

## Information for Elected Members – Scrutiny Committee



## Contents

Introduction.....	3
Key Points / Effective working.....	3
Examples of Groups operating at the centres include;.....	4
Early years Provision.....	4
Added Value / