



SAFEGUARDING & WELLBEING NEWSLETTER

SAFEGUARDING TEAM



The Designated Safeguarding Lead

Mr C Abraham
Job Role: Vice Principal
Office: New build ground floor
Telephone number: 01302 831582 ext. 1218
Email: colin.abraham@consilium-at.com



The Deputy Designated Safeguarding Lead

Mrs A Moulton
Job Role: Director of Pastoral Care
Office: [New build](#) ground floor
Telephone number: 01302 831582 ext. 1206
Email: amy.moulton@consilium-at.com



Safeguarding Lead

Miss S Duffy
Job Role: Student Welfare Manager
Office: [New build](#) ground floor
Telephone number: 01302 831582 ext. 1206
Email: sian.duffy@consilium-at.com

Pastoral Team



Mr Harvey-Bubb



Mrs L Dawson-Utley



Miss S Dainty



Mrs J Owen



Mr A Walshaw

Mental Health Leads: Mrs B Donkin and Mrs A Moulton

Mental Health First Aiders



Mrs A Moulton



Miss S Duffy



Mrs B Donkin

INFORMATION

At Armthorpe Academy we know how important Safeguarding is. Safeguarding is a vital aspect of any school setting, as it ensures the safety and wellbeing of all students, staff and visitors.

We foster a culture and practice of safeguarding. All staff have annual safeguarding training, and all school policies and practices are fully compliant with Keeping Children Safe in Education. We work with professionals to ensure students can thrive and be safe. We take action to enable all children have the best outcomes, as we want our students to have the best start to life.

We have a pastoral presence around school throughout the day. All on hand to support our young people when it is required. This includes several level 3 safeguarding leads.

CPOMS & CLASS CHARTS

We use an online platform called Child Protection Online Management System (CPOMS). CPOMS is used to record relevant information so that documentation and communication are carefully logged in order to ensure children are safe. Class Charts is an online platform used to record achievement and behaviour. We will soon be introducing Arbour.

LANYARDS/BADGES

Staff/Visitors wear lanyards/badges so that they can be identified as having the correct checks and have permission to be on site.

-Blue Consilium lanyard/Photo Badge – Armthorpe Academy/Central team Staff

-Blue AA Lanyard/Green Badge – Visitors with DBS

-Red AA Lanyard/Red Badge - Visitors without a DBS





Abuse
#NeverOk

Hate Crime
#NeverOk

Bullying and
Harassment
#NeverOk

As a school, we have a zero-tolerance attitude towards bullying, harassment and discrimination. We make it clear that it is never ok to portray this behaviour and encourage all students to report anything they see or hear to staff or one of our anti-bullying ambassadors.

Definition

Bullying is “behaviour by an individual or a group, repeated over time that intentionally hurts another individual either physically or emotionally”. (DfE “Preventing and Tackling Bullying”, July 2017).

Bullying can include name calling, taunting, mocking, making offensive comments; kicking; hitting; taking belongings; producing offensive graffiti; gossiping; excluding people from groups and spreading hurtful and untruthful rumours.

This includes the same unacceptable behaviours expressed online, sometimes called online or cyberbullying. This can include sending offensive, upsetting and inappropriate messages by phone, text, instant messages through gaming, websites, social media sites

Discrimination
#NeverOk

Sexual Misconduct
and Assault
#NeverOk

REPORT AND
SUPPORT



As parents, your main priority will be to make sure your children are healthy, happy, and safe.

This means more than just making sure they are physically safe but looking after their emotional and mental well-being too. They need to know how to keep themselves safe when they are out, and to ensure they know all about online safety, on social networks, and when using their mobile phones.

If you have any concerns about the safety and well-being of your children, please do not hesitate to contact us on 01302831582.

On our school website there are some links to several websites, videos, and documents that provide advice and support to help you keep your children safe.

You can also find lots of useful information in this newsletter around internet safety, and community support.

The UK Government has launched a new advice and support site to help keep children safe from sexual abuse. The site includes advice for parents and carers on spotting the signs of sexual abuse and speaking to your child about relationships and safety. It also signposts to sources of further support for children, adults and professionals including the NSPCC helpline and Childline.











Visit the website: [Stop abuse together](#)



Adolescence on Netflix -New Safeguarding Info Released from Humberside Police

Netflix's Adolescence just pulled back the curtain on something every parent, educator, and mentor needs to know—the hidden language of emojis.

Online, young people are communicating in ways that most adults completely miss. What looks innocent could have a much darker meaning. Here are some of the codes being used:

-  Red Pill – “I see the truth.” Used in toxic male spaces to mean waking up to supposed hidden ‘truths’ about women and society, often linked to misogynistic ideologies.
-  Blue Pill – Represents those who are “blind to the truth” or still believe in mainstream views about relationships and gender dynamics.
-  Dynamite Emoji – An “exploding red pill,” meaning someone is a radicalised incel. (Involuntary celibate).
-  Kidney Bean – A symbol linked to incel culture, sometimes mocking women.
-  100 Emoji – Tied to the “80/20 rule,” the belief that 80% of women are only attracted to 20% of men.
-  Black Hole/Black Pill – Used to express depression, hopelessness, or being sucked into negative online spaces.
-  Tornado – Represents chaos or feeling overwhelmed, sometimes used to indicate mental distress.
-  Frog Emoji – Associated with alt-right and extremist meme culture, often linked to Pepe the Frog, which has been co-opted by some toxic online groups.
-  Eagle – A symbol of extreme nationalism, sometimes used in far-right online spaces.
-  Skull – While often just slang for “that’s funny” or “I’m dead (from laughing),” in certain groups, it can signal darker themes like nihilism or self-harm.



Adolescence on Netflix -New Safeguarding Info Released from Humberside Police

♥️ 💜 🟡 🌸 🧡 Heart Colors – Not just about love!

♥️ = Love

💜 = Lust

🟡 = “Are you interested?”

🌸 = Interested but not in sex

🧡 = “You’ll be okay”



So what should parents do?

