



English



Brighter Futures



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.

Being a parent is sometimes challenging, and no one has all the answers. So if you or someone you know, is looking for help and support within their family, we are here to help.

You can access support from Brighter Futures by contacting us directly, or asking any professional who knows you to make the referral.

Every client at Brighter Futures is allocated a coordinator who will work with you to identify the right support for you, and help you to achieve your goals.

We also offer a number of groups and programmes that deal with a range of topics such as wellbeing, parent and child relationships and personal development.

THERE ARE TWO WAYS TO ACCESS OUR SERVICES:

Find support



Scan me

1. Self Referral - Complete the on-line form or simply walk in or telephone us.
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 etc.

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

WHICH FAMILIES ACCESS BRIGHTER FUTURES?

The team at Brighter Futures is often asked
what kind of families use our services
**The answer is simple: any family
your family, our family, any family**



OUR PROGRAMMES

**PARENT/CARER AND CHILD
RELATIONSHIPS**

**WELLBEING AND POSITIVE
MENTAL HEALTH**

**PERSONAL DEVELOPMENT AND
SECOND CHANCE LEARNING**

**BRIGHTER FUTURES
CRÈCHE**

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 of our programmes focus on 3 key areas 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. Circle of Security (English & Portuguese)
5. Mellow Bumps & Dads-to-Be
6. Mellow Parenting
7. Incredible Years - Toddler Programme
8. Incredible Years - Preschool Programme
9. Raising Early Achievement in Literacy (R.E.A.L)
10. Gardening Club
11. A monthly Dads' Club (**Open to every dad in Jersey**)

Mental Health and Wellbeing Programmes

1. Brighter Storks - A Brighter Futures Pregnancy Wellbeing Pathway
2. Mindfulness and Yoga
3. Massage
4. Heartmath / Healing Rhythms
5. The Resilient Heart
6. Brighter Futures Night-In
7. Keep Fit

Personal Development Programmes

1. Just What We Need
2. Making Changes
3. English for Everyday Life Programme

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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 (IAIM) 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/carer and infant relationships

For parents/carers with children from birth to four years

The activities within this group are designed to support children's development across three key areas:

- Personal, social and emotional development
- Language development and social communication skills
- Physical development

We offer a fun, welcoming, and interactive environment where parents/carers and their children can explore a variety of engaging activities, including water play, sand play, messy play, and music.

Brighter Futures coordinators work alongside parents/carers to support each child's individual needs, wellbeing and learning strategies.

Reflective video recording is used as a supportive tool to celebrate strengths and identify any areas where additional guidance may be beneficial.

Photographs are also taken as keepsakes for individual journals, capturing special shared moments and celebrating each child's experiences and progress.

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. 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

5. Mellow Bumps & Dads-to-Be

Expectant Parents during the second trimester (20 – 30 weeks)

This supportive antenatal programme helps expectant parents prepare for the arrival of their baby by building confidence, reducing stress and strengthening the bond before birth. Through discussion, practical activities and shared experiences, participants learn about their baby's development, prepare for the transition to parenthood, and build supportive relationships in a welcoming and encouraging environment.

6. Mellow Parenting

For parents/carers with children from 1.5 years to four years

Delivered in partnership with Child and Adolescent Mental Health Service (CAMHS) by Therapists and a Brighter Futures Coordinator. This 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.

7. The Incredible Years - Toddler Programme

For parents/carers with children from one to three years

This evidence-based programme focuses on supporting parents to develop strategies to build positive relationships with their toddlers. In the Toddler Parenting Program (Basic), parents learn how to:

- Help their toddlers feel loved and secure
- Encourage their toddler's language, social, and emotional development
- Establish clear and predictable routines
- Handle separations and reunions
- Use positive discipline to manage misbehaviour

8. The Incredible Years - Preschool Programme

For parents/carers with children from three to six years

This evidence-based programme focuses on strengthening positive parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Parents also learn how to build school readiness skills and are encouraged to partner with teachers and daycare professionals so they can promote children's emotional regulation and social skills.

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

PARENT/CARER AND CHILD RELATIONSHIP PROGRAMMES

9. 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.



10. 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.



11. Dads' Club

Drop in group - open to every dad in Jersey.

For dads with children from birth 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 Pregnancy 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. 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.



3. 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. Massage can increase endorphins, blood circulation, and immune functions.

MENTAL HEALTH AND WELLBEING PROGRAMMES

4. HeartMath® Technology

For parents/carers



Reconnect with your inner calm.

