

## How to get involved:

If your organisation works with families and you would like to adopt SFP as part of your service delivery, a designated member(s) of staff can avail of the two day free training delivered by DHC.

Your SFP trained member of staff can then refer families on to the programme.

**SFP is purely dependent on interagency work.**

“It’s not about behaviour management, it’s about giving parents skills, the message to the parents was always about the importance of their relationships and how the quality of those relationships can change behaviour and we know that all higher level outcomes are based on positive relationships”

## Added Extras:

- Healthy evening meal and snacks.
- Childcare facilities are available for younger family members.
- Transport where needed to and from the venue.
- Families will receive incentives as part of their continued attendance on the programme.

If you have any further queries regarding the programme please contact

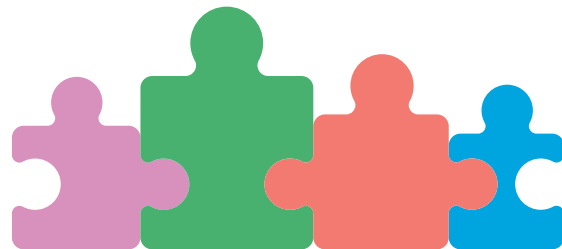
Strengthening Families Co-ordinator: **Leona Scott**

Tel: **028 7161 1384** or **074 0305 0507** or

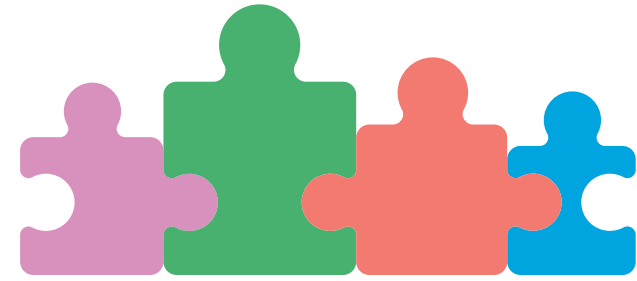
email: **Leona@dhcni.com**

 [www.dhcni.com](http://www.dhcni.com)

**Derry Healthy Cities**  
‘Registered with the Charities Commission for Northern Ireland NIC101856’



**Strengthening Families Programme**



## Strengthening Families Programme Information for Organisations



 [www.dhcni.com](http://www.dhcni.com)

**Derry Healthy Cities**

‘Registered with the Charities Commission for Northern Ireland NIC101856’

 **Public Health Agency**

Project supported by the PHA

Lilac Villa, Gransha Park, Derry/Londonderry. BT47 6TG

Tel: **028 7161 1384** Email: **Leona@dhcni.com**

## What is the Strengthening Families Programme (SFP)?

SFP is an inclusive evidence-based parenting programme, designed to promote the protective factors which are associated with good parenting and better outcomes for children.

Delivered over 14 sessions SFP works with the whole family by improving relationships, parental bonds and parenting skills whilst improving social and life skills for the young people participating.

### Benefits for families:

Evidenced outcomes of the programme include:

- 1 Increased family strengths and resilience.
- 2 Reduced risk factors for problem behaviours in children.
- 3 Improved family relationships, parenting skills, and young people's social/life skills.

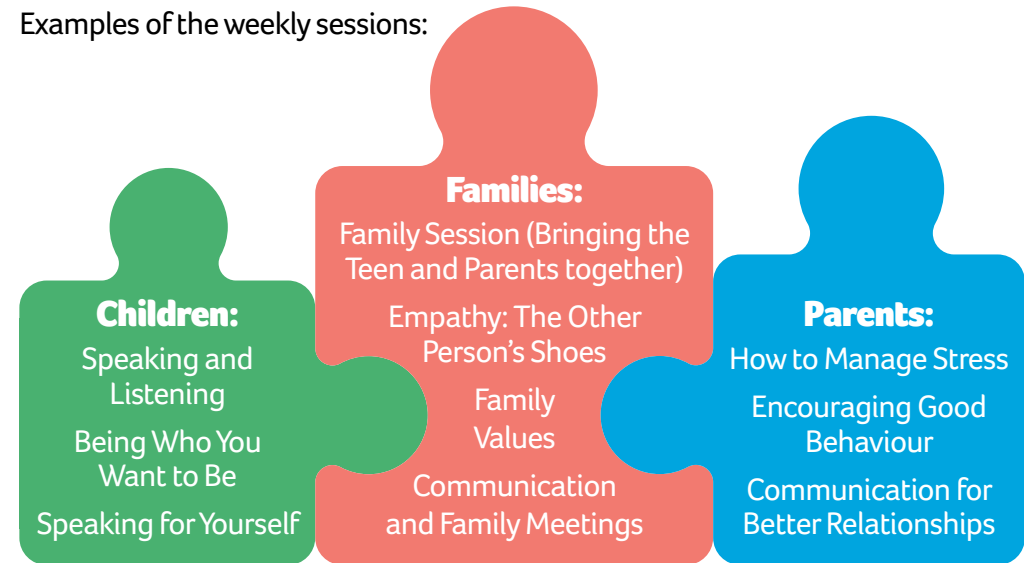
### Benefits for organisations:

- Access to a free evidence based programme to complement/enhance existing service delivery.
- Facilitates greater interagency working.
- Upskilling and professional development for staff.
- Free training programme.
- Access to additional free training.
- Improved outcomes for your service users.



## Topics covered during the 14 sessions:

Examples of the weekly sessions:



## What is required from your organisation/agency?

- Release staff for 2 full days free SFP training.
- SFP Trained staff available to contribute to the delivery of a 14 week SFP.
- Recruit and support families for SFP, complete referral forms and support families throughout the programme.
- Agencies are asked to view SFP as an integral part of their service and therefore any policy in relation to time off in Lieu should be negotiated between staff and management.

**SFP provides a unique opportunity for service providers to access a free programme to compliment their current service delivery.**