- 1 Get Curious, Not Combative – Ask open-ended questions: “I saw something about emojis meaning different things. Have you heard of this?” Keep the conversation light.
- 2 Create a Judgment-Free Zone – If your child feels like they’ll be punished for opening up, they won’t. Make it clear you’re there to listen, not just lecture.
- 3 Decode Together – Ask them to explain their digital world. What do different symbols mean? Who are the influencers they follow? Don’t assume—ask.
- 4 Teach Critical Thinking – Help them question online content. “Why do you think some groups push this idea? Who benefits?” Arm them with questions, not just rules.
- 5 Monitor Without Spying – Open conversations work better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move.
- 6 Be Real About Manipulation – Explain how toxic online groups groom young people by making them feel special, included, or like they have ‘insider knowledge.’
- 7 Build Their Offline Confidence – The more they feel valued and confident in the real world, the less they’ll seek validation in dangerous online spaces.

The digital world is evolving faster than most adults can keep up. But we don’t have to be in the dark!



NSPCC
Learning

YOUNG MINDS
fighting for young people's mental health

Steps we can complete together to keep your child safe;

- Ensure they know that they can speak to all staff about how they feel and if there is anything worrying about them.
- Staff will inform a relevant member of staff who can help and assist your child.
- We will communicate with home. To ensure we can contact home, please make sure we have up to date details on our system of at least two contacts.
- You have access to your child's classcharts. We communicate regularly through this to ensure you gain accurate information for your child.
- Parents/carers can contact the school if they wish to meet with one of pastoral/safeguarding team.

kooth

Kooth is an online **mental wellbeing** community for young people

For ages: **11-18**

Sign up for free at [Kooth.com](https://www.kooth.com)



My Child is Gaming with Strangers - What should I do?

Are you concerned about a child/young person who is gaming? If you know a child/young person who is gaming, you should read the UK Safer Internet guide on keeping children safe when gaming. For further information please visit saferinternet.org.uk.

Young people may struggle with self-esteem, confidence, behaviour or resilience at different times. It's important that you check in with your child to see how they are. If you have concerns about any of these there is different support available.



- Kooth
- Self-care form time activities
- Wellbeing activities: being kind to yourself - British Red Cross
- A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.
- School nursing team
- Young minds
- Worth unlimited- We are lucky enough in school to have access to two mentors who come into school. They can do work one to one with individuals to support many areas including, self-esteem, resilience, behaviour or confidence. If this is something you would like to explore, please contact your child's student support officer.

Year 7- matthew.bubb@consilium-at.com

Year 8- linzi.dawsonutley@consilium-at.com

Year 9- shauna.dainty@consilium-at.com

Year 10- julie.owen@consilium-at.com





Rail Safety

British Transport Police (BTP) are urging parents and carers to continuously speak to their children and loved ones about the dangers posed by the railway and the importance of staying off the track. Each year, hundreds of people taking risks on and around the railway, resulting in tragic consequences and life-changing injuries.

BTP and Network Rail run a hard-hitting safety campaign – You Vs Train, which highlights the devastating consequences of trespassing on the railway. Important messages for parents and carers to share with children:

- The rail network is never switched off. Electricity powers the overhead cables 24 hours a day, 7 days a week.
- The rail network does not go to sleep once the last passenger services have run. Freight trains run all through the night.
- Never anticipate that you know when the next train is due. Timetables are subject to change and only show passenger services – freight trains can run at any time of the day or night and can travel up to 100mph

What is trespassing?

If you step on the railway track, the land next to the track, or any area near the railway that isn't open to the public, you are trespassing. ***It is dangerous and illegal.***

Trespassing includes:



Picking up lost property from the tracks



Crossing the tracks at any point other than at a level crossing



Stepping off a level crossing onto an area where you shouldn't be



Taking a walk down the side of the railway track



We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

SUN SAFETY



Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.



Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.



Reapply every two hours or immediately after swimming or sweating.



No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.



Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk



water safety tips



Swim in
lifeguard-supervised
beaches and pools.



Put up barriers around the
pool or hot tub.



Always swim with a
buddy. Even experienced
swimmers can tire or get
muscle cramps.



Keep an eye out on
children around
water. Stay within
reach.



Learn proper swimming
and safety skills.



Wear a life jacket while
boating.



LiveRightNow.ca



WATER SAFETY RULES



Buddy up!
Make sure you never swim alone.



Swim in safe areas and
always know where the lifeguard is.



Know your limits.
Don't swim farther than or hold your breath
longer than you are able to.



Jump
in
feet
first.

Don't enter
cold
water.



Wear a life jacket
if you can't swim
or while on a boat.



Don't swim during storms.



Learn how to swim.



To assist someone in trouble,
reach them with a pole or
throw a floatable ball.



Last, but not least...

FOLLOW THE RULES!



**educate.against.
hate**

Parents. Protecting your children from extremism.

1. How do I talk to my child about extremism?

It's never easy to start a serious conversation with a child. Choose a place your child feels at ease and make it a time when you're unlikely to be interrupted. A good time to raise the subject is when it's relevant, perhaps when you both see something on TV about extremism.

- Make the conversation relevant
- Ask their opinion
- Find out how much they know about the subject
- Take care to listen
- Ask them questions that don't result in a yes or no answer
- Let them talk without interrupting
- Encourage them to ask questions
- Talk about your own views on extremism

2. How can I keep my child safe from extremism online?

Talk to your child about online safety, explain the dangers and make sure their social media accounts are secure. Install parental controls so you can monitor what they access.

The NSPCC has produced the following suggestions to help keep your child safe.

- Speak with your child about what they do online
- Ask them to show you some of their favourite sites
- Show an interest in their online friends
- Ask them how they decide who to be friends with
- Try to get them to friend you online as well
- Agree the amount of time they spend online and the sites they visit
- Think about installing parental controls on their devices
- Raise the issue of inappropriate content and if they've seen any
- Make sure they know how to report abuse online

3. What are the online warning signs of radicalisation?

There is no single route to radicalisation. It can happen over a long period of time or is triggered by a specific incident or news item. The behaviours listed here are intended as a guide to help you identify possible radicalisation.

