-2pm**

Please ring 0161 342 5353 to book

**Chadwick Dam (Stalybridge)**

**Friday 21st February**

**10am - 11am**

Please ring 0161 342 5533 to book

**Lewis Road Park (Droylsden)**

**Friday 21st February**

**1pm - 2pm**

Please ring 0161 342 5197 to book



# What's on?



@growintameside



'Grow in Tameside'



www.gotogrow  
tameside.co.uk



## Activity timetable for Tameside

### HALF TERM UNIVERSAL OUTDOOR EXPLORERS

Week Commencing Monday 17th February 2025

Suitable for 2-5yrs – 5yrs. Siblings up to 11yrs welcome

Day	Time	FamilyHub	Address
Monday	1:30pm-2:30pm	Hyde Park <b>Ring Hyde Family Hub to book</b>	Clarendon St, Hyde SK14 2EL
Wednesday	10:00am-11:00am	Stamford Park <b>Ring St.Peters Family Hub to book</b>	Stamford St, Stalybridge, SK15 1QZ
Wednesday	10:00am-11:00am	Lewis Road Park <b>Ring Greenside Family Hub to book</b>	Lewis Rd, Droylsden, M43 6NR
Thursday	10:00am-11:00am	Silver Springs Primary Academy <b>Ring Ridge Hill Family Hub to book</b>	School Crescent, Stalybridge, SK15 1EA



# What's on?



@growintameside



'Grow in Tameside'



www.gotogrow  
tameside.co.uk



Activity timetable for Tameside

## FEBRUARY HALF TERM UNIVERSAL BABY GROUPS

(Suitable for babies Birth – 18mths)

### Week Commencing Monday 17th February 2025

Day	Time	FamilyHub	Address
Monday	10:00am - 11:15am	Ridge Hill Family Hub (Birth- 18mths)	School Crescent, Stalybridge, SK15 1EA
Monday	9:30am - 10:45am	Greenside Family Hub (Birth- 18mths)	Greenside Lane, Droylsden, M43 7RA
Thursday	1:00pm - 2:15pm	St Peters Family Hub (Birth- 18mths)	Trafalgar Square, Ashton-Under-Lyne, OL7 0LL
Friday	9:30am - 10:45am	Hyde Family Hub (Birth- 18mths)	Old Road, Hyde, SK14 4SQ





## Tameside Libraries

Join us for a session of crafts, games and treasure hunting  
Free, no need to book



<b>HYDE</b> Monday 17 10:30-11:30	<i>Ages 4-11 February Half Term</i>	<b>MOSSLEY</b> Friday 21 10:30-11:30
<b>STALYBRIDGE</b> Wednesday 19 2:00-3:00	<b>HATTERSLEY</b> Thursday 20 2:00-3:00	

information.direct@tameside.gov.uk | 0161 342 4000

**TAMESIDE  
LIBRARIES**

## Tameside Libraries Offer

Join Tameside Libraries for some creative, fun and exciting sessions of Fairy Tale themed crafts, games and treasure hunts.

Monday 17th February

10.30am-11:30am

Hyde Library

Wednesday 19th February

2pm-3pm

Stalybridge Library

Thursday 20th February

2pm-3pm

Hattersley Library

Friday 21st February

10.30am-11.30am

Mossley Library



**TAMESIDE  
LIBRARIES**

**Tameside**  
Metropolitan Borough



[www.tameside.gov.uk/childrenandfamilies](http://www.tameside.gov.uk/childrenandfamilies)



## Tameside Libraries Offer



**STORY TIME**

To celebrate  
International Mother Language Day  
come and take part in some Dual-Language stories with us.

TAMESIDE LIBRARY

Ashton Library  
Friday 21st February 3-3:30pm

All welcome but especially aimed at multi-lingual families with children aged up to 7. No need to book.

The illustration shows five diverse children sitting around a large open book. The background is a stylized night sky with a crescent moon, stars, and a cloud. There are colorful trees and flowers around the children. A small black cat is visible at the bottom right of the illustration.



Come and share some of our Dual Language Stories to celebrate International Mother Language Day.

Friday 21st February

3pm-3.30pm

Ashton Library

Children aged up to 7.

**TAMESIDE  
LIBRARIES**



## Tameside Libraries Offer



Join local artists Aimee and Tom at Ashton Library and help to create 'The Cloak of Spells'. The cloak is made up of individual patches of fabric, each telling a story about a 'magic' person.

Monday 17th February  
10am-3.30pm  
Ashton Library



## Tameside Museums Offer



SciTech will take over Portland Basin's iconic industrial gallery bringing hands on micro experiments, to inspire and surprise young minds.

