



Celebrating 24 years of working with & supporting families

Centre for Fun and Families Ltd

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Referral Information for Parents and Carers

The Centre for Fun and Families Ltd has been running parenting groups for over 24 years and has helped hundreds of parents to manage and cope with a wide range of difficult and worrying child and teenage behaviours.

We believe that parents and carers have the most knowledge about their child and our group work programmes aim to help members with their difficulties by providing:

- A safe place to share views and feelings
- Support
- The opportunity to look at some possible reasons for difficult behaviours
- A chance to share ideas and approaches that have helped others
- A place to work out personal solutions to worrying behaviours
- A focus on communication and listening skills
- The opportunity to develop strategies that can help
- The chance to enjoy some laughter along the way

To book your place on a group please complete the referral form with as much information as you can. If you have ANY queries, you can contact a duty worker at the Centre on Monday to Friday, 9am to 1pm on 0116 2234 254.

You can then send your completed referral form to us by:

Email: centre@funandfamilies.org.uk

Post: 177 / 179 Narborough Road, Leicester, LE3 0PE

All parents and carers who express an interest in joining the group will receive a home visit from one of the group's facilitators. During the home visit you can ask any questions or concerns you have about the group or discuss any barriers that might need to be overcome in order to enable your attendance.



Our Groups

If you decide you would like to join the group we need you to commit to attending every session. You will begin by getting to know the other group members and then by identifying the behaviours that are concerning you most.

Over the weeks we will look at the strategies that you and other group members, or Centre staff, have found can make a positive difference, but **you** will decide what approach is best with your child.

On completing one of the Centre's groups, overall parents have reported a 50% reduction in the difficulties that led them to joining; improved relationships with their child; increased coping abilities and less stress.

By attending one of our groups you will discover that you are not alone.

Testimonials

What parents have said about our previous groups ...

"I am calmer; I listen and respond differently. There is less shouting and I try to be more understanding."

"I am more proactive, calmer. I have better self-awareness. I am able to negotiate and to praise positive behaviour."

"I liked meeting new people and sharing experiences."

"I liked being looked after and thought about; being listened to and heard. Getting some good parenting advice and helpful tips. Being understood and not undermined."

"I could identify with people when sharing their problems. I didn't feel judged. I found the group encouraging."

"I liked the fact everyone had similar issues. No one judged each other."

"I loved all of it!!"

"It was easy to open up to everybody; it felt reassuring that I wasn't alone."

"I really enjoyed this course as it focused on the parent's side as well as the child's point of view."

"I would definitely recommend this course."

"I built confidence within myself and my parenting skills."

"It has helped me try new techniques."

"It helps you to realise that you're not the only one with the difficulty you have."

"We wanted the answers straight away but there were many steps to take before solving the behaviour problems and each step made a difference."