Online behaviour

- Accessing extremist online content
- Sympathetic to extremist ideologies and groups
- Joining or trying to join an extremist organisation
- Changing online identity

4. What are the behavioural signs of radicalisation?

It can be hard to differentiate between normal teenage behaviour and attitudes that indicate your child may have been exposed to radicalising influences. You know your child better than anyone, so trust your instincts if something feels wrong.

5. What should I do if I think my child is being radicalised?

If you are worried your child is being radicalised you have a number of options. Talking to your child is a good way to gauge if your instincts are correct. If you prefer to share your concerns with someone else first, there are a number of people and organisations you can turn to for advice.

Outward appearance

- Not listening to other points of view
- Abusive towards people who are different
- Embracing conspiracy theories
- Feeling persecuted
- Changing friends and appearance
- Converting to a new religion
- Being secretive of movements
- Increasingly argumentative
- Distancing themselves from old friends
- No longer doing things they used to enjoy

- Speak to your child's teachers, a friend or a family member. Have they noticed anything out of the ordinary?
- The safeguarding lead at your child's school can advise you on the best approach
- Your local police or council can provide advice on how to protect your child. Speaking to the police will not get your child into trouble if no crime has been committed

If you think someone is in immediate danger, or if you see or hear something that may be terrorist-related:

- call **999**
- or the confidential **Anti-Terrorism Hotline** on **0800 789 321**

6. What can I do to protect my child from extremist influences?

It's important to talk to your child about extremism and radicalisation. Giving your child the facts will help them challenge extremist arguments.

Being honest with your child and talking to them on a regular basis about extremism and radicalisation is the best way to help keep them safe. Remember your child's safety extends to their online activity too.

7. Is my child vulnerable to radicalisation?

The process of radicalisation is different for each child but there are some factors which can lead to young people becoming radicalised. Personal vulnerabilities or local factors can make a young person more susceptible to extremist messages.

Extremist groups also use the internet and social media to spread their ideology. Teach your children to understand just because something appears on a website doesn't mean it's factually correct.

- Talk to your child about staying safe online
- Keep an eye on the sites your child is visiting
- Use parental controls on browsers, games and social media to filter or monitor what your child can see

Vulnerabilities may include:

- sense of not belonging
- behavioural problems
- issues at home
- lack of self-esteem
- criminal activity
- being involved with gangs

Children don't need to meet people face-to-face to fall for their extremist beliefs. The internet is increasingly being used by extremist groups to radicalise young people.

8. What is Channel?

Channel is a multi-agency, voluntary programme which safeguards people identified as being vulnerable to radicalisation. A referral can come from anyone who is concerned about a person they think is at risk. It is not a criminal sanction and will not affect a person's criminal record.

Many types of support are available as part of the Channel programme, addressing educational, vocational, mental health and other vulnerabilities.

www.gov.uk/government/case-studies/the-channel-programme

Important contacts

Department for Education counter-extremism helpline:
020 7340 7264

 @EducateAgainst

Anti-Terrorism Hotline:
0800 789 321

Childline:
0800 1111

More information and support organisations can be found at www.educateagainsthate.com



VAPING AND E-CIGARETTES THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE
NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

DON'T BE DUPED!

DON'T SMOKE? DON'T START TO VAPE.



8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.

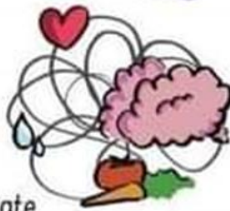


7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



REGULATE EMOTIONS - REDUCE ANXIETIES

Improve Moods & Attitudes Naturally, For Brain Health Take SNAP Every Day
Learn more and get it now >>> www.snapalways.com

🌐💡 Your #1 choice for brain health supplements



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SAFEGUARDING
YOUR
CHILD



Free, safe and anonymous
mental health support
whenever you need it.



Chat with our team of
friendly practitioners



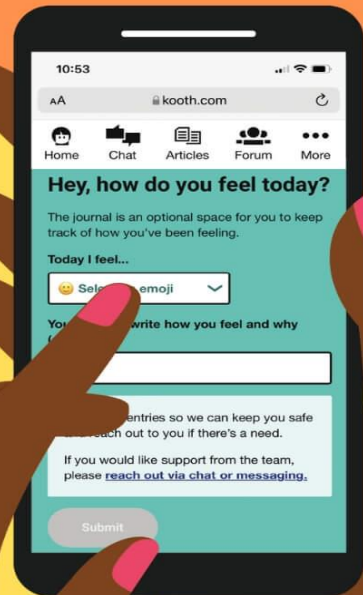
Helpful articles



Self-help tools
and activities



Support from the
Kooth community



Visit **kooth.com** to find out more





Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

Have they started exercising excessively?

If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



**Beat is the UK's eating disorder charity.
We are a champion, guide and friend
for anyone affected by an eating disorder.**



Help for adults

Helpline: 0808 801 0677

Email: help@beat
eatingdisorders.org.uk



Help for young people

Youthline: 0808 801 0711

Email: fyp@beat
eatingdisorders.org.uk



Help for students


Helpline: 0808 801 0811

Email: studentline@beat
eatingdisorders.org.uk

Online support

Visit beateatingdisorders.org.uk for information about eating disorders, online support groups and one to one chat.

Use helpfinder.beateatingdisorders.org.uk to find services in your area.


 [@BeatEDSupport](https://twitter.com/BeatEDSupport)  [BeatEDSupport](https://www.instagram.com/BeatEDSupport)

General enquiries

Unit 1, Chalk Hill House, 19 Rosary Road, Norwich NR1 1SZ

0300 123 3355 | beateatingdisorders.org.uk

info@beateatingdisorders.org.uk

 [@beatED](https://twitter.com/beatED)  [beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

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**SAFEGUARDING
YOUR
CHILD**

Young minds- Support for parents

<https://www.youngminds.org.uk/parent/parents-helpline/>

Call our Parents Helpline for free on **0808 802 5544**.

We're open Monday - Friday 9:30am - 4:00pm.

If you're worried about your child or young person's mental health or wellbeing, you can speak to us over the phone or chat to us online. Our Helpline advisers can provide information, advice and support to help you take the next step.