Our HeartMath programme combines The Heart-Focused Breathing technique with Wild Divine Healing Rhythms guided meditations, helping you reduce stress, boost resilience, and nurture emotional well-being.

5. The Resilient Heart

For parents/carers

The Resilient Heart is a programme that strengthens your ability to cope with pressure, adapt to change, and recover after setbacks. It helps individuals to understand how stress can affect the body. Participants will learn some breathing techniques that will support them in developing emotional resilience, enhance their overall wellbeing and gain steadier footing when navigating life's uncertainties.

6. Brighter Futures Night-In

For parents/carers

A welcoming 'termly gathering' designed for Brighter Futures parents to come together. It's a space to unwind, share good company, and enjoy delicious food in a relaxed atmosphere. Alongside socialising, parents can take part in fun and engaging activities that encourage connection, creativity, and wellbeing.

Whether you're looking to meet new friends, strengthen existing bonds, or simply take a break from the everyday routine, this group offers a supportive environment where everyone can feel at home. Each session is thoughtfully planned to combine relaxation, laughter, and community spirit.

7. 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. 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



2. 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.



3. English for Everyday Life Programme

For parents/carers

This programme aims to strengthen parents' ability to support their children at home. This includes helping with homework, encouraging bedtime reading, and contributing to their child's overall language development.

Alongside these practical benefits, the course supports wider outcomes. Improving English language skills can enhance emotional wellbeing, strengthen personal relationships, and increase confidence in day-to-day interactions. It can also open up opportunities for employment, volunteering, and progression into further education. To ensure accessibility, free crèche facilities are provided while participants attend the course.

The programme is delivered by Lingo Language in partnership with Brighter Futures.

BRIGHTER FUTURES HUB

West Hub Communicare



The western hub, based at Communicare, was established to improve access to services for families living in the west of the island.

By delivering support closer to home, the hub reduces travel barriers and helps families engage more easily with services. All services in Brighter Futures are free of charge and are delivered in a supportive community setting.

Communicare

Communicare Centre,
La Route des Quennevais,
St Brelade, Jersey
JE3 8LJ

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 has saved me. I lost trust in everyone when Children's Services got involved in my life. Your approach to me and my situation 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".

Your support makes all the difference, today and tomorrow



Help change lives and become a regular donor today

£0.18

A DAY

or £5 every 4 weeks

Will help fund practical advice and early guidance for a parent facing overwhelming pressure, ensuring they are not left to cope alone.



POPULAR
£0.36

A DAY

or £10 every 4 weeks

Would support structured group sessions that help parents build confidence, strengthen relationships with their children, and develop healthier coping strategies.



MOST POPULAR

£0.71

A DAY

or £20 every 4 weeks

Will help fund a one-to-one support session with a coordinator, giving a parent practical guidance and emotional support at a critical moment.



£1.78

A DAY

or £50 every 4 weeks

The strength of £50 every four weeks is reliability. Steady income supports staffing, long term family commitment and stable services rather than reactive delivery.



You could be the difference a family is waiting for



You could be the difference a family is waiting for

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



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.



English



Brighter Futures

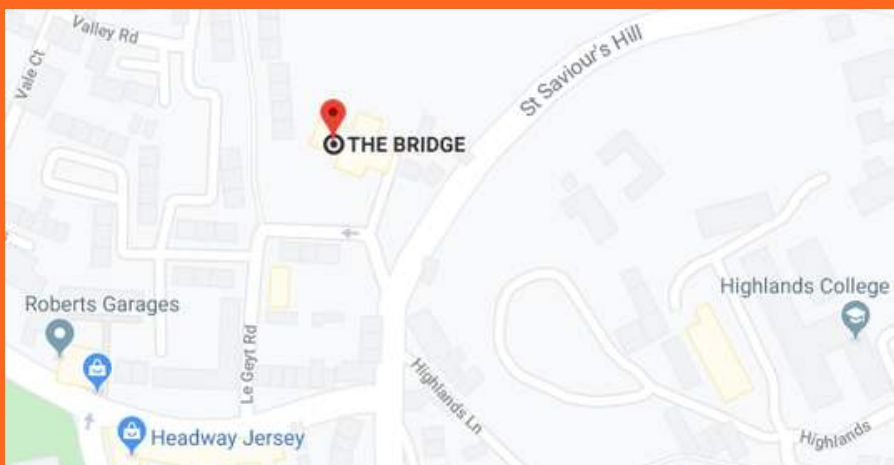
How to find us

**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 ANOTHER LOCATION IS AVAILABLE AT COMMUNICARE IN THE 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



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