

**Rotherham Family Hubs Evidence Based Programmes Sept 23 –  
March 2024**



| Programme   | Day/Start Date/Time   | Venue   |
|---|---|---|
| <p><b>0-12 Triple P</b></p> <p>Parenting programme for parents of children 0-12. The programme promotes positive parenting strategies, coping and self-care skills.</p> <p>Duration: 8 weeks</p>  | <p>Tuesday 31st October<br/>Time: 12.30 – 2.30pm</p>                  | <p>The Place<br/>Coleridge Road.<br/>Rotherham S65 1LW</p>                            |
|   | <p>Tuesday 16<sup>th</sup> January 2024<br/>Time: 10:00 – 12:00pm</p> | <p>Central Children’s Centre<br/>Ferham Road,<br/>Rotherham S61 1AP</p>               |
| <p><b>Teen Triple P</b></p> <p>Parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills.</p> <p>Duration: 8 weeks</p>   | <p>Thursday 7<sup>th</sup> September 2023<br/>Time: 09:30-11.30am</p> | <p>The Place<br/>Coleridge Road.<br/>Rotherham S65 1LW</p>                            |
|   | <p>Tuesday 20<sup>th</sup> February 2024<br/>Time: 9:30 – 11:30am</p> | <p>Central Children’s Centre<br/>Ferham Road,<br/>Rotherham S61 1AP</p>               |
| <p><b>Stepping Stones</b></p> <p>This programme is for parents of children 0-12 who have a child with disability. The programme builds parenting skills for promoting children’s development, social competence and self-control and is delivered in a group setting.</p> <p>Duration 5 weeks</p>   | <p>Tuesday 19<sup>th</sup> September<br/>10:00 – 12:00pm</p>          | <p>MS Teams</p>   |
|   | <p>Tuesday 16th January<br/>10.00 – 12.00pm</p>                       | <p>MS Teams</p>   |
| <p><b>Family Links</b></p> <p>This programme is for the parents of young children up to the age of 10 and looks at topics, including:<br/>Understanding why children behave as they do, recognising the feelings behind behaviour (ours and theirs).<br/>Exploring different approaches to discipline and learning the importance of looking after ourselves</p> <p>Duration – 10 weeks</p> | <p>Tuesday 19<sup>th</sup> September 2023<br/>12.30-2.30pm</p>        | <p>Maltby Stepping Stones Children’s Centre<br/>Tickhill Road, Maltby<br/>S66 7NQ</p> |
|   | <p>Monday 15<sup>th</sup> January 2024<br/>12.30-2.30pm</p>           | <p>Rawmarsh Children Centre<br/>Barbers Cres<br/>Rotherham<br/>S62 6AD</p>            |

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| <p><b>Caring Dads</b></p> <p>Developed in a university partnership, Caring Dads is a group intervention program for men who have abused, neglected, or exposed their children to domestic violence.</p> <p>Duration 17 weeks</p>   | <p>Tuesday 16<sup>th</sup> of January 2024<br/>1.00 – 3.00pm</p>                             | <p>Central Children’s Centre Ferham Road,<br/>Rotherham S61 1AP</p>                  |
|  |  |  |
| <p><b>Sleep Tight</b></p> <p>This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children.</p> <p>Duration: 5 weeks</p>                                    | <p>Tuesday 26<sup>th</sup> September 2023<br/>9.30 - 11.30am</p>                             | <p>Dalton Youth Centre<br/>Magna Lane, Dalton<br/>S65 4HH</p>                        |
|  | <p>Tuesday 16<sup>th</sup> January 2024<br/>10:30 – 12:30pm</p>                              | <p>Dinnington Early Help Centre<br/>Doe Quarry Lane.<br/>Dinnington S25 2NZ.</p>     |
|  |  |  |
| <p><b>Fear-Less</b></p> <p>Fear-Less Triple P is for parents (of children aged 6 to 14) who’d like to learn how to teach their children to manage anxiety effectively.</p> <p>Duration: 6 weeks</p>  | <p>Thursday 2<sup>nd</sup> November<br/>Time: 12:00 – 2:00pm</p>                             | <p>Central Children’s Centre, Ferham Road,<br/>Rotherham S61 1AP</p>                 |
|  | <p>Thursday 22<sup>nd</sup> February<br/>Time: 12:00 – 2:00pm</p>                            | <p>Central Children’s Centre, Ferham Road,<br/>Rotherham S61 1AP</p>                 |
| <p><b>Understanding your Child’s Behaviour Solihull Approach.</b></p> <p>The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing. Ages 0-19</p> <p>Duration: 10 weeks</p> | <p><b>The School Years</b><br/>Monday 25<sup>th</sup> September<br/>Time: 11.00 – 1.00pm</p> | <p>The Place<br/>Coleridge Road.<br/>Rotherham S65 1LW</p>                           |
|  | <p><b>The First Five Years</b><br/>Thursday 11th January 2024<br/>Time: 9.30-11.30am</p>     | <p>Aughton Early Years Centre<br/>Main St, Aughton,<br/>Sheffield S26 3XH</p>        |
|  | <p><b>The School Years</b><br/>Tuesday 16th January 2024<br/>9.30- 11.30am</p>               | <p>Maltby Stepping Stones Childrens Centre<br/>Tickhill Road, Maltby<br/>S66 7NQ</p> |
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**All Discussion Groups are on a Drop-in basis, please arrive at least 5 minutes before programme start time.**

