



Brighter Futures



PROGRAMMES BROCHURE

A Brighter Futures
journey to wellbeing

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

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Programmes List

Every client at Brighter Futures is allocated a key worker who will provide one-to-one support. In addition, the key worker co-produces a holistic package of support with the client and identifies programmes and groups that will meet their needs. All **25 programmes** are part of the below three strands and aid the whole family with their journey to wellbeing.

Parent/Carer and Child Groups

1. Baby Massage
2. Watch Me Play!
3. Growing Together
4. Physibods
5. Achieving Better Connections (A.B.C) Programme
6. Mellow Parenting
7. Raising Early Achievement in Literacy (R.E.A.L)
8. Trinity Gardening Club
9. A monthly Dads' Club (**Open to every dad in Jersey**)

Wellbeing Programmes

1. Brighter Storks - A Brighter Futures Perinatal Wellbeing Pathway
2. Massage
3. Mindfulness and Yoga
4. Walking Group
5. Drawing and Talking
6. Heartmath / Healing Rhythms
7. Rest and Repair
8. Keep fit and dance programme

Personal Development Programmes

1. The Growing Together Study Group programme
2. Dads' Study Group
3. Functional Skills
4. Circle of Security (English & Portuguese)
5. Baby Incredible Years
6. Incredible Years
7. Wants and Wishes
8. Making Changes

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Parent/Carer and Child Groups

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. Watch me play!

For parents/carers with babies from birth to 4 years.

Watch Me Play! was developed as an intervention to promote child-led play, enhance relationships, and create a better understanding of each child's strengths and needs.

3. 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.

4. 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 borrow books to take home to read 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.

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Parent/Carer and Child Groups

5.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 using theraplay 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.

6.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.

7.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 accessing school in the near future.

Parent/Carer and Child Groups

8. Trinity Gardening Club

For parents/carers with children from birth to four years

Our Trinity Gardening Club, 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.
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' keyworkers 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.

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Wellbeing Programmes

1. Brighter Storks - A Brighter Futures Perinatal Wellbeing Pathway

For parents/carers

This 12-week rolling pathway, **Brighter Storks**, will introduce mum-to-be to taster sessions of our wellbeing 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.

Week 7 we hold an information morning where we invite relevant agencies to come and meet our families. These include representatives from Speech and Language, Midwifery, Health Visitors, MIND Perinatal practitioner, plus many more. This multi-agency format will give mum-to-be the opportunity to talk and ask questions and so aid her with a good understanding of other services available in Jersey.



2. Massage

For parents/carers

Massage has many health benefits that can 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.

4. 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. Research indicated that physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed to recover.

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Wellbeing Programmes

5. Drawing and Talking

For 6 years and up.

This is a method that uses simple drawing techniques and is designed to let a child process his or her feelings or worries, in a safe environment and at their own pace.

Drawing and Talking encourages each side of a child's brain to work together to process memories by combining:

- Drawing (creative) – which is a right-brained activity
- Talking (verbal) – which is a left-brained activity

Some memories may be combined with high levels of emotion which are stored in the right brain and may be expressed in visual form through the child's drawings.

Talking about the drawing allows a 'THINKING PROCESS' to take place which may help a child process their thoughts and feelings.

6. 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.

7. Rest and Repair

For parents/carers

Learn how to calm your mind through our 6 weeks relaxation/meditation course. Meditation is a gentle way to bring more peace and calm into your life. By balancing the nervous system, through relaxation techniques and focusing your mind in the present moment you can reduce stress and live a much happier and healthier life.

This is a 6 week course of an hour of deep relaxation with creche facilities available if required.

8. Keep Fit and Dance

For parents/carers

Regular physical activity 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 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.

2. Dads Study Group Programme

For male parents/carers with children of all ages

Communicating With Y
Scientists have recorded if clearly respond to different sounds with changes in the movement patterns and an responsive to the sound of
The conversations that y bump in the third trimester foundations for their soc development, as well as l skills and memory.
Your voice from

THE STUDY GROUP PROGRAMME

“You can’t teach children to behave better by making them feel worse. When children feel better, they behave better.”
- Pam Leo

Brain Architecture & Neuroplasticity
A great deal of brain architecture is shaped during the first five years of birth, but the window of opportunity for its development does N on a child’s fifth bir

90% of a child’s brain development happens before age 5

Talk About Feelings & Mirror Facial Expressions
Becoming comfortable with you own emotions, however strong, is the key to being able to contain and soothe your child’s emotions. <https://www.youtube.com/watch?v=3XN1u0d0Zm4>

How Are You Feeling Today?

TALK WITH CHILDREN ABOUT THEIR FEELINGS
NAME EMOTIONS
DON’T CLASSIFY EMOTIONS AS GOOD OR BAD
PRAISE THE CHILD FOR SAYING WORDS INSTEAD OF ACTING OUT
ASK HOW THEY FEEL
TEACH THE CHILD DIFFERENT WAYS TO DEAL WITH FEELINGS

Stages of Behaviour Change in Children & Adults
Research tells us that change is a process that has several predictable stages. It’s not as simple as black or white; do it or don’t do it.
Human beings are wonderful complex creatures

Emotional Needs of Children

Avoidance Emotions
Fear, Anger, Panic, Concern, Worry, Anxiety, Terror
Emotions are energy in the body therefore they are always moving. Allow and honour your emotions. Be curious and watch how they
• Practice healthy boundaries: if someone has harmed you, use your voice to feel and make a request of what you need to move forward. If you have harmed apologize and try to make amends
• Name it to tame it! Being able to label our emotions calms our nervous system
• Practice deep belly breathing - in through your nose and a longer exhale out
• Do not blame others for how you feel or allow others to blame you
• Give yourself permission to say no
• Put yourself and your needs first

