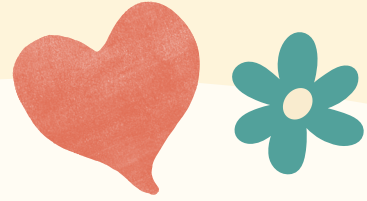




5- 15 years in Doncaster



A guide to the next steps for
supporting your child.



City of
Doncaster
Council



Support in Doncaster

In this booklet:

- Pages 4-5** *Overview of Support*
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- Pages 20-23** *Family Hubs & HAF Programme*
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Overview of Support



Knowing how to support your child as they navigate their school years can at times be confusing, difficult and overwhelming.

From help understanding **technical jargon** to **parenting courses**, safe and understanding **counselling sessions**, or **targeted Youth Groups** there are a number of services available across Doncaster, who are available to support your **whole family**.

We're here for you!



Wellbeing Support

School Resources and Homework Help

Local Youth Groups & Youth Hubs

Short Breaks & Young Carers

Parenting Courses

Mental Health Support and Counselling Services

Family Hubs



Your Place & Early Help



What is Your Place?

The Your Place team provide support and information that is unique to families and residents when **everyday issues** become difficult.

The team are on hand to chat with you about what's concerning you or anything you need support with.

Here are a few things you can chat to the team about:

- Benefits
- Family Support
- Local groups and activities
- Childcare
- Anti-social behaviour
- Housing support
- Employment
- Debt and financial concerns
- Education support for both children and adults.

Scan the QR code below to find your local team:



[www.yourlifedoncaster.co.uk/
your-place-your-family-team](http://www.yourlifedoncaster.co.uk/your-place-your-family-team)



What is Early Help?

Early Help is a way of thinking and working together as services with families that have **additional or more complex needs**.

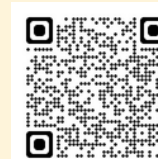
It's for children and young people of any age and their family. Help can come from all kinds of services and organisations who work together to support your family. You might be using some of these services already, but we want to make sure they are providing the right support for you and your family's needs.

It could be that you're worried about your child's health, development or behaviour, or perhaps because you are caring for a disabled child.

Maybe you, your child or your whole family are affected by relationships within the family, drugs or alcohol or you are experiencing personal distress or anxiety, financial or housing problems.

By getting help from the right services at the right time, and as early as possible, we can help prevent or reduce potential problems for children as they grow up.

Scan the QR code below to find out more:



[https://www.doncaster.gov.uk/services/schools/early-help-
what-is-it-in-doncaster](https://www.doncaster.gov.uk/services/schools/early-help-what-is-it-in-doncaster)



Parenting Courses & Support

Did you know that Doncaster has a Parenting Team?

They are a team of **Parent Support Workers**, who work across Doncaster. We deliver **free courses for parents/carers** and grandparents. Most of our courses are delivered during the day when children are at school. If you have a child who is pre-school age, we can offer you childcare vouchers for either a private nursery, or childminder of your choice

Working full time? We also offer some evening courses, typically from 6pm to 8pm, these courses are usually at a venue close to the City Centre, for easy access.

Worried about attending a group? We always try and come and visit you at home before the group starts. That way, we get to meet you and answer any questions you may have, and you will recognise a friendly face when you arrive to the first session. We will also make you a hot drink and have plenty of biscuits.

We know that it is not always easy being a parent and as our children grow, they go through different phases. Whether this is starting nursery and leaving their parent/carer for the first time, having a new teacher in primary school, or starting secondary school. Our children face change on a regular basis. Sometimes they don't know how to cope with it, and this can come out in their behaviour.

We can help you make sense of this!

A team of 5 Parent support workers and Parenting Coordinator have around 130 years' experience of working with parents, children and families. Many of the parents who have completed courses with us tell us they learn a great deal from each other and enjoy the support that being part of a group provides.



Sometimes we all need a little help in understanding our child. There are plenty of courses available to you as a parent, to help you learn how best to support your child, from setting boundaries, to tried and tested methods.

EPEC
Being a Parent

EPEC
Being a Parent:
Autism

123 Magic

Solihull
Approach

Incredible Years

Group Triple P
Teen Triple P

Family
Transitions

Reducing
Parental
Conflict

Parenting Courses & Support



THE SOLIHULL APPROACH

(10 week course, 2 hours per week)

The Solihull parenting course focuses on helping you to **understand your child's behaviour and to build a positive relationship** between you and your child

There are also online courses for everyone who wants to be an even better Mum, Dad, Grandparent or Carer.

