



PROGRAMMES BROCHURE

A Brighter Futures Journey to Wellbeing

www.brighterfutures.org.je

info@brighterfutures.org.je



Brighter Futures supports families in Jersey who are facing significant difficulties or challenges in their lives.

There are two ways to access our services:

1. Self Referral
2. Professional Referral - a professional completes the on-line form on your behalf

This could be a Midwife, Health Visitor, Doctor, School, Nursery or Childcare setting.

Either way will make a start towards creating your brighter future.

Find support



Scan me



Brighter Futures

WHO WE ARE & WHAT WE DO

Brighter Futures is a **local charity** supporting parents, families and young people in Jersey.

Working alongside the **main carer**, our educational model provides them with the **skills to thrive**.

Supporting approximately **150 families** at any one time, we focus on **3 key areas**;



Parent – child relationships helping our clients recognise and value their role as their child's first and most important educator.



Mental health and wellbeing programmes which support social and emotional wellbeing, allowing increased resilience with the outside world to give our clients a brighter future and hope.



Personal development programmes providing the skills our clients may need in order to progress and succeed in education, work and life.

Together, we are creating Brighter Futures for families in Jersey.

Programmes List

Every client at Brighter Futures is allocated a coordinator who will provide one-to-one support.

In addition, the coordinator co-produces a holistic package of support with the client and identifies programmes and groups that will meet their needs. All our programmes are part of the below three strands and aid the whole family with their journey to wellbeing.

Parent/Carer and Child Relationship Programmes

1. Baby Massage
2. Growing Together
3. Achieving Better Connections (A.B.C) Programme
4. Mellow Parenting
5. Raising Early Achievement in Literacy (R.E.A.L)
6. Incredible Years / Baby Incredible Years
7. Circle of Security (English & Portuguese)
8. Gardening Club
9. A monthly Dads' Club **(Open to every dad in Jersey)**

Mental Health and Wellbeing Programmes

1. Brighter Storks - A Brighter Futures Perinatal Wellbeing Pathway
2. Massage
3. Mindfulness and Yoga
4. Heartmath / Healing Rhythms
5. Keep fit

Personal Development Programmes

1. The Growing Together Learning Group programme
2. Just What We Need
3. Making Changes

Parent/Carer and Child Relationship Programmes

1. Baby Massage

For parents/carers with children from birth to one year

Led by an International Association of Infant Massage qualified instructor, this course draws on Indian and Swedish massage traditions, encouraging interacting, bonding and relaxation which can help with longer sleep. Soothing holds and rhythmic strokes are given on each area of the baby's body, following a sequence which has been developed over many years. Baby massage can help you feel closer to your child as well as reducing post-natal depression. It can also be used to help with wind, colic, constipation, teething discomfort and crying.

2. Growing Together: Parent/carers and infant relationships

For parents/carers with children from birth to four years

The activities in this group support the development in the three areas;

1. Personal/social and emotional development
2. Language development and social communication skills
3. Physical development

This is a fun, interactive environment for parents/carers and their children featuring various activities such as water, sand, messy play and music. Brighter Futures' keyworkers work alongside parents/carers to focus on their child's individual needs, wellbeing and learning strategies. Photos are taken as a keepsake for individual journals, capturing special moments shared together.

3. ABC Programme - Achieving Better Connections

For parents/carers with children from four to nine years

ABC aims to help children and parents to build positive relationships and strengthen attachment through structured play using therapy techniques.

There are four core dimensions which relate to both parent and child.

Engagement, to help children to try new things in a safe environment

Challenge, to help children take safe risks and build their confidence

Structure, to help develop self-control

Nurture, to help children feel safe and secure.

4. Mellow Parenting

For parents/carers with children from birth to four years

This programme is run in conjunction with the Child and Adolescent Mental Health Service (CAMHS). Co-delivered by therapists and a Brighter Futures' coordinator, the small group is designed to support parents and their children to make positive changes within their family relationships.

The parenting programme offers a combination of play, film footage, therapeutic work along with food and nurturing advice and guidance.

Parent/Carer and Child Relationship Programmes

5. R.E.A.L - Raising Early Achievement in Literacy

For parents/carers with children from birth to three years

'Making it REAL' (Raising Early Achievement in Literacy) is an award - winning approach, developed by the National Children's Bureau (NCB), to offer parents/carers and their children a variety of opportunities to get involved in fun activities that support their children's early development and help create a strong home learning environment. REAL focuses on 4 areas to support your child's early literacy and numeracy development, by developing a love of books, oral language, identifying environmental print and early writing.



6. Incredible Years / Baby Incredible Years

**For parents/carers with children from two to six years
(strategies can be adapted for younger or older children)**

This evidence-based programme focuses on supporting parents to develop strategies to build positive relationships with their children by focusing on:

- Child-directed play and strengthening social and emotional skills
- Using praise and incentives to encourage cooperative behaviours
- Household rules, routines and effective limit setting
- Strategies and support around behaviour

7. Circle of Security

**For parents/carers with children from zero to ten years
(also available in Portuguese)**

The focus of this parenting programme is relationships. It looks at ways of strengthening a parents'/carers' abilities to observe and improve their care giving capacity in creating secure attachments. Video is used throughout to illustrate examples of different interactions and the principles central to Circle of Security parenting.