Remember, it's okay to reach out for help. We all need a little extra support sometimes, and we hear from parents and carers just like you all the time.



Every time you cross the road,
remember the Green Cross Code!



child accident
prevention trust

THINK

Find the safest place to cross. Where possible, use a pedestrian crossing.

STOP

Stand on the pavement near the kerb and make sure that you can see the traffic.

LOOK AND LISTEN

Look all around you for traffic and be sure to listen carefully for things you can't see.

WAIT

Wait until it's safe to cross. If traffic is coming, let it pass. If you're not sure, don't cross.

LOOK AND LISTEN AGAIN

When it is safe, walk straight across the road. Don't run. Keep looking and listening.

How to be safe on the road on a bike

Adopt a suitable riding position

1. Stay central on narrow roads. Try to ride away from the gutter. ...
2. Stay away from parked cars. Ideally, keep a door's width away in case the door opens suddenly. ...
3. Stay back from HGVs. Lorries and other large vehicles might not be able to see you clearly, so stay well back behind them.



Pupil premium

At Armthorpe Academy, we strive to ensure all students are given every opportunity to succeed and achieve their full potential. If your child is eligible for 'Free School Meals' and you register them for this, we will receive extra funding called 'Pupil Premium'. This additional funding is used to improve educational provisions and resources at the academy.

Free school meals

Your child will be eligible for free school meals if you are receiving one of the following benefits or support:

- Universal Credit - Your annual net earned income must be no more than £7,400, as assessed by earnings from up to 3 of your most recent assessment periods.
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit but not Working Tax Credit and your annual income is below £16,190 (as worked out by HM Revenue & Customs)
- Guarantee element of State Pension Credit
- support under part VI of the Immigration and Asylum Act 1999
- parents receiving Working Tax Credit for four weeks after their employment finishes are entitled to free school meals during that period. This also applies to parents who start working less than 16 hours per week

Check if you are entitled to free school meals. We encourage all parents to apply irrespective of their income,

<https://www.doncaster.gov.uk/doitonline/free-school->



Armthorpe Poors Estate Charity

If you live in Armthorpe and you or someone you know has been affected financially or are you in a situation where you need some additional support, then APEC (Armthorpe Poors Estate Charity) may be able to help you

Contact below to discuss your need

6 THE LINGS
ARMTHORPE
DONCASTER
DN3 3RH

Phone: 07725636432

[Email: apeccharity@gmail.com](mailto:apeccharity@gmail.com)



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Support in the Community

For the most recent support from 'Your Place' please follow the below link.

<https://www.yourlifedoncaster.co.uk/east-your-place-hub>

Scan the QR code to find your local Your Place hub.

The teams are on hand to chat with you about anything that is concerning you or that you feel you need support with

Your Place North:
01302 736787

Norton, Askern, Adwick,
Carcroft, Bentley, Roman
Ridge and Sprotbrough

Your Place Central:
01302 736409

Wheatley, Intake,
Balby, Hexthorpe,
City Centre
Bessacarr, Cantley

Your Place East:
01302 736336

Armthorpe, Edenthorpe,
Kirk Sandall, Hatfield,
Dunscroft, Stainforth,
Barnby Dun, Thorne,
Moorends.

Your Place South:
01302 736644

Conisbrough, Denaby,
Mexborough, Edlington,
Rossington and
surrounding villages



Email:

YourPlaceYourFamilyTeam@doncaster.gov.uk



Your Place is here to support you with any issues you and your family are facing.

Here are a few of the things that 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 your child as well as information for adults wanting to access adult learning courses and much much more ...



YourPlaceYourFamilyTeam@doncaster.gov.uk

Scan the QR code to find your local Your Place hub.



Armthorpe
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Support in the
Community



What do East Family Hubs offer?

Within our Family Hubs, you'll find:

- **Fun and engaging activities and groups** for families with children
- **Regular events and peer group support networks** for parents, guardians and caregivers
- **Access to key antenatal and postnatal appointments** with Midwifery and Health Visiting services
- **Access to early years facilities and spaces** including sensory rooms and outdoor learning spaces
- **Support and guidance around infant feeding** including breastfeeding-friendly spaces, loaning of pumps and feeding peer support groups
- **Wider support for family issues** through our partner services including housing and financial support, welfare and parent relationship support and much more

Find us at: Mere Lane, Armthorpe, DN3 2DG

Call us on: 01302 736760

Follow us on Facebook at: [Armthorpe Family Hub](https://www.facebook.com/ArmthorpeFamilyHub)

Email us at: EastLocalityFamilyHubs@doncaster.gov.uk

We're open: Monday - Thursday 9am-5pm, Friday 9am-4pm,
Saturday-Sunday CLOSED



NSPCC

Listen up speak up

Learn how to help
keep children safe

What is Listen up, Speak up?

Listen up Speak up is an NSPCC campaign aimed at empowering the public to know what to do if they're ever worried about a child or family.

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to take our free training.

When we all listen up and speak up for the people around us, we can make sure that children always come first.

Why are we doing this?

Every day, thousands of people help the communities around them. This might mean that they're stepping in to help juggle childcare, or providing a listening ear to a struggling teen.

And every day, these actions mean families are a little more supported and children's lives are made a little bit easier. Knowing how to support children and families is crucial to keeping more children safe.

To learn how to play your part – take our free training today, visit: nspcc.org.uk/speakup

Local workshops in your area

We're offering free, hour-long workshops to community groups, businesses and schools. We'll be delivering both face-to-face and virtual workshops across the UK in 2024.

Contact us

Please get in touch if you'd like us to run a workshop with your group or organisation.

Name: Gail Sayles

Email: yhandnecampaigns@nspcc.org.uk

Call: 0113 8871070





Armthorpe
Academy
Enriching Lives, Inspiring Ambitions

Support in the
Community



Support for Parents of 0 to 5's



Being a parent can be the most rewarding job in the world and also the toughest. But you're not on your own.

If you have children aged between 0 and 5 years old, our new **Family Peer Partnership** is here to help with the daily challenges and make your parenting journey a little easier.


