



Brighter Futures

PROGRAMME BROCHURE



*Creating Brighter Futures
for families in Jersey*

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

www.brighterfutures.org.je
info@brighterfutures.org.je



Brighter Futures

WHO ARE WE & WHAT DO WE DO

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

Brighter Futures **works alongside** the **main carer**, our educational model provides them with the **tools to cope**.

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 a hope.



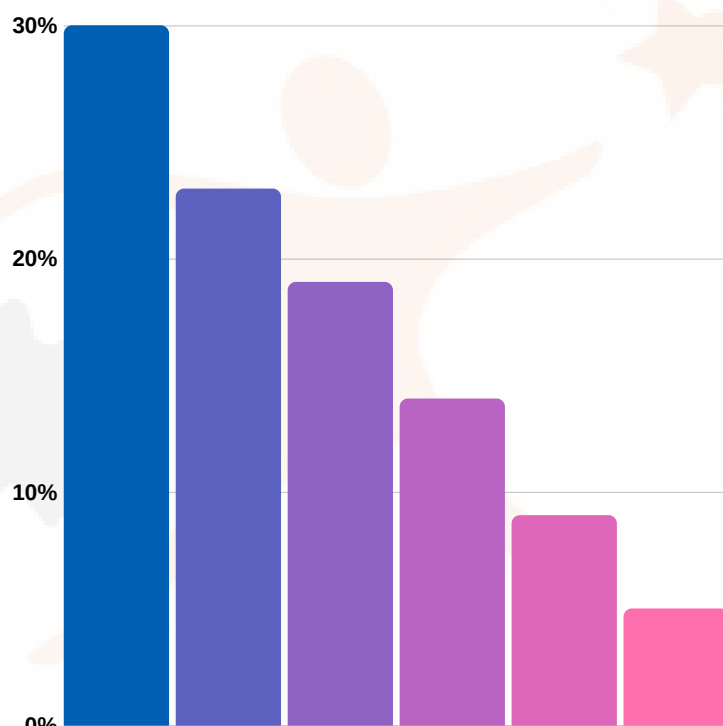
Second chance learning programmes, providing the skills our clients may need in order to progress and succeed in education, work and life.

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

What impact did we make in 2019?

- ✓ 90% of clients reported an increased level of wellbeing
- ✓ Improved family relationships and connections
- ✓ Increased confidence with parenting
- ✓ Increased resilience with the outside world
- ✓ Children's social communication and physical skills increased
- ✓ Children's confidence has increased alongside their social and emotional development

In 2019, 102 clients completed their journey at Brighter Futures



Programmes List

Every client at Brighter Futures is allocated a key worker who will provide one to one support. In addition, the key worker will co-produce a holistic package of support with the client and identify programmes and groups that will meet their needs. These programmes are designed to meet the needs of the whole family and include a choice of child development, wellbeing and educational groups.

Parent/Carer and Child Groups

Baby Massage

Growing Together

Physibods

ABC Programme - Achieving Better Connections

Mellow Parenting

Dad's Club

REAL - Raising Early Achievement in Literacy

Wellbeing Programmes

Relaxation Programme

Mindfulness

Power Walking Group

Personal Development Programmes

Study Group

Functional Skills

Incredible Years

Circle of Security (English & Portuguese)

Wants and Wishes

Making Changes (English & Portuguese)



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Wellbeing Programmes

Relaxation Programme

For parent/carers

This introduces relaxation strategies to encourage a positive state of mind and body which helps you to feel safe and more able to cope with life's up and downs. Sessions comprise of massage, visualisation and breathing techniques.

Mindfulness

For parent/carers

Based on meditation techniques. When practiced regularly, we begin to feel less anxious and stressed. We start to feel more in control, more able to cope with challenging situations and generally happier than before we started. The course is friendly and supportive and you will receive a CD for home use.

Walking Group

For parent/carers

The wellbeing benefits of regular walking are well documented. By putting a regular programme in place, parents are more likely to make time and join in. They enjoy the opportunity to reconnect with nature, improve their overall health and anxieties and connect with other parents. Being active promotes positive mental health, wellbeing and resilience enabling us to cope better with difficult situations. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed to recover.

Parent/Carer and Child Groups

Baby Massage

For parent/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.

Growing Together

For parent/carers with children from birth to four years

This learning group is based on three areas; personal/social and emotional development, communication and language and physical development. This is a fun interactive environment for parents/carers and their children featuring various activities such as water, sand and 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. Typically, once finishing this group, youngsters can then progress to Physibods.

Physibods

For parent/carers with children from three to four years

Physibods is the stepping stone group leading the children from Growing Together to nursery after the summer break. The structured sessions comprise of fun and interactive physical activities, singing and developing co-ordination skills, balance and movement. During the term, children are invited to take books to read and return and they're given a Brighter Futures' bag complete with weekly resources and activities to do at home and outside. At the end of the Physibods term, children give a demonstration of the activities and skills they've learnt before they put on gowns to take part in a graduation ceremony in front parents, charity patrons and invited guests which officially sends youngsters onto the next stage of their journey.