Sunday 16th February

Drop in 11am-3pm

Portland Basin Museum, Industrial Gallery,  
OL7 0QA.



# SciTECH

## Take over **IN TAMESIDE**

### Amazing hands on science and technology for inquisitive minds

Established in 1991, SciTech promote Science and Technology to children of all ages & abilities.



Drop In 11am-3pm

Sunday 16 February 2025

Portland Basin Museum, Industrial Gallery, OL7 0QA



Funded by  
UK Government

**GREATER  
MANCHESTER**  
DOING THINGS DIFFERENTLY

**Tameside**  
Metropolitan Borough

**Tameside**  
Metropolitan Borough



[www.tameside.gov.uk/childrenandfamilies](http://www.tameside.gov.uk/childrenandfamilies)



## Tameside Museums Offer



Join artist Helen Dodsworth to do arts and crafts at Portland Basin this half term. You can make your own mini banner of your favourite hobby, favourite thing or just have fun decorating them.



Tuesday 18th February

11am-3pm

Portland Basin

£1.35 per child.

IN TAMESIDE





## Tameside Museums Offer



Join artist Helen Dodsworth to do arts and crafts at Portland Basin this half term. You can make your own miniature origami and paper hats, with finger puppets to wear them.



Tuesday 20th February

11am-3pm

Portland Basin

£1.35 per child.

IN TAMESIDE



## Hyde Art Day



Join 'The Rutherford Rabble' the coolest new school of art around. For an immersive family friendly day of art-based activities in Hyde town centre.

Saturday 22nd February  
10am-3pm  
Hyde Library

**The Rutherford Rabble present:**  
**Hyde Art Day**

**Saturday 22 February 2025**  
**10am - 3pm**

**IN TAMESIDE**

Join 'The Rutherford Rabble', the coolest new school of art around, for an immersive family friendly day of art-based activities in Hyde town centre inspired by the paintings and techniques of one of Tameside's most celebrated painters, Harry Rutherford.



Monday	Tuesday	Wednesday	Thursday	Saturday
<p><b>Cedar Junior Youth Club</b> Time: 4.30-7pm Carr St Ashton-Under-Lyne OL6 8ES 8-11years</p>	<p><b>Blocksages Senior Youth Club</b> Time: 6.30-9pm Birch Lane, Dukinfield SK16 5AP 8years+</p>	<p><b>LGBT Group</b>Time: 6-8.30pm Must contact Diane King on Mobile. 07971599414. Address not publicised due to vulnerability of group  11years+</p>	<p><b>Cycle-ops Bike Project</b> Time: 6-8.30pm Unit 9 Charlestown Industrial Estate, Robinson Street Ashton-Under-Lyne OL6 8NS Bike Ride 8years+, Build a Bike 11years+</p>	<p><b>Bennett St Youth Club Accessible bike session-ACE</b> Time: 10-12pm Hyde Youth &amp; Community Lower Bennett Street] Hyde SK14 4PP 8years+</p>
<p><b>Tameside Youth Council</b> Time: 6-8pm Must join the youth council before attending. Contact Katrina Perry on Mobile. 07583000535  Hyde Youth &amp; Community Lower Bennett Street Hyde SK14 4PP 12years+</p>	<p><b>LGBT Group</b>Time: 5.30-8pm Must contact Diane King on Mobile. 07971599414 Address not publicised due to vulnerability of group  15years+</p>	<p><b>Mossley Junior Youth Club</b> Time: 4-6.30pm The Rowans Micklehurst Mossley OL5 9DR  8years+</p>	<p><b>Bennett St Youth Club</b> Time: 6:30-9pm Hyde Youth &amp; Community Lower Bennett Street Hyde SK14 4PP 8years+</p>	
		<p><b>Bennett St Senior Music &amp; Media</b> Time: 6.30-9pm Hyde Youth &amp; Community Lower Bennett Street Hyde SK14 4PP  11years+</p>	<p><b>Blocksages Girl's Work</b>Time: 6.30-9pm Birch Lane, Dukinfield SK16 5AP 11years+</p>	
			<p><b>Copley Youth Club</b> Time: 6.30-9pm Huddersfield Road Stalybridge Tameside SK15 3ET  6years+</p>	



Join Tameside Youth Service for some family fun. All sessions are free .

For more information please contact: 0161 342 3954.





