

## PARENTING PROGRAMMES CHOICES FACT SHEET

Over the years your family may use a range of services. As your family grows both you and your children will have different needs. We hope that this fact sheet will inform you of the parenting programmes that exist within Caerphilly County Borough giving you an informed choice that is best suited to your needs and those of your child.

**Bookstart** supports under 4's and their parents encouraging them to enjoy songs, rhymes, craft activities, games and refreshments. Come and join in the fun. Call for further details.

Tel: 01685 843065 / 01495 235562

**CAMHS** is a county wide psychiatric service for children and adolescents served by 5 community teams and 2 day units. Ty-bryn (adolescents) and Pollard's Well (children). The service is for children, adolescents, families and professionals in related child and adolescent fields of work.

Tel: 029 20 888 904

**Caerphilly Children's Information and Advice Service** can help parents and carers when families first discover that their child has a disability. Providing up to date information packages covering a range of conditions that are accessible to parents.

Tel (029) 20 867 447

### **Creative Play Project and Resource Centre**

Provides an exciting range of materials that are either unavailable or too expensive for many groups to purchase.

Tel: 01443 863540

### **Educational Psychology**

Advise and support parents with regard to literacy, numeracy, language development and good early years practice.

Tel: 029 20 85 88 00

**Family Group Programme** help parents develop confidence in themselves as individuals and become more assertive in their role as a parent. Offering support and information regarding health, education, money and parenting. Tel: Caerphilly 029 20 85 25 50

Tel: Risca 01633 61 58 59

Tel: Fochriw 01685 84 06 35

**Health Outreach** can provide home visits by Health Visitors, Midwives and family support workers. Developing smoking cessation packages for antenatal mothers, breast-feeding support groups and behaviour groups. Tel: 029 20 887 046 / 029 20 865 180

**Homestart** is a voluntary organisation offering support, friendship and practical help to families at home to children of five and under, who feel extremely overwhelmed by the stresses of family life. Workshops on post natal depression and literacy problems – crèche available. They can start their visiting from pregnancy until the child begins school. Supporting parents

Tel:

Cwm Rhymni - 01443 87 52 20

Caerphilly Borough East - 01495 22 05 00

**Hub** is a mobile youth provision  
Tel: (01443) 86 31 94

**Language and Play** is a programme supporting literacy and numeracy initiatives in nursery classes, playgroups and parent and toddler groups.  
Tel: 07899986084

Law yn Llaw enables children with behaviour and emotional difficulties to access their local playgroup. Operating and implementing a fully bilingual policy to enable children to access Welsh and English Playgroups.  
Tel: 01443 477 159

**Lone Parent Advisers** provide support for lone parents in receipt of Income Support, to gain and sustain suitable employment ensuring they are financially 'better off'. New Deal for Lone Parents can help parents to claim the benefits/incentives they are eligible for when they go into work. Lone parent advisers in Job Centres.  
Tel (029) 20 42 42 41

**Parent Network** gives parents a voice. Supports families of children with special needs.  
Tel: 01443 875 444

**Right from the Start (RftS)** is a parenting programme available for all new parents. Trained Community Parents visit families in their own homes on a voluntary basis, they can visit from pregnancy until the child begins school. RftS supports parents enabling them to have the confidence they need to understand their growing baby's needs as well as the need of other family members.  
Tel: 01443 879426

**Snap Cymru** offers information, advice and support to families of children who have, or may have, special educational needs. Snap gives parents a voice whilst encouraging partnership.  
Tel: 0845 122 86 73

**Young Mums Project** helps young teenage mums continue with their education, learn new skills and have some fun. Transport and crèche provided in some areas. The project identifies expectant and nursing mothers of school age and makes contact. Establishes support groups offering tutor input, mentoring, parenting support classes along with a wide variety of life skill opportunities.  
Tel (029) 20 86 72 73