



Brighter Futures



**PROGRAMME
BROCHURE**

*Creating Brighter Futures
for families in Jersey*

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



Are you struggling with parenting and life challenges?

Do you need support?

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



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



WHO WE ARE & WHAT 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.

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
- Baby Time
- Mellow Parenting
- Growing Together
- Physibods
- ABC Programme - Achieving Better Connections
- R.E.A.L - Raising Early Achievement in Literacy
- A monthly Dads' Club

Wellbeing Programmes

- Relaxation Programme
- Mindfulness
- Walking Group
- Drawing and Talking
- Rest and Repair

Personal Development Programmes

- The Growing Together Study Group programme
- Functional Skills
- Circle of Security (English & Portuguese)
- Baby Incredible Years
- Incredible Years
- Dads' Incredible Years
- Wants and Wishes
- Making Changes
- Drama Group

Parent/Carer and Child Groups

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.

Baby Time

For parents/carers with babies from birth to 12 months

Baby Time groups were created for parents to have time to socialise and explore their babies development in a stimulating and nurturing environment, whilst supporting parental mental health and wellbeing in these very early stages. This 12 week course provides a gentle approach for parents before they move on to explore other programmes.

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' 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.

Parent/Carer and Child Groups

Growing Together

For parents/carers with children from birth to four years

This learning group is based on 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. Typically, once finishing this group, youngsters can then progress to Physibods.



Physibods

For parents/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 are comprised of fun, interactive physical activities, singing and developing co-ordination skills, balance and movement. During the term, children are invited to take books home 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 learned before they put on gowns to take part in a graduation ceremony in front of parents, charity patrons and invited guests which officially sends youngsters onto the next stage of their journey.

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

Parent/Carer and Child Groups

ABC Programme - Achieving Better Connections

For parents/carers to attend with a child from four to nine years

ABC aims to help children and parents to build positive relationships and strengthen attachment through 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 parents/carers with children from birth to three years

REAL- is a fun and interactive course for parents and their children to further develop early literacy skills. This includes a love of books and rhymes, mark making, exploring environmental print and early numeracy. We provide a range of literacy/numeracy events within The Bridge, as well as visiting different locations such as the beach, park and woods. This course is a great opportunity for parents and practitioners to support children on their journey to school.

Dads' Club

Drop in group - open to every Dad in Jersey.

All ages up to eight years

Dads' 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 their children. Brighter Futures' keyworkers and volunteers are also on hand for 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.

Wellbeing Programmes

Relaxation Programme

For parents/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 ups and downs. Sessions include massage, visualisation and breathing techniques.

Mindfulness

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.

Walking Group

For parents/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.

Personal Development Programmes

The Growing Together Study Group Programme

For parents/carers with children of all ages

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.

Functional Skills

For parents/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 and is facilitated by Fiona Cassels-Brown from Highlands College.

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. Video is used throughout to illustrate examples of different interactions and the principles central to Circle of Security parenting.

Personal Development Programmes

NEW Baby Incredible Years From birth to 6 months

This course focuses on supporting parents/carers to provide nurturing parenting to babies including: physical, tactile, verbal and visual stimulation, ideas to help cope with crying babies, safety proofing your home, and understanding the developmental needs of babies.

Incredible Years

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

This course focuses on supporting parents to develop strategies to build positive relationships with their child by focussing 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

NEW Dads' Incredible Years

'DADS' and male carers ONLY GROUP' on Wednesday evenings 7-9pm

The content of Incredible Years programmes include:

- Play
- Helping children learn
- Positive reinforcement
- Limit Setting: non-physical discipline alternatives
- Problem solving
- Effective communication skills and
- Supporting children's education.

The course will also support the Dad or male carer with specific issues. This includes empowering parents, collaborating, dealing with resistance, confronting, teaching, encouraging, supporting and advocating for parents and children.

Personal Development Programmes

Wants and Wishes

For parents/carers with children of any age

This looks at the parents/carers 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

Making Changes focuses on building your 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.

Drama group

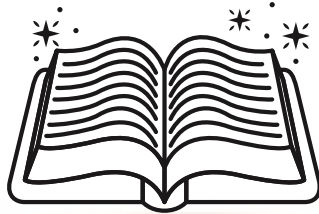
For parents/carers with children of any age

The Drama group is a yearlong project with sessions led by Daniel Austin, Director of the Jersey Arts Centre. It is a very therapeutic and empowering group where clients share their day-to-day stories. This is done in a private and confidential setting using conscious streams of writing, to create a script which clients learn, with a plan to perform at the Jersey Arts Centre. A great group to work on your anxieties, build confidence and make friendships.

Creche spaces are available.

Client feedback

STORY CATCH



"I don't have family in Jersey and so my Keyworker helps me a lot. We speak every week and asks if everything is ok and if I need anything, she empathises with everything and is very patient. In fact I can talk to her about everything in my head that normally I wouldn't be able to share with others. She is supportive, kind and gentle".
Thank you 😊 you're fab!

"Brighter Futures were very practical in the support and explanation about child's brain development. This has given me understanding, tools and techniques to deal positively and effectively. Now I am able to talk through with my boy about what was making him mad, sad and angry and using soothing techniques has really benefited him.
Home life is much calmer, and he is much calmer and happier"

"I can't put into words, how utterly grateful I am for your help and support since I first came to Brighter Futures. I have gone through some of the most poignant times in my life, with my keyworker always catching me if I fell. I feel incredibly lucky to have been here, if only for a short time. You gave me confidence to accept my strength and move forward. I found my inner strength.
You have given my children their mother back".



Can you support us?

Even a **£5 or £10** donation per month could help us to facilitate;



Can you support us?

A range of items for our **creche** such as sand to fill our sand pit, seeds to grow flowers for the outdoor play area or books and toys.



Arts and crafts items for the children to use in our creche or therapeutic arts sessions.



New Physibods graduation gowns for our 3 to 4 year olds. Physibods is the stepping stone group leading the children from Growing Together to nursery. The structured sessions comprise of fun and interactive physical activities, singing and developing co-ordination skills, balance and movement.

£4,400

It currently costs **£4,400** 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.



Handmade **blankets** for our Achieving Better Connections and nurturing programme.



Sponsor a **Dads' club** trip and outdoor activity





Set up a regular gift to Brighter Futures

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

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Please transfer the sum of: £

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

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To:

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

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For the credit of:

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

Signed

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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 449487

For more information please visit.

www.brighterfutures.org.je

Registered Charity No: 204



BrighterFuturesJersey

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Brighter Futures Jersey

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