We offer a friendly face and a listening ear in person and over the phone. Whether you're a new mum or dad, or mum-to-be feeling nervous and overwhelmed. Whether your hands are full with more than one child and you struggle to get out of the house.

We're here to support you through the ups and downs of family life

Find out more, call **Lesley** on **07971 253308**
or email **LesleyB@familylives.org.uk**

We build better family lives together

www.familylives.org.uk

 @familylives

Scan this
code for
the
referral
form



Family Lives is registered as a company limited by guarantee in England and Wales
No. 3817762. Registered charity No.1077722. Registered address: The Annex York
House, Salisbury Square, Hatfield, Hertfordshire, AL9 5AD



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Support in the Community

A helping hand for parents in Doncaster



Being a parent can be the most rewarding job in the world and also the toughest. But you're not on your own.

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Find out more, call Lesley on 07971 253308
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www.familylives.org.uk



@familylives

Scan this
code for
the
referral
form





**Armthorpe
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Enriching Lives, Inspiring Ambitions

**Support in the
Community**

Sleep Tight Workshop



**Does your child suffer from sleep problems?
Do you want to access support to help to improve
bedtime?**

**Join us at our Sleep Tight Workshop
for sleep advice for children 2+ years.**

**Our training is delivered by practitioners trained by
The Sleep Charity**



Our workshops include :
Understanding sleep cycles
Common sleep issues and strategies to manage these
Establishing appropriate routines
Keeping sleep diaries and interpreting the data
Environments



**If you are interested in attending the workshop, please
contact your local Family Hub to register your interest.**

North

Askern Family Hub - 01302 737099
Adwick Family Hub - 01302 737717
Bentley Family Hub - 01302 737350

East

Armthorpe Family Hub - 01302 736760
Moorends Family Hub - 01302 737470
Stainforth Family Hub - 01302 734048

South

Denaby Family Hub - 01302 737436
Mexborough Family Hub - 01302 736869
Rossington Family Hub - 01302 737440

Central

Balby Family Hub - 01302 736880
Central Family Hub - 01302 737995
Wheatley Family Hub - 01302 737790



**Find out more:
WWW.DONCASTER.GOV.UK/FAMILYHUBS**



City of
Doncaster
Council






BEING A PARENT- AUTISM

A COURSE FOR PARENTS /CARERS , DELIVERED BY LOCAL PARENTS

**COME TOGETHER TO SHARE YOUR IDEAS AND EXPERIENCES WITH
PARENTS WHOSE FAMILIES ARE ALSO AFFECTED BY AUTISM**

BAP-Autism helps to reduce family stresses and improves parental confidence.

-  Learn how to encourage good behaviours and how to share more fun times together.
-  Learn strategies to support changes with your child's behaviours which helps to reduce those everyday family stresses.
-  It promotes self-care showing that there is no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

**FOR PARENTS OR CARERS OF CHILDREN
AND YOUNG ADULTS AGED 2-19 YEARS
COURSE LENGTH- 10 WEEKS , 2.5 HRS PER WEEK**

**Contact your local
Family Hub To
book your place** **01302 736760**





DRASACs- Doncaster Rape and sexual abuse counselling service

'Strength is in the voice.
Support is in the listening.
Power is being believed'

OUR SERVICES

Available for anyone impacted by Rape and sexual abuse.



Adult counselling



Adult advocacy



Children and young people counselling



Children and young people advocacy



Group therapy



Awareness



Training



Therapy dog



DRASACS

Doncaster Rape And Sexual Abuse
Counselling Service



DRASACS

Doncaster Rape And Sexual Abuse
Counselling Service

Contact Us

01302 341572

www.drasacs.org.uk

admin@drasacs.org.uk



Counselling And
Advocacy
For
Adults, Children &
Young People.



Your voice,
Your power,
Your strength!



DRASACS
Doncaster Rape And Sexual Abuse
Counselling Service



Our Services



Adult counselling

- Available for all genders aged 18 and over
- Free face to face, Telephone and webcam/online sessions
- EMDR, CBT, Psychodynamic, Person-centred Therapy, Integrative Therapy, Art therapy



Adult advocacy

- Our ISVA (Independent Sexual Violence Advocate) service offers practical help, advice & information for victims of rape and sexual abuse and their families.
- Practical support for adults through the judicial process and beyond.



Group therapy

- Available for all genders 18years+
- Face to Face post therapy group support
- Providing the opportunity for those who have completed one to one counselling, to meet others with experience of rape and sexual abuse.

Your life,
Your future...
for you"

Our Services



CYP Counselling

- Available for all genders aged 5 - 18years, parent support and sibling support is available.
- Face to Face appointments
- Online sessions available for teenagers
- Variety of therapy used to reinforce healthy adult/child relationships.



CYP advocacy

- Our CHISVA (Children and young peoples Independent Sexual Violence Advocate) service provides practical and emotional support to children and young people aged 5 to 18years, who have experienced rape, sexual abuse or sexual exploitation.
- CHISVA's provide independent practical and emotional support, through all police investigation and any court processes.



Awareness

- Awareness sessions and meetings available Education settings, parents/carers and professionals.



Training

- Training available for professionals, schools and any settings providing support for adults and CYP. Please contact us direct to discuss your training needs.
- E-Learning Coming soon!



Therapy dog

- DRASACS staff will be trained to deliver Therapy and Advocacy support with our very own therapy dog. Coming Winter 2023!

DRASACS, supports children, young people and families in Doncaster. DRASACS know that talking about sexual abuse can feel really difficult. There counsellors are trained to work in a **trauma-informed, child-centered way.**

Counselling can make a real difference. It can:

- Help young people manage difficult feelings
 - Build self-confidence and resilience
 - Reduce shame, guilt or isolation
 - Support families to cope together

To make a referral or speak to someone follow this link:

- <https://www.drasacs.org.uk/making-a-referral/>



The Doncaster Online Safety Campaign is working to support professionals, parents and carers help keep children safe in their online world, to help them feel confident in talking about online safety with the children they know and work with, so that they in turn know that they can always talk to someone about anything that is worrying them.