## Tameside Active Centres



Active Copley	Huddersfield Road, Stalybridge, SK15 3ET	0161 303 8118
Active Hyde	Walker Lane, Hyde, SK14 5PL	0161 368 4057
Active iTrain	Birch Lane, Dukinfield, SK16 5AP.	0161 804 8999
Active Ken Ward	Hattersley Road East, Hattersley, SK14 3NL.	0161 366 5545
Active Medlock	Gardenfold Way, Droylsden,	0161 370 3070
Tameside Wellness Centre	Lance Corporal Andrew Breeze Way, Denton, M34 3RD.	0161 260 1190
Active Oxford Park	Pottinger Street, Ashton-Under-Lyne, OL7 0PW.	0161 830 0508

**ACTIVE**  
TAMESIDE





## Create @ Cedar Park

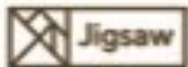


Come and join PAC CIC at Cedar Park this half term. This exciting program offers a range of creative opportunities including filmmaking, animation, podcasting, and music production.

When: 19th and 20th February

Where: The Pavillion Cedar Park, Hurst Cross, Ashton-Under-Lyne

Time: Juniors 7-11yrs 11am-1pm  
11-18yrs 1.30pm-4pm.



# Nature Explorers



GROWING BETTER FUTURES



Family Engagement Project



## NATURE EXPLORERS

Join us for our outdoor stay and play group for children with Special Educational Needs & Disabilities or emerging needs aged 0-5 and their caregivers.

- Safe enclosed space
- Inclusive free play
- Parent peer support

Term Spring 1 dates:  
**Thursday 9th January, 23rd January, 6th February & 20th February**  
**10.00am - 11.30am**

Community Green Allotment  
Meadow Lane, Dukinfield, SK16 4AN



Explore outdoors and nature



Scan the QR code to register with the project.  
For further information visit our Facebook page - Family Engagement Project Tameside or email us at: [familyengagementgm@mencap.org.uk](mailto:familyengagementgm@mencap.org.uk)



Join us for our outdoor stay and play group for children with Special Educational Needs & Disabilities or emerging needs aged 0-5 and their caregivers.

20th February  
10am-11.30am

Community Green Allotment Meadow Lane, Dukinfield, SK16 4AN.





## Garden Gang



**EVERY WEDNESDAY  
GARDEN GANG**

FOR CHILDREN  
AGED  
1 MONTH - 4 YEARS

**9.45AM - 11.15AM**

An outdoor nature group for children and their carer to explore the seasonal changes and enjoy free play in a safe environment with lots of fun nature resources!

£1 donation

CLICK THE LINK BELOW TO BOOK

Session is held at Community Green Allotment,  
Meadow Lane, Dukinfield, SK16 4AN

An outdoor nature group for children and their carer to explore the seasonal changes and enjoy free play in a safe environment with lots of fun nature resources.

Every Wednesday  
9.45am-11.15am  
£1 donation





## PLACES WHERE KIDS EAT FREE (OR FOR £1) FEBRUARY HALF TERM 2025

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

### BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

### LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### TRAVELDGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

### IKEA

Kids get a meal from 95p daily from 11am

### BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

### EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

### COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

### HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

### TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

### HUNGRY HORSE

Kids eat for £1 on Mondays

### THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

### SA BRAINS PUBS

Kids eat for £1 on Wednesdays

### FUTURE INNS

Under 5s eat for free with any adult meal.



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## Active Tameside



With the support of Winter Pressures Funding, we are pleased to announce the return of our Active Takeaway initiative, offering free meals to Tameside Families.

Meals will be available for collection from the following centres (3pm – 6pm):

- **Monday, 17th February:** Medlock Leisure Centre, Droylsden or Tameside Leisure Pool, Hyde
- **Wednesday, 19th February:** Active Copley, Stalybridge
- **Friday, 21st February:** Tameside Wellness Centre, Denton

To secure your collection, please complete the booking form via this link:

<https://forms.office.com/e/EXz15tiSt0>.

**ACTIVE**  
TAMESIDE



## Groundworks



### ALL ABOUT POTATOES

Groundwork are running a **FREE** gardening session at Vitality Gardens where we'll be finding out about growing potatoes:

- > To chit or not to chit?
- > Container or planting in the ground?
- > Caring for your potato plants
- > Using potatoes in art!

Join us on Tuesday 18th February from 1pm

At Vitality Gardens, behind Springwell Gardens, SK14 3QL

#### CONTACT US:

✉ [suzanne.walton@groundwork.org.uk](mailto:suzanne.walton@groundwork.org.uk)

☎ 07790801034



Groundwork are running a **FREE** gardening session at Vitality Gardens where we'll be finding out about growing potatoes:

Tuesday 18th February

1pm

Vitality Gardens, behind Springwell Gardens, SK14 3QL.

