

Rotherham Family Hubs

EVIDENCE BASED PROGRAMMES

January to March 2025

Programme	Day/Start Date/Time	Venue
Family Links The 10-Week Nurturing Programme is aimed at supporting parents to cope better with parenting 'in the round' and to manage a wide range of daily parenting issues whilst promoting better relationships between parents and children. Duration: 10 weeks	Tuesday 14th of January 2025 1.00pm – 2.30pm	Rawmarsh Childrens Centre. Barber's Cres, Rawmarsh S62 6AD
Teen Life Teen Life is a six-session programme for parents/carers of autistic young people aged 10 to 16 years. The aim of the Teen Life programme is to bring parents together to share information, experiences, and ideas in a structured way. Teen Life emphasises the importance of autistic perspectives, with a variety of videos and quotes used throughout the sessions.	Friday 17th January 2025 1.00pm – 3.00pm	The Place, Coleridge Road, Rotherham. S65 1LW



www.rotherham.gov.uk/family-hubs

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Triple P for Baby Triple P for Baby aims to prepare parents for a positive transition to parenthood and the first year with baby, promoting sensitive and responsive care in the perinatal period. Parents actively participate in a range of exercises to learn strategies to develop a positive relationship with their baby, promote their baby's development and help teach their baby new skills and behaviours. Duration: 8 weeks.	Thursday 16th January 2025 10.00am – 12.00pm	Unity Centre St. Leonards Road, Rotherham. S65 1PD
Sleep Tight This course helps parents understand the impact of poor sleep on behaviour. The programme supports families to implement creative and evidence-based methods of improving sleep patterns in young children. Duration: 5 weeks	Thursday 30th January 2025 9.30am – 11.30am	Brookfield Family Hub. Lime Grove, Swinton. S64 8TQ



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Stepping-Stones This programme is for parents of children 0 to 12 years who have a child with a disability. The programme builds parenting skills for promoting children's development, social competence, and self-control. Duration: 9 weeks	Tuesday 21st of January 2025 10.00am – 12.00pm	Children's Disability Team Microsoft Teams
Caring Dads Caring Dads is a group intervention programme to address men's behaviour within families having exposed children to the abuse of their mother. Duration: 17 weeks	February 2025	Central Children's Centre, Ferham Road, Rotherham. S61 1AP
Fear-Less Fear-Less is for parents (of children aged 6 to 14 years) who'd like to learn how to teach their children to manage anxiety effectively. Duration: 6 weeks	Tuesday 14th January 2025 12.30pm – 2.30pm	Brookfield Family Hub Lime Grove, Swinton S64 8TQ



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Teen Triple P Parenting programme for parents of teenagers. The programme promotes positive parenting strategies, dealing with emotional and risky behaviours, coping and self-care skills. Duration: 8 weeks	Thursday 23 rd January 2025 5.00pm – 7.00pm	Microsoft Teams
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Discussion groups

Discussion groups	Discussion group subject	Day/Start date/Time	Venue
Short one-off group sessions that offer practical advice for tackling a specific problem behaviour.			
0 to 12 years	Manging Fighting and Aggression	Friday 14 th February 2025 10:00am – 12:00pm	The Place Family Hub, Coleridge Road, Rotherham. S65 1LW
	Dealing with Disobedience	Friday 24 th January. 2025 09.30am -11.30am.	Dinnington Early Help Centre, Doe Quarry Lane, Dinnington, Sheffield, S25 2NZ



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Discussion groups	Discussion group subject	Day/Start date/Time	Venue
Teen	Coping with Teenagers Emotions	Wednesday 15 th January 2025 9.30am-11.30am.	The Place Family Hub, Coleridge Road, Rotherham, S65 1LW
	Reducing Family Conflict	Monday 10 th February 2025 9.30am-11.30am.	Maltby Stepping Stones Family Hub, Tickhill Road, Maltby.



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Online Programmes

0-12 Years Triple P

Triple P Online supports parents of young children (under 12 years). Guide behaviour positively, set up routines and rules more easily, and have a calmer household. Parents can access this directly by clicking the link below and registering their details:

www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Teen Triple P

Teen Triple P Online supports parents of tweens and teens aged 10 to 16 years, to raise responsible, confident teenagers. Enjoy a closer bond with your child and help them get ready for adulthood. Parents can access this directly by clicking the link below and registering their details:

www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Fear-Less Triple P

Fear-Less Triple P Online supports parents of children aged 6 to 14 years with frequent worries/anxiety. Help children reduce anxiety and become more independent with proven tools and techniques. Parents can access this directly by clicking the link below and registering their details:

www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-rotherham/

Me, You and Baby Too – An online course to help couples prepare for the transition to parenthood.

Me, You and Baby Too helps new and expectant parents adapt to the changes that parenthood can have on their relationship, while raising awareness of the impact of stress and conflict on their baby. Parents completing this course will develop the skills to manage their conflict more constructively. Short online course, approximately 40 minutes. Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (www.oneplusone.org.uk)



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Getting it Right for Children –An online course for separating parents to minimise the impact of separation on children.

Getting it right for children uses Behaviour Modelling Training techniques to help separating parents see how they are putting their children in the middle of their conflict. It helps parents to develop positive communication skills, so that they can parent co-operatively and work out solutions together. Short online course, approximately 40 minutes. Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (www.oneplusone.org.uk)

Solihull Approach online

The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing and the impact of adverse childhood experiences on health and wellbeing.

Ages 0 to 19 years Parents can access this directly by copying the below and pasting it into their browser and register for a free account.

www.inourplace.co.uk/rotherham

Arguing better – An online course for reducing parental conflict

Arguing better helps raise awareness of parental conflict and its impact on children. It gives parents the skills to cope with stress together and manage their conflict more constructively. Short online course, approximately 40 minutes. Parents can access this directly by clicking the link below and registering for a free account:

Parent guide for England (www.oneplusone.org.uk)

Contact the Evidence-based Hub for further information at: parenting@rotherham.gov.uk

Make a Referral:

To attend a programme please use the link below to complete a referral form on the Family Hubs Website: www.rotherham.gov.uk/homepage/402/activities-and-support-for-families



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