To meet that aim, the campaign has organised a series of free workshops to help support parents, carers and relevant professionals.

The campaign has organised a series of workshops to help support parents, carers and relevant professionals to feel confident in talking about online safety with the children

- Tuesday 10th September at 6pm
- Wednesday 18th September at 4pm
- Wednesday 2nd October at 12pm
- Tuesday 8th October at 6pm
- Monday 21st October at 4pm
- Wednesday 30th October at 12pm

To register your interest in one of these dates, please contact ³⁶



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Supporting
Organisations

CRANSTOUN

Empowering People, Empowering Change

**Everyone deserves a
life without abuse**

Level Up identifies and
supports children and
young people displaying
harmful behaviours



cranstoun.org



Level Up Programme

Programme Overview

Level Up provides 1-1 support for children & young people aged 11 - 15 that are displaying harmful behaviours in any relationship/domestic setting.

An attached family/victim support service is provided whilst the child or young person is undergoing the programme & for three months after the closure or completion.

Level Up is delivered to 11 – 15 year olds who have been identified as showing behaviours that cause harm in a domestic setting. This includes any behaviour deemed as aggressive, violent, abusive or controlling. The programme is for children and young people who are showing behaviours that may cause harm towards a parent, sibling or their intimate partner.

Level Up is delivered across 10 core sessions delivered 1-1 with the child or young person. They will also receive an initial assessment and review session.

The Level Up guide consists of 15 sessions for the practitioner and child or young person to choose from.

All referrals also offer additional family/victim support

Sessions include

- Safety planning & trigger.
- Thoughts and Feelings.
- Gender & Stereotypes.
- Communication and Active Listening.
- Consent & Respect.
- Self-Management Strategies.
- Consequences & The Law.



Cranstoun Level Up

T: 01143 211 377

E: leveluppsy@cranstoun.org.uk





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Supporting
Organisations

Doncaster
Children & Young People's

CAMHS
Mental Health Services



Rotherham Doncaster
and South Humber
NHS Foundation Trust

How are you?

Feeling low? Anxious? Stressed?

Do you need help or support in managing
your emotions?

**Child and Adolescent Mental
Health Service (CAMHS) can help**

**The CAMHS Locality team are offering
telephone support sessions;**

**Every Tuesday and Thursday
between 10am-3pm**

on 01302 796191

This service is open to all Doncaster Children and Families.
If you are under 14, we would need to speak with an adult too.



**e-Clinic Holiday
Opening times**

Rotherham
Wednesday 17th Dec and
Wednesday 7th January

Doncaster
Tuesday 23rd Dec and
Tuesday 30th Dec

- Parents 1pm to 3pm
- Young People 3pm to 5pm

North Lincolnshire
Monday 22nd Dec and
Monday 29th Dec

- Parents 12pm to 2pm
- Young People 2pm to 5pm

**WITH
ME
MiND**

Sign up to our
FREE app and get
direct contact with
a With Me In Mind
worker. Discuss
any mental health
related issues
using instant
messaging on your
mobile or tablet.

PARENT PLUS
eClinic

Available on the
Google play

Available on the
App Store

FREE app for 5-18 Parent/Carer

CAMHS
eClinic
11-19

Available on the
Google play

Available on the
App Store

FREE app for all young people



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Supporting Organisations



WITH ME MIND



With Me In Mind works with children and young people who need support with their mental health and emotional wellbeing.



We can help with:

- Low mood
- Fears
- Stress
- Worries
- Emotional difficulties.

Did you know that With Me In Mind has an eClinic where you can talk to a worker using instant messaging? We have eClinics for 11 to 19 year olds and for parents/ carers. Use the QR codes to download your FREE app and get an online appointment.



www.withmeinmind.co.uk

 **withmeinmind**



CAMHS eClinic 11-19

Available on Google play and App Store

PARENT PLUS eClinic

Available on Google play and App Store



Community Support Information



Suicide Prevention

HOPELINE247 (PAPYRUS)

Phone: 0800 068 4141
Email: pat@papyrus-uk.org
Text: 88247
24 hours, 7 days a week

Samaritans

Phone: 116 123
Email: jo@samaritans.org
24 hours, 7 days a week

Mental Health

Mind

Info Line: 0300 123 3393
www.mind.org.uk
Mon – Fri, 09:00 – 18:00

Rethink

Advice Line: 0808 801 0525
www.rethink.org
Mon – Fri, 09:30 – 16:00

Anxiety

Anxiety UK

Phone: 03444 775 774
www.anxietyuk.org.uk

No Panic

Phone: 0844 967 4848
nopanic.org.uk
10:00 – 22:00 every day

Child and Adolescent

Young Minds

Parents Advice Line: 0808 802 5544
youngminds.org.uk
Mon – Fri, 09:30 – 16:00

Childline

Phone: 0800 1111
www.childline.org.uk
24 hours, 7 days a week

NSPCC

Phone: 0808 800 5000
www.nspcc.org.uk

Child and Adolescent Mental Health Services (CAMHS) – NHS Service

Bereavement

Child Bereavement UK

Phone: 0800 02 888 40

Survivors of Bereavement by Suicide

Phone: 0300 111 5065

Self-harm

Self Injury Support

www.selfinjurysupport.org.uk

SelfharmUK

www.selfharm.co.uk

LGBTQ+

LGBT Foundation

Phone: 0345 330 30 30
lgbt.foundation

Beaumont Society

beaumontsociety.org.uk

Addiction

Addiction Helper

Phone: 0800 044 8267
www.addictionhelper.com
24 hours, 7 days a week

GamCare

Phone: 0808 8020 133
www.gamcare.org.uk
24 hours, 7 days a week

Ad Fam

adfam.org.uk

Apps

Hub of Hope

Stay Alive

Domestic Abuse and Violence

National Domestic Abuse Helpline

Phone: 0808 2000 247
24 hours, 7 days a week

National Centre for Domestic Violence

Phone: 0844 8044 999
www.ncdv.org.uk

Rape and Sexual Assault

RapeCrisis

rapecrisis.org.uk

The Survivors Trust

Phone: 0800 010 818
www.thesurvivorstrust.org
Mon – Thurs, 10:00 – 18:00

Homelessness

Shelter

England: england.shelter.org.uk
Scotland: scotland.shelter.org.uk



Registered Charity Number: 1070896
OSCR Registered Charity Number: SCO52556



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Supporting
Organisations

HOPELINE247

If you are thinking about suicide or are concerned about a young person who may be, you can contact HOPELINE247 for confidential support and practical advice.