Contact:

[Suzanne.walton@groundwork.org.uk](mailto:Suzanne.walton@groundwork.org.uk)

07790801034



## Action Together

Are you looking for social groups, practical support or leisure activities in Oldham, Rochdale and Tameside?

Action Together community activities directory features an ever increasing range of services delivered by local, voluntary, community, faith and social enterprise organisations. To find an activity visit:

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





# Digital Offer



Tameside have various activities and services for families to access via various social platforms, Families are able to download activity packs, join the library and much more!

## Action together:

Action Together works across Tameside Borough and provide information and support on a range of services to within voluntary, community, faith and social enterprise sector.

[Action Together in Tameside | Action Together \(www.actiontogether.org.uk/tameside\)](http://www.actiontogether.org.uk/tameside)

## Active positive activities/leisure centres:

Active have a diverse range of fitness activities across centres in Tameside to choose from, including swimming lessons, gymnastics, group exercise classes, personal training and much more. Active have four fun family attractions in Tameside – Adventure Medlock, Hyde Leisure Pool, Bowling Zone at Tameside Wellness Centre and Soft Play Zone. Kids can enjoy indoor climbing, bowling, soft play and swim, slide & waves sessions. Community Cycle Circuit in Ashton-Under-Lyne – a purpose built cycle circuit with a number of accessible bikes available. Open six days week and sessions must be pre –online booking forms can be ac-



## Digital Offer

### Greenspace

Tameside has various open areas and parks for children, young people and families to enjoy. Community Allotment, giving families the opportunity to grow your own food. 'Lets of go Walking, Cycling and Exploring' - Portland Basin Museum has always been a great place to visit, but now there are walking and cycling routes starting from the museum, showing you what great countryside and heritage there is to discover on your doorstep.



### *Walking*

You can enjoy the tranquility of the Peak Forest Canal and River Tame on a four mile walk with the chance of a glimpse of a kingfisher. The three mile 'Three Canals and a River' takes in parts of the Ashton, Huddersfield Narrow and Peak Forest canals and the River Tame and passes through some hidden gems. The two mile walk in the heart of Industrial Ashton looks back to the Victorian age and its legacy.

### *Cycling*

The two bike rides are ideal for families or new cyclists. The towpaths have been resurfaced, making the four and five mile routes easy to cycle. Along the Peak Forest Canal, you can see Plantation Farm, with its Dr. Livingstone connection, and the 16th century Old Hall Chapel. Just off the canal is Newton Hall, one of Britain's oldest medieval cruck-frames buildings. On the Ashton Canal you can see Victorian mills and even older, the Fairfield Moravian Settlement dating back to 1785 is a haven of peace in the midst of urban Tameside.

### *Exploring*

Make a den, make a nest, go on a nature hunt, look for mini-beasts or make a mud pie. There are plenty of ideas and games in our 'Let's go Exploring' booklet for you to enjoy a family day out in the countryside. Between the Humpback Weaver's Rest Bridge and the Lift Bridge along the Peak Forest Canal, there are 12 posts with canal and nature related metal plaques. See if you can find them all. They are great for doing rubbings.



## Digital Offer

### Libraries:

Libraries are for everyone! You can join in your local library or online and can take up to 20 books out to read and enjoy. There are also books in the library including, books for babies, adventure stories, funny stories, information books, talking books on CD, eBooks and eAudiobooks, eMagazines, books for mums and dads and more. The library has various activities including STEM club and Lego club. For further information please contact your local library [Libraries](#) ([www.tameside.gov.uk](http://www.tameside.gov.uk))



### Grow Website:

Grow is here to help and support you with your journey, offering the most up to date advice from local Health Visitors, Midwives and Early Years Worker.

[Grow – Helping children and families to start well \(www.gotogrowtameside.co.uk\)](http://www.gotogrowtameside.co.uk)

### SEND services:

Tameside's SEND Local Offer is to provide a single place where children and young people (aged 0-25) with SEND, their families, parents and carers can access information, advice, support and services. The Local Offer is also a resource for professionals, volunteers and anyone involved in caring for or supporting young people with SEND. For further details on activities, support groups and to sign up to the newsletter for events, please visit: [Tameside Local Offer](#) ([www.tameside.gov.uk/localoffer](http://www.tameside.gov.uk/localoffer))