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Mellow Parenting

For parent/carers with children from birth to four years

This programme is run in conjunction with the Child and Adolescent Mental Health Service (CAMHS). Run by therapists and a Brighter Futures' keyworker, 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.

ABC Programme - Achieving Better Connections

For parent/carers to attend with a child from four to eight years

ABC aims to help children and parents to build positive relationships and strengthen communities through relationship building and structured play. 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

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

For parent/carers with children from birth to three years

REAL uses a framework which is called ORIM for short which stands for Opportunities, Recognition, Interaction and Model which works across the four strands of early literacy. Practitioners share this framework with families through a series of home visits and literacy events to support parents.

Dad's Club

Drop in group - open to every Dad in Jersey.

All ages up to eight years

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

Personal Development Programmes

Study Group

For parent/carers with children from birth to eight years

Parents/carers are invited to compile their own personal child study. These sessions complement the Growing Together groups and are based on three elements: theory; group discussions based around a child's development, practice; parents/carers, children and Brighter Futures' staff coming together to put learned theory into practice while using video to capture learning and reflection; footage of a child's play and learning forms the basis of group discussion in order to understand and support the child's development.

Functional Skills

For parent/carers

The Functional Skills course provides skills, knowledge and understanding that you may need in order to progress and succeed in education, work and life. The Functional Skills qualifications supports the development of practical skills in English, Maths and ICT, and is designed to help learners gain the most out of work, education and everyday life. There's a strong focus on explanation and problem-solving, with a choice of paper assessment or on-screen, on-demand assessment. The course runs at Brighter Futures on a Wednesday.

Incredible Years

For parent/carers with children from two to six years (strategies can be adapted for children younger and older)

Incredible Years is designed to promote positive parenting strategies to assist parents in managing children's behaviour problems.



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Circle of Security

For parent/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 parent/carer's abilities to observe and improve their care giving capacity. Video is used throughout to illustrate examples of different interactions and the principles central to Circle of Security parenting.

Wants and Wishes

For parents/carers with children of any age

This looks at the parent/carer's strengths, skills and resources, enabling people to look at the difficulties and challenges they face in their own lives. Individual and group activities and discussions encourage you to focus on the choices you have made and the goals you set in order to make changes in your life. Various tasks encourage self reflection and evaluation which can help build self-esteem and self confidence.

This course is further developed with Making Changes.

Making Changes

For parents/carers with children of any age

(also available in Portuguese)

Following on from Wants and Wishes, this focuses on building one's self-esteem and self confidence and provides an opportunity for second chance learning. It's broken down into different blocks of sessions featuring various elements including effective thinking skills, self-reflection and mindfulness which can help lead on to further training and qualifications or preparation for employment or returning to work.

Portuguese-English courses

FLEXIBLE

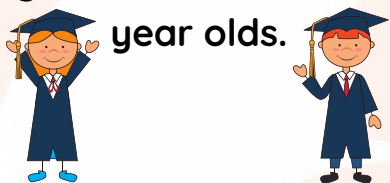
These sessions are led by a bilingual Brighter Futures' facilitator and qualified teacher. The aim is to help those with a basic knowledge of English develop their language vocabulary and skills.



Can you support us?

Even a **£5 or £10** donation per month could help us to buy:

Two new blue
Physibods graduation
gowns for our 3 to 4
year olds.



Sand to fill our creche
sand pit with toys to
play with



Arts and crafts for
our Wants and Wishes
programme



Sponsor a Dad's club
trip and outdoor
activity

To help supply
handmade blankets
for our ABC and
nurturing programme



£4,000

It currently costs £4,000
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.





Standing Order Authority

Please fill out the form in **BLOCKED CAPITALS**

Please don't send this form to your bank, please return it to:

Brighter Futures, The Bridge, Le Geyt Road, St Saviour, Jersey JE2 7NT

Your name

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Your address

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Your email

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Would you like to receive our email newsletter including details of upcoming events?

Yes ☐ No ☐

Your telephone

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Bank name

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Bank address

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Name of bank account

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Bank account number

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Sort code

.....

Please transfer the sum of: £

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On the (insert date) of each month until further notice

.....

To:

.....

Lloyds Bank international Ltd, P O Box 10, 9 Broad St, St Helier, Jersey JE4 8NG

.....

For the credit of:

Brighter Futures. Sort code 30-94-61. Account number 57656168

Signed

.....

2nd Signatory
(if applicable)

.....



Brighter Futures

How to find us

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

The Bridge is based on the site of the old St Mark's Primary School on Le Geyt Road.
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



Email: info@brighterfutures.org.je

Tel: 01534 448487

For more information please visit.

www.brighterfutures.org.je

Registered Charity No: 204



BrighterFuturesJersey

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