Call: **0800 068 4141**

Text: **88247**

Email: **pat@papyrus-uk.org**

www.papyrus-uk.org

Our Suicide Prevention Advisers
are ready to support you.



© PAPHYRUS Prevention of Young Suicide
Registered Charity Number: 1070896
OSCR Registered Charity Number: SCO52556



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Supporting Organisations

Offers support around any health needs,
including physical, emotional, mental and
sexual health.



DROP IN CLINIC IS OPEN!

Tuesday: 11am - 4.30pm

Wednesday: 11am - 4.30pm

Thursday: 11am - 5.30pm

Friday: 11am - 4pm



CALL US

03000 213032



FIND US

Floor 3
The Flying Scotsman
St Sepulchre Gate
Doncaster
DN1 3AP





Armthorpe
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Supporting Organisations

shout
85258



South Yorkshire
Integrated Care Board



Feeling sad?

Worried?
Stressed?

Text **'EYUP'** to **85258**

Free, confidential, 24/7 support
provided by Shout



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Supporting Organisations



Rotherham Doncaster
and South Humber
NHS Foundation Trust

Family

M.O.T

Moving on together

- **Family M.O.T** is an **8 week group programme** to help families who are affected by parental/carer drug and alcohol misuse.

The programme offers the opportunity for families with children aged 8 and above, to explore their own thoughts and beliefs about drug and alcohol use, we look at how to communicate effectively as a family and how to make small but positive changes.

To take part in the **Family M.O.T** you can refer yourself or a professional that you are working with can by calling us on:

 **03000 218997**

Follow us on:

-  @doncasterzone5to19
-  @doncasterzone5to19
-  @donny5to19
-  @zone5_19



Zone5-19.rdash.nhs.uk



www.aspire.community



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Supporting
Organisations

LGBTQ+ Doncaster



Every
Thursday
5pm - 6:30pm

Ages 13 - 19



For more information
Please Contact

LGBTQenquiries@doncaster.gov.uk



Child Friendly
Doncaster





Armthorpe
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Enriching Lives, Inspiring Ambitions



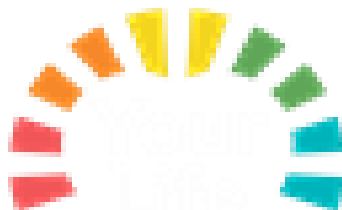
SUPPORT OVER SCHOOL HOLIDAYS

Doncaster Council's Holiday Activities and Food (HAF) program provides free food and activities for children during the school holidays. The program is funded by the Department for Education



Access the following website following the link below.

<https://www.yourlifedoncaster.co.uk/events?tag=Winter+HAF+%28Holiday+Activity+and+Food+HAF+Programme%29&locality=East>





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SUPPORT OVER SCHOOL HOLIDAYS



PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2026

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

2 Kids eat free from 27th March - 19th April 2026

BELLA ITALIA

Children eat free Sunday - Thursday

BEEFEATER & BREWERS FAYRE

2 Kids Eat Free Breakfast with one paying adult

BILLS

Kids eat free Mon 30th March - Fri 10th April

BREWDOG

Kids eat free 28th March - 12th April 2026

CAFE ROUGE

Kids Eat FREE 12-4pm every day of the week

COCONUT TREE

Kids eat free Mon 30th March - Sun 19th April

CHIQUITO

Kids eat free during all school holidays

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

Kids eat FREE weekdays 30th March - 17th April

FRANKIE & BENNY'S

Kids eat FREE daily from 30th March - 17th April

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PIZZA HUT

Kids Eat Free Every Day after 3pm

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SUBWAY

Kids eat Free from the 6th - 13th April

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

TURTLE BAY

Kids eat free with every £15 adult spend

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays



Armthorpe
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Enriching Lives, Inspiring Ambitions

SUPPORT OVER SCHOOL HOLIDAYS

STREET *YOUR VOICE MATTERS-* **VOICE**

A CHANCE TO SHAPE WHERE YOU LIVE

ARE YOU A YOUNG
PERSON IN DONCASTER?

ARE YOU AGED 8-18?
(UP TO 25 IF YOU HAVE SEND)

WANT TO HELP SHAPE
YOUR COMMUNITY?

scan
ME!



Fill in this quick
5 min survey!
Deadline:
28th February
2026

- 1 Scan the QR code!
- 2 Share your opinions with local support services!
- 3 See your ideas and opinions shape Doncaster!



City of
Doncaster
Council



YourVoice@Doncaster.gov.uk

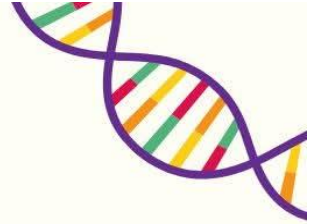
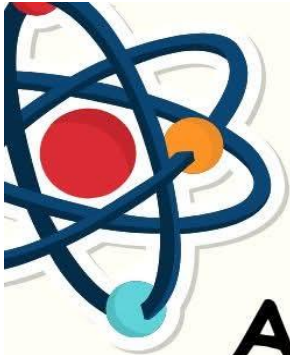




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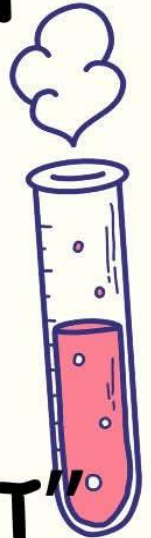
SUPPORT OVER SCHOOL HOLIDAYS



HAF Easter SEND ACTIVITY SESSION

8-16
YEAR
OLDS

"DON'T TRY THIS AT HOME SCIENCE EXPERIMENT"



