



## SOMETIMES IT'S NOT EASY BEING A PARENT...

- No-one can prepare us for the ups and downs of being a parent, especially when life is stressful.
  - We have very close links with our local children's centre ( River –Lydney)
- If you would like any help or advice the Preschool staff are always available to discuss any concerns you may have.
  - We are able to refer to the River children's centre if further help is requested



### Referral to Forest of Dean Locality of Children's Centres

#### **Who we are**

The Forest of Dean locality consists of the following Children's centres; Branches (Newent), Leaves (Coleford), Twigs (Mitcheldean), Hilltop (Cinderford) and River (Lydney). Our team work across the sites to support families with children under five years old with their individual needs.

#### **What we do**

Our team support families across our targeted and universal services.

**Universal Groups** – supporting parents to better understand their child's development and learning, as well as meeting other families in their community. Families can attend these groups without prior notice.

**Target Groups** – groups with specific focuses, see timetable for further information, families will need to book spaces on these groups.

**Targeted 1:1 work** – referral based service delivered in the family's home or suitable community venue. This is time limited and there needs to be a clear role for the children's centre team to play. Examples of areas we can support are:

- Families who have experienced domestic abuse
- Debt/benefit advice
- Parenting tips/advice/strategies, support on managing children's behaviour, routines and boundaries.
- Housing support
- Families experiencing social isolation
- Healthy lifestyles advice
- SEN support.

This list is by no means exhaustive please contact a playleader if you would like to discuss a potential referral.