## Digital Offer

### The Together Centre

The Together centre are a community centre based in Dukinfield that provide sessions for the whole family. Including; mums & tots groups, food pantries, holiday clubs. For more information please visit: [www.facebook.com/TheTogetherCentre/](https://www.facebook.com/TheTogetherCentre/)

### New Life Church

Food Bank, Engage project(hot food, life skills, activity, access to washing facilities and shower), mentoring project, basic English, math's & digital skills, ESOL conversation classes, Christmas Day meals, Lego Church family activity – [nlc@newlifetameside.org.uk](mailto:nlc@newlifetameside.org.uk)

### Smallshaw—Hurst Children’s Community

Food Pantry at Cedar Park, school holiday activities, volunteering & more - <https://www.facebook.com/smallshawhurstchildrenscommunity>

### Tameside Food Partnership

For more information on Tameside Foodbanks and Pantries please visit: <https://www.tameside.gov.uk/foodbanks>



# Digital Offer

## Our Kids Eyes (OKE)

Provides families who have children with SEND immediate access to information, advice, signposting referrals to foodbanks. For more information please visit:

[www.ourkidseyes.org](http://www.ourkidseyes.org)



# Parenting Offer

Tameside's Parenting Offer strives to support families when it is needed most, offering a range of courses and services to suit the needs of all parents and children in Tameside. The Council's vision for the 'Grow with Me' parenting offer is one where all parents, children and their families will receive the support that is right for them as early as possible, to enable them to deal with problems and prevent issues escalating. The parenting offer is based on a whole-family approach and all interventions will be evidence-based. They aim to ensure families in Tameside have the skills, information and support to build relationships.



## **Solihull Online**

Solihull Online is an online parenting programme available for all Tameside parents and carers, and includes the following modules:

Understanding your child

Understanding your baby

Understanding your pregnancy, baby, child and teenager

Understanding your teenagers, plus many more

Visit: [www.inourplace.co.uk](http://www.inourplace.co.uk)

Access code for Tameside residents: **SUNFLOWER**

## **Solihull Parenting Courses**

A group meeting for 10-weeks for parents with children aged birth to 19-years-old.

Solihull includes a variety of topics including:

Understanding your child's behaviour

Tuning into your child's developmental needs

Learn to have fun together

Developing strategies for when timings go wrong

Developing a lifelong thinking skill

## **What to expect:**

Strengths-based - brief intervention

Goal setting around the parent and child's relationship – what they would like to work on

VIG practitioner will film the parent and child interaction

Shared Review - The VIG practitioner and parent together notice and build on the parent's strengths

Reflection on goals and moving forward





# Parenting Offer

## Riding the Rapids

Group Meeting for 10 weeks for parents of children 3-11 years

Riding the Rapids is an evidence-based parent-training course. It is designed for parents and carers of children and young people with an Autism Spectrum diagnosis or other complex needs, including severe learning disabilities.

The course covers:

Goal setting

Understanding behavior

Promoting positive behavior

Promoting positive interaction through communication

Promoting positive interaction through play

Managing stress

Managing unwanted behavior

Active problem solving

## **Video Interactive Guidance (VIG)**

VIG aims to highlight and build on attuned moments in parent-infant interactions. Parents are supported by a trained VIG Practitioner to view and reflect together on strengths-based micro moments of video. Through this process of active engagement and reflection parents become aware of and build on their skills in attunement. This approach is effective in helping parents move to a new narrative about themselves as a parent, about their child, and their relationship with their child.

What to expect:

Strengths based - Brief intervention

Goal setting around the Parent and child's relationship – what they would like to work on

VIG practitioner will film the parent and child interaction

Shared Review - The VIG practitioner and parent together notice and build on the Parents strengths

Reflection on goals and moving forward



# Parenting Offer

## RPC 'Together'

This parenting programme can be delivered face-to-face or virtually. Over six sessions, individuals or couples raising children are supported to improve the quality of their couple relationship. This includes improving communication, and strategies to respond to conflict.

## RPC 'Parenting Apart'

This six-session programme is designed to be delivered by practitioners directly to separated parents. The step-by-step programme can be used to guide individuals through one-to-one support. It also offers practical tools and resources designed specifically for those struggling with co-parenting and the relationships that surround it.

## 'Parent Space' Parenting Clinics

'Parent Space' is run by the Parenting Coordinators for families to receive one to one support when they are unable to attend a group. These sessions are tailored to individual's needs and run for a maximum of six sessions.

For further information could you can contact one the parenting team on: [parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)

**You can contact the Parenting Team helpline for advice and guidance via the email address:**

**[parentingreferrals@tameside.gov.uk](mailto:parentingreferrals@tameside.gov.uk)**