A variety of courses from bump to 18 years including:

- **Understanding Your Child 0-18 years** (also available in Polish, Urdu, Arabic, Bulgarian and Chinese).
- **Understanding a Teenager's Brain.**

To access these courses, please visit:



inourplace.co.uk
free code
STGEORGE

INCREDIBLE YEARS (2-8 YEARS)

(12 week course, 2 hours per week)

Our Incredible Years parenting course looks at how parents can **encourage their child's social skills and increase positive behaviour.**

You will learn about:

- How to play with your child.** *
- Effective praise and the use of rewards.** *
- Setting routines and rules.** *
- How to manage behaviour.** *
- Teaching your child how to problem solve.** *



How to deal with difficult behaviour; tantrums, sibling rivalry, answering back and arguing. *

Encouraging good behaviour; going to bed and staying there. *

Building a good relationship with your child; praise, active listening and having fun together. *

EMPOWERING PARENTS, EMPOWERING COMMUNITIES (EPEC)

EPEC groups are for local parents, led by local parents. They have several interactive groups, where you can meet other parents and share ideas.

BEING A PARENT & BEING A PARENT: AUTISM (2-11 YEARS)

(9 week course, 2 hrs per week)

The course provides ideas on setting routines and family rules at home. It shares strategies to support changes with your child's behaviours which helps to build happier relationships and reduce those everyday family stresses.

- * You will learn how to encourage good behaviours and how to share more fun times together.
- * It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

Contact your local Family Hub to book your space.



Parenting Courses & Support



GROUP TRIPLE P (2-10YRS)

(8 week course, 2 hours per week)

The first 4 weeks are in a group, the following 3 weeks are phone calls to keep your learning on track, the final week is back in group.

You will learn about:

- * **Supporting your child through the different stages of social and emotional development, building their confidence and encouraging them to problem solve.**
- * **Support to set up effective routines in your home and use realistic rules that will reduce arguments in the home.**
- * **Building on the parent/ child relationship and developing your parenting skills by using a range of positive approaches.**

TEEN TRIPLE P (11-16YRS)

(8 week course, 2 hours per week)

The first 4 weeks are in a group, the following 3 weeks are phone calls to keep your learning on track, the final week is back in group.

You will learn about:

- Setting goals and using strategies to help your teenager develop their skills.**
- Managing inappropriate behaviour and negotiating boundaries.**
- Supporting your teenager to deal with their emotions.**
- How to plan for risk taking behaviour or risky situations.**

REDUCING PARENTAL CONFLICT

(4 week course, 2 hours per week)

For parents who are experiencing conflict in the family home and want to learn more about how to reduce this. Parents are expected to attend this course together with their partner.

You will learn about:

- Relationships are one of the most important aspects of our lives.**
- How important connections with other people are for our happiness.**
- The different stages in a relationship.**
- Couple, family and social relationships hold the key to good parenting, doing well in school, and mental and physical wellbeing.**
- How the people around us, get us through life's ups and downs.**

FAMILY TRANSITIONS

(5 week course, 2 hours per week)

For parents who have separated or divorced but still co-parent their children. Parents will attend separate courses.

You will learn about:

- New ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation.**
- These ideas can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.**



Counselling Services & Mental Health Support

Today's world can be full of pressures and uncertainty for both yourself and your children. There are many services available throughout Doncaster who exist to support the mental health of our young people and their families.

CAHMS

With me in Mind

Sibs

Kooth

In-Person
&
Online

Young Minds

City of Doncaster
Council

Virtual
Reality
Therapy

What is Counselling?

Seeing a counsellor is an opportunity to talk openly and freely about the problems you are experiencing in a setting that is private and confidential. You won't be judged or advised. Your counsellor may help you to uncover the root causes of your difficulties or explore how you respond to issues and work through them to a point that enables you to feel back in control, to become more resilient, confident and feel safer.

Why would someone see a Counsellor?

There are lots of reasons why someone might see a counsellor. The issues are wide and varied. Some of these include:

- * Anxiety
- * Abuse
- * Accident
- * Bullying
- * Behaviour
- * Bereavement
- * Depression
- * Feeling alone and isolated
- * Self-Harm
- * Stress
- * Trauma
- * Obsessive Compulsive Disorder



If you are finding it difficult to talk about your problems, you may find you can benefit from seeing a counsellor.

Who can come to Counselling?

Counselling is typically available to all children from age 7 years and upwards, parents and carers, or any family members who play a big part in your child's life.