Parent/Carer and Child Relationship Programmes

8. Gardening Club

For parents/carers with children from birth to four years

Our Gardening Club takes place at Trinity Showground and is in partnership with RJA&HS. This is an opportunity for our families to get out into the great outdoors to enjoy gardening, play in the mud kitchen, watch and learn about the growth process of many products such as Jersey Royals, carrots, herbs and strawberries, etc. and take the produce home for their families to enjoy.



9. Dads' Club

**Drop in group - open to every dad in Jersey.
Children of all ages up to eight years**

Dads' Club offers a choice of activities and resources in a safe and relaxed environment. It is also an opportunity to meet other dads/male carers and their children. Brighter Futures' coordinators and volunteers are on hand for support. Free snacks and refreshments are provided and various outings are organised such as trips to the beach, parks and the woods as well as a Christmas party.



Booking required - please contact info@brighterfutures.org.je

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Mental Health and Wellbeing Programmes

1. Brighter Storks - A Brighter Futures Perinatal Wellbeing Pathway

For Mums-to-be pre birth

This 12-week rolling pathway, **Brighter Storks**, will introduce mum-to-be to taster sessions of our programmes, which are designed to develop relaxation strategies that encourage a positive state of body and mind. This will enhance mum's ability to feel safe and be better equipped to cope with life's ups and downs.

Following the birth of baby there is the option to become a Brighter Futures client, allowing you to access our programmes and work alongside a Brighter Futures Coordinator on your 'journey to wellbeing'.



2. Massage

For parents/carers

An opportunity for the parent/carer to experience many health benefits that massage has to offer. Massage may help to reduce stress, tension, heart rate, blood pressure, sore muscles, and joint pain and can increase endorphins, blood circulation, and immune functions.

3. Mindfulness and Yoga

For parents/carers

Our Mindfulness course, run by Dr Carolyn Coverley, teaches how to live our lives in the present moment.

The sessions are based on meditation and relaxing yoga techniques which, when practiced regularly, can help to reduce feelings of anxiety and stress, helping us to feel more in control and able to cope with challenging situations.

This interactive course is friendly and supportive and is perfect for beginners.



Mental Health and Wellbeing Programmes

4. HeartMath® Technology

For parents/carers



HeartMath technology is a breathing programme with an innovative approach to improving emotional wellbeing. Here you are able to learn how to change your heart rhythm pattern to create increased order and harmony in our mind, emotions and body.

5. Keep Fit

For parents/carers

This group gives the opportunity to take part in regular physical activity that can improve muscle strength and may boost endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently.



Personal Development Programmes

1. The Growing Together Learning Group Programme

For parents/carers

The learning in this 7 week programme underpins the work carried out in the Growing Together groups and includes:

- An introduction to the Whole-Brain Perspective in child development.
- Information about the changing nature of a child’s behaviour.
- Information about communication and play development.
- An understanding of emotions and self-awareness in childhood and parenting.
- An understanding of self-compassion and self-care in childhood and parenting.

Dads only sessions are available

Growing Together
Learning Group Handbook



"The greatest gift you can give your child is your time."

Activities which have been shown to help children’s development

Reading with your child



Singing Songs and Rhymes



Painting, Drawing and Cutting



Going on Trips



Playing with my friends



Going to the Library



Playing with Letters and Number



Personal Development Programmes

2. Just What We Need

For parents/carers

This therapeutic, creative programme focuses on the parents'/carers' strengths, skills and resources, enabling people to look at the difficulties and challenges they face in their own lives.

- Identifying strengths and skills.
- Learning how to self-calm and think clearly.
- Setting and achieving goals to enable positive change.
- Increasing confidence.
- Improving relationships.
- Exploring emotional needs and how to get them met.

3. Making Changes

For parents/carers

Making Changes helps participants to develop their confidence, self-esteem and self-efficacy using tried and trusted techniques designed to help make a more positive impact in their personal lives. It encourages greater self-belief, motivation and the ability to both set and realise goals.

Client feedback

Story



Catch

"Brighter Futures has given me confidence, comfort, and lots of friends. I feel heard, relaxed, and loved. I was new on the Island and had no emotional and baby support or guidance on how to deal with this new change. I was lost, depressed, and felt very bad. Brighter Futures helped me with my mental and physical health by enrolling me on relevant groups like mindfulness, Keep-fit, Walking and the Growing Together group. I cannot thank you enough. I now call Jersey home and that's down to the support received from Brighter Futures, so thank you".

"I feel a lot less stressed with the children. I have always felt listened to and supported, which has made me a much better voice for my girls. Every day is a challenge still, but I have learnt to manage this, and my girls seem calmer as mummy isn't stressed so much. I can do anything if I put my mind to it. I have taken my old life and put a line through it".

