

Strong relationships, stable families

FREE group programmes



“Found this very helpful and learned a lot
– have been able to use a lot of the advice
and strategies. Family life is much calmer.”

PK, Parent

Strong relationships are at the heart of all stable families.

Gateshead's Early Help Service offers a wide range of group parenting programmes to help parents and carers build effective relationships with children of all ages and with a variety of needs. These FREE programmes include refreshments, take-away resources and certificates for completion. Sessions typically include 8-12 parents.

A full listing of available programmes is given overleaf.

The majority of our programmes are delivered at local children's centres or from Barnardo's at 20 Bewick Road, Gateshead – a short walk from the town centre's bus and Metro stations.

Monthly Parenting Drop-In at Barnardo's, 20 Bewick Road, NE8 4DP

Being a parent can be a very rewarding job. It can also be frustrating and sometimes stressful. Some parents may not be sure about what support is available or do not feel ready to join a parenting programme.

A FREE monthly drop-in service providing a safe, comfortable space in which to receive parenting advice is also available at Barnardo's on Bewick Road on the first Thursday of the month between 11am – 1pm. Enjoy free tea/coffee and talk to experienced parenting practitioners without the need for an appointment – just drop-in.



Gateshead Children's Centres

Gateshead Children's Centre (Elgin Centre, Elgin Road, NE9 5PA) and linked sites across Gateshead provide support, advice and activities for families with children under the age of five years. Membership is free.

Contact 0191 433 6300 or gatesheadchildrenscentre@gateshead.gov.uk for more details.



Programme	Child age	Programme summary
<p>Incredible Years (Babies) Felling Children's Centre High Street, Felling, Gateshead, NE10 9LT</p>	<p>0-6 months</p>	<p>Build a positive relationship with your baby through listening, observing, bonding, demonstrating warm and tactile behaviours. Delivered over ten, two and a half hour sessions.</p>
<p>Incredible Years (Pre/Early School) Felling Children's Centre High Street, Felling, Gateshead, NE10 9LT</p>	<p>3 - 8</p>	<p>Learn to reinforce positive behaviour and set clear routines and boundaries through setting goals, using rewards and communicating consequences. Delivered over fourteen, two and a half hour sessions.</p>
<p>123 Magic Deckham Children's Centre Elgin Road, Carr Hill, Gateshead, NE9 5PA</p>	<p>2 - 12</p>	<p>Simple, precise and effective way of managing behaviour of young children. Delivered over two, three-hour sessions.</p>
<p>Family Nurture Chowdene Children's Centre Waverley Road, Chowdene, Gateshead, NE9 7TU</p>	<p>2 - 12</p>	<p>Understand the feelings behind behaviours and how to use a calm, nurturing approach to build a positive relationship with your child. Delivered over nine, three-hour sessions. Specific fathers-only programme also available.</p>
<p>Parenting Factor in ADHD Barnardo's Bewick Road, Bensham, Gateshead, NE8 4DP</p>	<p>5 - 18</p>	<p>Increase knowledge and understanding of ADHD and learn strategies to manage the core ADHD behaviours. Child must have an ADHD diagnosis. Delivered over nine, two and a half hour sessions.</p>
<p>Strengthening Families Felling Children's Centre High Street, Felling, Gateshead, NE10 9LT</p>	<p>10 - 16</p>	<p>Increase parenting confidence and build positive relationships with your child. Initial part of each session uses a separate 'Youth' and 'Parent' group, followed by facilitated whole-group discussion afterwards. Delivered over nine, two-hour sessions.</p>
<p>Keeping up with your teens Deckham Children's Centre Elgin Road, Carr Hill Gateshead, NE9 5PA</p>	<p>13 - 18</p>	<p>Distinguishing normal and risk-taking behaviours, when to 'let go' of problems and specific guidance on teen topics. Delivered over one half-day session.</p>

Contact us direct to find out more about start dates and venues on

0191 433 3319/5019 or at earlyhelpservice@gateshead.gov.uk

or download a referral form at www.gateshead.gov.uk/earlyhelpservice