How long do the sessions take?

Adults and older children will usually be offered a one hour appointment. For young children the appointment will last 30 minutes.

Counselling Services

& Mental Health Support



City of
Doncaster
Council

Counselling sessions arranged and delivered by the Local Authority. You can contact the service yourself, or your social worker or other professional can make a request for Counselling for you.

To find out more or to make a request call the **Early Help Hub** on **01302 734110**



Doncaster Child and Adolescent Mental Health Service provides mental health assessments, therapy and interventions for children and young people up to the age of 18 years, and their families or identified carers when the child and young person is experiencing emotional or mental health difficulties.

A UK Wide free, safe and anonymous mental wellbeing support for 11-25 year olds about whatever is going on in their world. You can chat to the team, get community support, read helpful articles and do some self-help activities, all from your own mobile device.



WITH ME IN MIND

A Local NHS service, the team is made up of a wide variety of staff including Mental Health Nurses, Social Workers, Interpersonal and Cognitive Psychotherapists and Educational Mental Health Practitioners. The aim is to enhance support already in place from school, working with School Nurses, Educational Psychologists and other agencies to support children/young people.



Offers information about looking after yourself, coping with mental health issues, feelings, symptoms and conditions, wherever you live in the UK. Services include a free 24-hour crisis messenger if you are experiencing a mental health crisis and a Parents Helpline for parents across the UK.



YOUNG MiNDS
fighting for young people's mental health

The UK charity for brothers and sisters of disabled children and adults, they have a wonderful website to support Siblings.

Sibs
For brothers and sisters
of disabled children and adults



Zone 5-19

NHS Wellbeing Service



Zone 5 to 19 is a service for Doncaster children, young people and families. It is delivered by a team of NHS professionals, who have lots of experience and expertise in all aspects of children and young people's health and wellbeing.

Our team includes:

- **School Nurses**
- **Substance Misuse Workers**
- **Contraception and Sexual Health Nurses**
- **Youth and Support workers**

From an early age, we encourage the adoption of healthy habits, through education, advice and one to one support. We do this to try and prevent avoidable health problems and to give you the best possible start in life.

Support with:



Health and Lifestyle

- **Nutrition** • **Sleep** • **Continence**
- **Smoking** • **Alcohol and substance misuse**



Growing up

- **Body changes**
- **Transition to secondary school**



Emotions

- **1-1 support and parental advice** (bereavement, body image, bullying)



Relationships

- **LGBTQ+** • **Healthy relationships advice**
- **Exploitation**



Sexual Health

- **Contraception** • **Advice** • **Support**
- **Testing and treatment**

Visit our website for:

- **Ordering STI tests and contraception**
- **Self-management of care information and support**
- **Opening times, Monday to Saturday** (closed Sunday)



Zone5-19.rdash.nhs.uk



Call us on:

Young people: 03000 213032

Parents and professionals:
03000 218997



Drop-in to our city centre hub at: The Flying Scotsman Centre
St Sepulchre, Doncaster DN1 3AP.



FREE app for all Doncaster young people, parents/carers
Get direct contact with a health professional and discuss any health related issues using instant messaging on your mobile or tablet.



Follow us on:

@doncasterzone5to19 @doncasterzone5to19 @donny5to19 @zone5_19



Family Hubs in Doncaster



Here at the Family Hubs, we are one big family.

We proudly provide support and advice both in-person and virtually for families of children from conception, to adolescence and beyond.

Your local Family Hub staff have a wealth of knowledge about the support and services that are available for you and your family. They will be able to signpost you onto the right service to ensure you receive the support that you need.



To find your local Family Hub, and to see their current timetable, scan the QR code below



Groups and events

Offering themed half term activities, sessions are suitable for those aged 0-12 years old, and make a fantastic family trip out.

The Family hubs **friendly and approachable staff can tailor their sessions to suit your child's needs.**

They offer multi-level, varied and accessible activities, and can provide sensory bags and quiet spaces to support children in session.

Your little (and big!) ones have the opportunity to **socialise with other children**, and you have the chance to **meet fellow parents** and caregivers from your local area. All sessions are completely **free, with no need to pre-book!**



For all the latest updates and events search for your local Family Hub on Facebook and hit follow!



Support and guidance

Beyond the sessions and events Family Hub staff can offer support with a whole range of topics including:

- * **Parenting – both in-person and online parent classes and groups.**
- * **Young Carers – social support for siblings and children of SEND family members.**
- * **Your mental and emotional wellbeing.**

Family Hubs in Doncaster

Sensory Rooms

These rooms can be used as a breakout space during timetabled sessions, or can be booked to use independently, completely free of charge.