Client feedback

"It has made a big difference for me and my son.
It made me feel more like his mum.
Being disabled and needing a lot of help, they made me feel
like I could spend time as just me and my baby.
I got my independence back".

*"I have changed a lot since being here.
I knew that I had to change as my little one was acting the
same as me, losing his temper a lot and lashing out. We
have turned a corner as a family, I have been putting
different things in place with my parenting, taking a step
back when they kick off and listening properly and being
more understanding".*

"BF have saved me. I lost trust in everyone when Children
Services got involved in my life. Your approach to me and my
situations has been calm and understanding.
You have never judged me, even when I am sure that you thought
I was making the wrong choices. With your guidance I have
managed to turn things around and realised what I needed to do
to make my kids and my life better. I love coming into the groups
and feeling like I belong somewhere for once in my life.
Thank you for everything".

Did you know.....

that by making **Regular payments** of £5, £10 or £15 per month to us will help support even more families in Jersey.

Your donation really could be life changing.

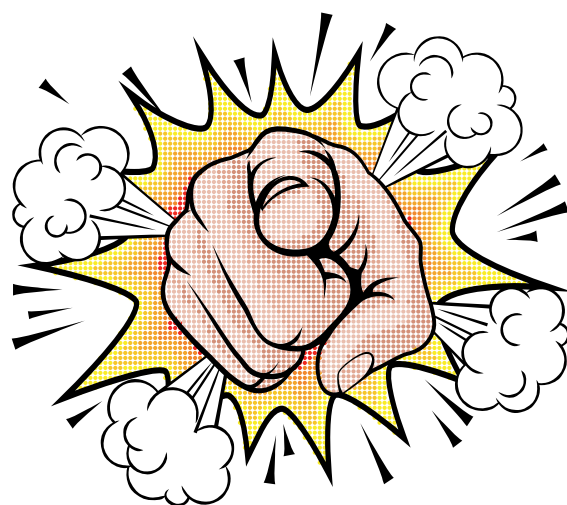
Events are great but you never know exactly how much they will bring in, whereas regular donations, of any amount, really help us plan. And the more we can plan, the more we can support families in Jersey.

You could be the
difference
a family is waiting for.

£7,000

It currently costs £7,000
to support a family
for a whole year.

If you would like to sponsor a
family, part sponsor or support
our work in any way, just fill in the
form on the opposite page and
state your desired regular
donation.



Together, we are creating Brighter Futures for families in



Become a Regular supporter with a monthly Direct Debit.

Either fill out the form below or simply scan the QR Code and complete the form on-line.



Please fill in the whole form including official use box using a ball point pen and send it to:

Brighter Futures Ltd

The Bridge
Le Gyt Road
St Saviour
Jersey
JE2 7NT

Name(s) of Account Holder(s)

Bank / Building Society Account Number

Branch Sort Code

Name and full postal address of your Bank or Building Society

Reference

Instruction to your Bank or Building Society to pay by Direct Debit

Service User Number

4 5 3 2 4 3

FOR Brighter Futures Ltd OFFICIAL USE ONLY This is not part of the instruction to your Bank or Building Society **IMPORTANT** - Please complete these details:

Account Holder(s) Name & Address

Name:

Contact name

First:

Last:

Address:

Town:

Postcode:

Email Address:

Instruction to your Bank or Building Society

Please pay PSL re Brighter Futures Ltd Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with PSL re Brighter Futures Ltd and, if so, details will be passed electronically to my Bank / Building Society.

Signature(s)

Date:

Banks and Building Societies may not accept Direct Debit Instructions for some types of account.

This Guarantee should be detached and retained by the payer.

The Direct Debit Guarantee



- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits.
- If there are any changes to the amount, date or frequency of your Direct Debit PSL re Brighter Futures Ltd will notify you 3 working days in advance of your account being debited or as otherwise agreed. If you request PSL re Brighter Futures Ltd to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit, by PSL re Brighter Futures Ltd or your bank or building society you are entitled to a full and immediate refund of the amount paid from your bank or building society.
 - If you receive a refund you are not entitled to, you must pay it back when PSL re Brighter Futures Ltd asks you to.
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

Together, we are creating Brighter Futures for families in Jersey.



Brighter Futures

How to find us

**THE BRIDGE,
LE GEYT ROAD,
ST SAVIOUR,
JERSEY,
JE2 7NT**

Go along Springfield Road and turn left up St Saviour's Hill.
Then immediately take the slip road to the left after turning
the corner.

Parking is available but very limited.

PLUS TWO OTHER LOCATIONS IN THE EAST AND WEST OF THE ISLAND.



what3words ///blazers.broke.bright

Email: info@brighterfutures.org.je

Tel: 01534 449487

For more information please visit.

www.brighterfutures.org.je

Registered Charity No: 204



BrighterFuturesJersey



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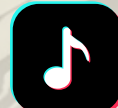
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