**Please give parents the details. No referrals required.**

| Discussion Groups   | Discussion Group Subject        | Day/Start Date/Time   | Venue   |
|---|---------------------------------|---|---|
| Short one-off group sessions that offer practical advice for tackling a specific problem behaviour. |                                 |   |   |
| <b>0-12 years</b>   |                                 |   |   |
|   | Manging Fighting and Aggression | Tuesday 12 <sup>th</sup> September<br>9:30 – 11:30am<br><br>Wednesday 7th Feb<br>12:00 – 2.00pm | Maltby Stepping Stones Children's Centre<br>Tickhill Road, Maltby<br>S66 7NQ<br><br>The Place<br>Coleridge Road.<br>Rotherham S65 1LW         |
|   | Dealing with Disobedience       | Tuesday 19 <sup>th</sup> Sept<br>Time: 10 – 12pm<br><br>Tuesday 20th Feb 24<br>9.30 – 11.30am   | The Place<br>Coleridge Road.<br>Rotherham S65 1LW<br><br>Brookfield Children's Centre<br>Lime Grove, Swinton<br>S64 8TQ                       |
| <b>Teen</b>   |                                 |   |   |
|   | Coping with Teenagers Emotions  | Friday 3 <sup>rd</sup> November<br>10:00 – 12:00pm<br><br>Friday 2nd Feb 24<br>12.00 – 2.00pm   | Central Children's Centre<br>Ferham Road,<br>Rotherham S61 1AP<br><br>Dinnington Early Help Centre<br>Doe Quarry Lane.<br>Dinnington S25 2NZ. |
|   | Reducing Family Conflict        | Thursday 12 <sup>th</sup> October<br>9:30 – 11:30pm   | Maltby Stepping Stones Children's Centre<br>Tickhill Road, Maltby<br>S66 7NQ  |

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|--|-----------------------------|--|---|
|  |                             | Tuesday 12th March<br>9.30 – 11.30am   | Brookfield Children’s Centre<br>Lime Grove, Swinton<br>S64 8TQ  |
|  | Getting Teens to Co-operate | Friday 1 <sup>st</sup> December<br>10:00 – 12:00am<br><br>Friday 29th March<br>9.30 – 11.30 am | Dalton Youth Centre<br>Magna Lane, Dalton<br>S65 4HH<br><br>The Place<br>Coleridge Road.<br>Rotherham S65 1LW |

## Online Programmes



### 0-12 Triple P

Triple P Online supports parents of young children (under 12). Guide behaviour positively, set up routines and rules more easily, and have a calmer household.

**Parents can access this directly by clicking the link below and registering their details:**

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>

### Teen Triple P

Teen Triple P Online supports parents of tweens and teens aged 10 to 16, to raise responsible, confident teenagers. Enjoy a closer bond with your child and help them get ready for adulthood.

**Parents can access this directly by clicking the link below and registering their details:**

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>

### Fear-Less Triple P

Fear-Less Triple P Online supports parents of children aged 6 to 14 with frequent worries/anxiety. Help children reduce anxiety and become more independent with proven tools and techniques.

**Parents can access this directly by clicking the link below and registering their details:**

<https://www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/>



**Me, You and Baby Too - An online course to help couples prepare for the transition to parenthood.**

Me, You and Baby Too helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress and conflict on their baby. Parents completing this course will develop the skills to manage their conflict more constructively.

Short online course, approximately 40 minutes.

**Parents can access this directly by clicking the link below and registering for a free account:**

[Parent guide for England \(oneplusone.org.uk\)](https://oneplusone.org.uk)

**Arguing better - An online course for reducing parental conflict**

Arguing better helps raise awareness of parental conflict and its impact on children. It gives parents the skills to cope with stress together and manage their conflict more constructively.

Short online course, approximately 40 minutes.

**Parents can access this directly by clicking the link below and registering for a free account:**

[Parent guide for England \(oneplusone.org.uk\)](https://oneplusone.org.uk)

**Getting it Right for Children -An online course for separating parents to minimise the impact of separation on children.**

Getting it right for children uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together.

Short online course, approximately 40 minutes.

**Parents can access this directly by clicking the link below and registering for a free account:**

[Parent guide for England \(oneplusone.org.uk\)](https://oneplusone.org.uk)

Contact the Evidenced Based Hub for Further Information on:

[parenting@rotherham.gov.uk](mailto:parenting@rotherham.gov.uk)

**To make a Referral:**

Early Help Workers complete Evidenced Based Intervention Form on EHM

Social Care complete a co-working request stating which programme is required.

Partnership agencies telephone 01709 336080.