- * **Stainforth** – Junction Road, DN7 5DH – 01302 734048
- * **Moorends** – Marshland Road, DN8 4SB – 01302 737470
- * **Askern** – Spa Pool Road, DN6 0HX – 01302 737099
- * **Bentley** – The Avenue, DN5 0NP – 01302 737350
- * **Central** – Welcome Way, DN1 3LE – 01302 737995
- * **Wheatley** – Old School Way, DN2 4AJ – 01302 737790
- * **Rossington** – Grantham Street, DN11 0TA – 01302 737440
- * **Mexborough** – Wath Road, S64 9ED – 01302 736869



Holiday Activities and Food Programme (HAF)

The HAF programme is designed to provide healthy food and enriching activities for primary and secondary school aged children (reception to year 11) during the Easter, Summer and Winter school holiday period. The HAF programme is fully funded by the Department for Education – eligibility criteria applies.

Who is eligible?

This holiday provision is for school aged children and young people from reception to year 11 (inclusive) who receive benefits-related free school meals. All eligible children and young people who are in receipt of benefit-related free school meals will be sent a letter containing a Unique Reference Number – this must be used when booking a place with a provider. Please speak to individual providers for more information.

What activities are on offer?

By scanning the QR code below you will be able to see the activities available throughout Doncaster, broken down into different locality areas. Children can attend activities outside of their locality so please visit each area page to view the full range of activities on offer.



Short Breaks & Young Carers

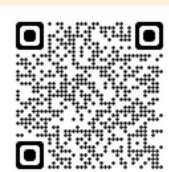


How can Short Breaks help?

Caring for a child with a disability or complex health need can be difficult at times. Short Breaks are a service that helps to give children and young people with a disability or complex health needs opportunities to access activities that will enhance their life experiences in a safe and positive way, whilst giving a **valued break to their families/carers**.

The breaks can last from a **few hours to a few days**; taking place **during the day or evening, overnight or at weekends**. They may take place in your home, a carer's home, in a residential setting or elsewhere in the community.

Short Breaks are a small, friendly team who will guide and help you through the process at every step, ensuring the support is right for you and your family. For more information on eligibility and how to apply, please scan the QR code below:



www.doncaster.gov.uk/shortbreaks



Young Carers Service

A Young Carer is a child or young person who provides regular and **on-going care and emotional support** to a family member, that is **over and above** the everyday and occasional help around the home that many young people are often expected to give within families.

Young Carers often:

- Help family members to get up, get washed, get dressed or help them with toileting.
 - Do lots of household chores like shopping, cleaning, cooking.
- Stay in the house a lot to provide emotional support.
 - Look after brothers and sisters.
 - Sort household bills.

Doncaster Young Carers Service can provide:

- 1:1 support.
- Information and advice on things like how to get help for the person being cared for or help with finding out about higher or further education.
 - Group work, and activities including social groups.
- Advocacy support with making Young Carers voices heard

Scan the QR code below to find out more:



www.doncaster.gov.uk/youngcarers

Youth Hubs & Groups



Youth Hubs are a safe space for children and young people in Doncaster to meet friends, participate in activities and have fun.

Doncaster has two purpose built youth centres, one located in the Bentley area and the other in Denaby Main area. Each centre has a wide range of facilities for children and young people to enjoy, learn and thrive in.

Bentley MyPlace Youth Hub

Address: Bentley MyPlace, Askern Road, Bentley, DN5 0HU

Telephone: 01302 737993

Email: YouthHubs@doncaster.gov.uk

Tom Hill Youth Hub

Address: Tom Hill Youth Hub, Wadworth Street, Denaby, DN12 4AQ

Telephone: 01302 735704

Email: YouthHubs@doncaster.gov.uk

You can also find independent youth groups in your Local Area:

North

Shakers Youth & Cafe -

Located on High Street in Askern. A youth facility for 10 - 16 year olds. Call [01302 709192](tel:01302709192) for opening times and event information.

South

Youth Club ECO Edlington -

Last Monday of every month 5.30 - 7pm at Edlington Community Organisation. For 9+ year olds. £1 per child.

East

Youth Club Dunscroft Together -

Tuesday & Friday 5.30-8.30pm at Dunscroft Community Centre. For 8 - 14 year olds.

Flying Futures Youth Club

Thursday 6.30-8pm at Stainforth Youth Centre. For 9 - 15 year olds.