FSM HAF

1-5PM

CODE REQUIRED TO BOOK

50 slots available

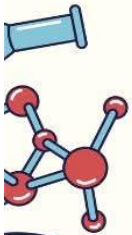
For those on benefit related

Free School Meals

8TH
APRIL

Info & Reservations:

YouthHubs@doncaster.gov.uk



Department
for Education



City of
Doncaster
Council



Armthorpe
Academy
Enriching Lives, Inspiring Ambitions

SUPPORT OVER SCHOOL HOLIDAYS



SPRING HALF TERM HOLIDAY CLUB

**Fred Gee Centre
Edenthorpe, Doncaster DN3 2PT**

**With action-packed activities included such as:
Football, Dodgeball, Archery, Laser Tag,
Tri-Golf, & much more!**



DATES:

**MONDAY 30TH MARCH
TUESDAY 31ST MARCH
WEDNESDAY 1ST APRIL
TUESDAY 7TH APRIL
THURSDAY 9TH APRIL
FRIDAY 10TH APRIL**



Scan here

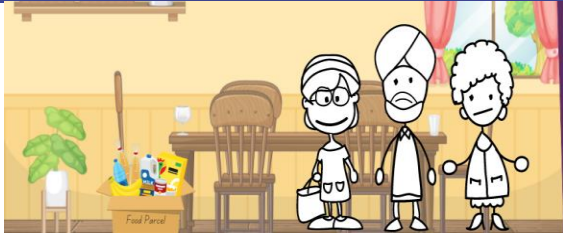
**Is your child eligible for free school meals?
If so, we have free places and a lunch included. Simply follow the
link or scan the QR code above to register your interest.**

Booking link

<https://bit.ly/haf-fred-gee-centre>

Contact us

**Doncaster@sportscool.org
07707861027**



Food Support

COST OF LIVING
SUPPORT

Armthorpe Food Support

Opening times are Thursday 8:30-10am, these are pre-arranged by delivery or collection. Provide free food parcels for Armthorpe residents. Application forms are available at the Community Centre or residents can call: 01302 834069 or 01302 355093.

Working with the City of Doncaster Council and South Yorkshire Mayoral Combined Authority, The Bread-and-Butter Thing (TBBT) Food Pantry provides affordable food to hundreds of local families, with no referrals required.

At its weekly hubs, TBBT's members access three bags of food comprising fruit and veg, chilled food and cupboard staples at deeply discounted prices. Heathy Start cards are accepted and low-cost period products are also available. People interested in using TBBT's affordable food service need to register as members and should text 07860 063304 with their name, address, postcode and hub they would like to join. Once registered, members receive a weekly text offering the food service which they can then collect from their hub.



Armthorpe Academy
Enriching Lives, Inspiring Ambitions

Support in the Community

LOOKING FOR INFORMATION OR ADVICE ON PARENTING?



Come and join us this summer at one of our parenting workshops. Aimed at parents of secondary school children.

The workshops are evidence based and from the Solihull Approach series and will cover issues around

- ✓ Risk taking behaviour
- ✓ Brain development
- ✓ and relationships

The session will also include the theory behind the Solihull Approach, Containment, Reciprocity and Behaviour management.



Wednesday 30 th July 9:30 – 11:00am	Wednesday 6 th August 9:30 – 11:30am	Wednesday 13 th August 9:30 – 11:30am	Wednesday 13 th August 9:30 – 11:30am	Wednesday 19 th August 9:30 – 11:30am
Parenting Drop-in session for information, support, and advice for parents of teenagers	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach	Pop-up Parenting Event, for parents of teens from the Solihull Approach
Bentley Family Hub	Central Family Hub	Denaby Family Hub	Rossington Family Hub	Moorends Family Hub

To book your place, please call any Family Hub

Access online parenting courses at www.inourplace.co.uk
For more support around parenting, visit:
www.doncaster.gov.uk/parenting





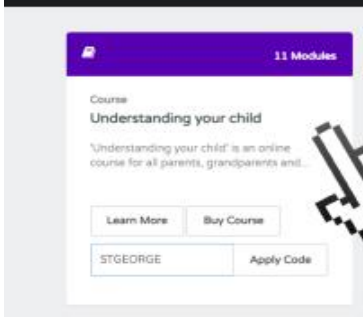
Armthorpe
Academy
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Looking for information or advice on parenting



Parenting can be the hardest job in the world!

Sometimes we all need a little advice...



FREE ONLINE COURSE

For all parents, carers & grandparents in Doncaster

Access the course at: www.inourplace.co.uk with code: STGEORGE



...or scan this to access the course on your phone.
(Don't forget to use this code: STGEORGE)



<https://www.doncaster.gov.uk/services/schools/parenting-programmes>



Armthorpe
Academy

Enriching Lives, Inspiring Ambitions



TOGETHERNESS

Bringing the Solihull Approach to the world



Emotional resilience for the everyday

**From understanding to
thriving: for everyone.**

Ideas proven to make a
difference for emotional
wellbeing and build children's
confidence and kindness.

togetherness.co.uk



**Online learning pathways for your parenting
journey and important relationships.**

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

**For healthier relationships
and happier lives.**

Residents of **DONCASTER**

For free access, use access code: **STGEORGE**

In paid partnership with:



City of
Doncaster
Council



TOGETHERNESS

Bringing the Solihull Approach to the world



Understanding your child:

From toddler to teenager

Join our group sessions to support you in your journey of understanding emotional health, wellbeing, behaviour, and more. A 10 week programme to help you raise confident, kind, emotionally aware and resilient people.



This group covers:

- Childhood development and emotional processing
- Support to reflect on your own child's health and wellbeing, their behaviour and your relationship with them
- How ideas and techniques for nurturing wellbeing can be helpful for common areas of difficulty such as emotional regulation, sleep, toileting and friendships.
- Helping you feel more confident about your relationships and more connected to your child

Group Dates: CONTACT THE PARENTING TEAM FOR COURSES BEING DELIVERED IN JANUARY

Time: Sharon.hatton@doncaster.gov.uk

Address: