

# North Tyneside Parenting Courses

Spring Term

2020



Use this guide to find out further information about the North Tyneside Offer for Parenting Courses running during the Spring Term January to April 2020

**North Tyneside Council**  
parenting@northtyneside.gov.uk  
Phone: 0191 6432229



## The North Tyneside Offer:

### Evidence Based Courses:

1. **The Solihull Approach Parenting Group** - Solihull Approach is a 10 week parenting group for parents with children from universal to complex needs and aged 0-18 years. It is based on the Solihull Approach model of containment, reciprocity and behaviour management and uses social learning theory in the design of the parenting programme. The Solihull Approach parenting group aims: - to create an effective parenting programme by focusing on parent-child relationships and promoting a reflective style of parenting for life long learning - to provide a parenting group that helps parents with children from 0-18 years.

### Other Courses Included in the Offer:

2. **The Parent Factor in ADHD** - This programme has been written specifically for parents or carers of children aged up to 16 years who have a clinical diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and/or Attention Deficit Disorder (ADD); that is they have received their diagnosis from the specialist medical professional/clinic. The programme aims to give parents an increased knowledge of ADHD and its treatment, an insight into how it feels to be a child with ADHD, advice on how to promote a more positive relationship with their child, explore strategies for effective behaviour management.
3. **The Healthy Relationships Programme** - A six week programme for young people examining unhealthy behaviours in relationships, stereotypes and gender stereotypes, the effects domestic abuse has on children and young people, offences and sentences related to domestic abuse, informed consent and sexual respect.
4. **The Freedom Programme** - The Freedom Programme© is a domestic violence programme primarily designed for women as victims of domestic violence. The Freedom Programme© examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of women victims and survivors. The aim is to help women who have experienced domestic violence to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess.



5. **Pattern Changing** - Pattern Changing is a personal development course for survivors of Domestic Violence. It addresses issues such as how to set boundaries, be assertive, make decisions, set goals and build healthy relationships. The programme is designed to enable survivors to end the cycle of abuse, help explore personal experience and learn practical strategies for real empowerment. In this way, each individual can make personal choices to make positive changes in life and change negative patterns into positive ones.



## Referral Process

### Families must be referred by a professional

By referring a family onto a parenting course delivered as part of the North Tyneside Offer, you as the referrer, commit to support the family to engage with the course and to sustain that engagement throughout the course delivery and for three months after course completion. In your work with families and because you want to make a positive difference you also commit to completing a quality assurance/evaluation questionnaire:

- When the family commences the course
- When the family completes the course
- Three months after the family has completed the course

These questionnaires will be completed on line and the link will be sent to you at the appropriate time.

Data collected will be used to evaluate the impact these parenting courses are having and will be used to inform future planning.

### Prior to Making a Referral

Complete an Early Help Assessment, Initial Assessment, Core Assessment or equivalent assessment e.g. Asset or PHSN Health Assessment for the family you wish to refer into one of the parenting courses. If your assessment identifies participation in a parenting course as the appropriate support for a family follow the steps below:

1. Complete a parenting course referral form.
2. Forward your completed referral form and assessment to:  
[parenting@northtyneside.gov.uk](mailto:parenting@northtyneside.gov.uk)



## The Parent Factor in ADHD

**1:**           **Where:**       Whitley Bay Customer First Centre,  
York Road, Whitley Bay NE26 1AB

**When:**       Monday 20/01/20 weekly for eight weeks  
13:00-15:00 Term Time.

**2:**           **Where:**       Howdon Children's Centre,  
11a Howdon Lane,  
Wallsend NE28 0AL

**When:** Wednesday 22/01/2020 weekly for  
eight weeks 18:00-20:00 Term Time.



## The Solihull Approach Parenting Group

**3:      Where:**      Shiremoor Children's Centre,  
9 Bridge Terrace, Shiremoor, NE27 0TA

**When:**      Tuesday 14/01/2020, weekly for eleven weeks  
13:00-15:00 Term Time

**4:      Where:**      St Joseph's Primary School,  
Wallsend Road, North Shields, NE29 7BT

**When:**      Fridays starting in January 2020, weekly for  
eleven weeks 14:00-15:30 Term Time