Central

Central Family & Young Peoples' Action Group -

Youth Club Thursday 4-6pm at Central Family Hub. For 8 - 19 year olds.

New Youth Theatre - Monday and Saturday at various times at the Phoenix Centre in Cantley. For 3-18 year olds.



Uniformed Youth Groups



Scouts



Units in:
Intake, Armthorpe,
Edenthorpe, Cantley

(Ages 4+)

Scouts are do-ers and give-it-a-go-ers. Yes, we go **camping, hiking, swimming, abseiling, cycling and canoeing.**

But, we also get to **hang out with our friends** every week – having fun, playing games, working in a team and taking on new challenges.

Sign up to help your young person discover their 'thing': from **archery to coding to performance art and everything in between.**



Scan the QR code
to find your local
unit!

Girlguiding

Units in:
Bessacar, Balby,
Kirk Sandall, Scawthorpe
Hatfield Woodhouse,
and more!

(Ages 5+)

With guiding, girls have **fun, adventure** and the space to **discover their potential.**

They go to their first ever **sleepover, canoe on rivers, learn about body confidence, and lead their own camp.** Or sometimes they simply have fun and try new things with friends.

It helps them develop the skills and confidence to become the young women they want to be. And to make a difference to the world around them.



Scan the QR code
to find your local
unit!



Uniformed Youth Groups

 **ROYAL AIR FORCE** **AIR CADETS**
the next generation



Squadrons in:

Bawtry, Finningley,
Doncaster Central, Askern,
Armthorpe
& Thorne
(Ages 13+)

A diverse and inclusive youth organisation, sponsored by the **Royal Air Force**, that is keen to embrace opportunities in Air, Space and Cyberspace.

Cadets can attend national camps as well as focused activities and **experiences in flying, gliding, sport, adventurous training, drill, target shooting and cyber skills** among others.

They also can help you academically with **BTECs** in Aerospace Studies and Space Studies.



Scan the QR code
to find out more!



**ARMY
CADETS** 
ARMYCADETS.COM

Detachments in:

Rossington, Balby, Doncaster
Central, Bentley, Adwick, Thorne

(Ages 13 - 17)

A national voluntary youth organisation sponsored and supported by the **Army**.

Cadets can experience an exciting programme of activities and events. There is the opportunity to **embark on overseas exchanges, adventurous training, expeditions and sports competition**, to name but a few of the options available.

You can even **learn a new musical instrument** in one of the many bands.



Scan the QR
code
to find out
more!



Useful Contacts



Family Hubs

Contact Numbers:

North

Bentley: 01302 737350

Askern: 01302 737099

Adwick: 01302 737717

East

Stainforth: 01302 734048

Moorends: 01302 737470

Armthorpe: 01302 736760

Central

Wheatley: 01302 737790

Balby: 01302 736880

Central: 01302 737995

South

Rossington: 01302 737440

Mexborough: 01302 736869

Denaby: 01302 737436

www.doncaster.gov.uk/services/schools/family-hubs-and-services

Family Support

Early Help Hub (& Short Breaks)

Contact number: 01302 734110

www.doncaster.gov.uk/earlyhelp

Your Place Team

Contact numbers:

North team: 01302 736787

South team: 01302 736644

East team: 01302 736336

Central team: 01302 736409

www.yourlifedoncaster.co.uk/family

Young Carers' Service

Contact number: 01302 736099

www.doncaster.gov.uk/youngcarers

Domestic Abuse Hub

Contact number: 01302 737080

www.doncaster.gov.uk/domesticabuse

Health & Wellbeing

Health Visiting Team

Contact number: 0300 021 8997

www.healthvisitors.rdash.nhs.uk

Facebook: 'doncasterhealthvisitors'

Doncaster MIND

Contact number: 01302 812190

www.doncastermind.org.uk

Other Useful Websites

Your Life Doncaster

www.yourlifedoncaster.co.uk

Donny Dot

www.donnydot.co.uk

Employability Support

Doncaster Job Centre Plus

Contact number: 0845 604 3719

Adult Family & Community Learning Service (AFCL)

Contact number: 01302 862688

www.doncaster.gov.uk/afcl

Housing & Finance Support

Citizens' Advice

Contact number: 0808 278 7955

www.citizensadvice.org.uk

St Leger Homes

Contact number: 01302 862862

www.stlegerhomes.co.uk

Childcare Support

Doncaster Families Information Service:

Contact number: 0800 138 4568

www.doncaster.gov.uk/FIS