MODEL SELF-CARE
The sign of great parenting is not the child’s behaviour.
The sign of truly great parenting is the parent’s behaviour.
(Andy Smithson 2020, inspiring.net)
MODEL SELF-CARE TO YOUR CHILD

Every Child Is Unique!
“A skilled five year old grows from a busy four year old, a curious three year old, a cuddled two year old, an adventurous one year old and a communicative baby.”
- Jenny Lindon

SELF-CARE CAN BE

EMOTIONAL NEEDS ADULTS must meet these needs for each child

Goal of YOUNG ADULT

Self-actualization: I can Express Myself! My feelings, thoughts or ideas about who I really am on the inside

Esteem: Competent: I am good at something. Respected from others: people care about my thoughts and feelings

Love/Belonging: Loved: they will still like me even if I make mistakes. Part of a group or family: do I fit in somewhere??

Safety: Safe Base: somewhere I can go to re-charge and be myself. I feel protected: someone will come to my rescue if I need it

Physiological: My body is healthy. My brain is calm. I can eat, sleep and poop

#1 Cared for by adults **#2 Accepted by peers** **#3 Competent at something**

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Personal Development Programmes

3. 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 Highlands College.

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

5. 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.

Personal Development Programmes

6. 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

7. 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.

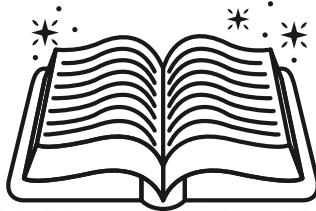
8. Making Changes

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.

Client feedback

STORY CATCH



"I feel always feel welcome at Dads Club. Its lots of fun and really beneficial for me and my children. and Its **given me the confidence**, I never had before and we spend valuable time with other kids & Dads.
Thank you so much for everything!!!"

"I came to Brighter Futures suffering with **Post-natal depression and anxiety**. I didn't feel very confident as a mum and struggled with things. I didn't have other people around me who I could talk to. Since coming here, I have felt supported, just knowing that I have someone at the end of the phone who I can talk to is huge. Its wasn't always about the conversation for me it was just knowing I had some who I could call if I needed to. My keyworkers have helped pick me up emotionally and made me smile".

"The courses which I have attended have been amazing and very much appreciated I have been able to look differently on many occasions of on going events which have happened over this current year and been able to let go of previous years experiences.
Just being able to sit there and **talk freely and without judgement** to my keyworker and have a good cry has been a god send.
You have been there for me which I really appreciate, thank you."

"I struggled with my **mental health and my anxiety** was affecting how I was as a mum. I struggled to manage my feelings and parenting was a challenge. My key worker has been amazing and put me on the right parenting courses to help me. I have a lovely relationship with my son, and I feel confident in dealing with life situations now".

OUR CRYSTAL YEAR

Your donation of £5, £10, or £15 per month will help us support even more families.



#ourcrystalyear

PLEASE HELP A FAMILY IN JERSEY TO HAVE A BRIGHTER FUTURE

Become a regular supporter. 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.

<https://www.brighterfutures.org.je/donate/>

Messy play

resources for our creche such as sand and toys to fill our sand pit.



Plants and seeds to grow in our Trinity Gardening club.



Sensory equipment for our sensory rooms.



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.

£5,000

It currently costs £5,000 to support a family for a whole year.

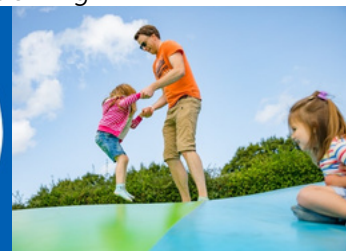
If you would like to sponsor a family, part sponsor or support our work in any way, just fill in the form on the opposite page and state your desired regular donation.



Equipment for our imagination area and home corner



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



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



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

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Branch Sort Code

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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
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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.

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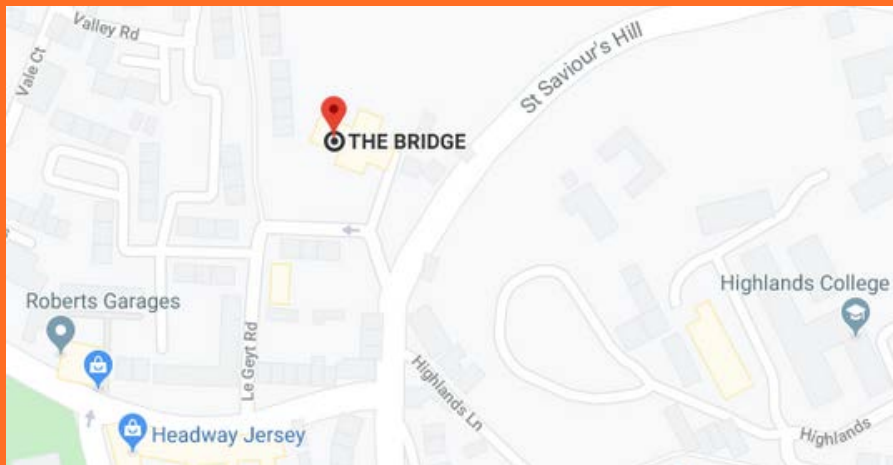
Brighter Futures

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



what3words ///blazers.broke.bright

Email: info@brighterfutures.org.je

Tel: 01534 449487

For more information please visit.

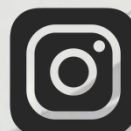
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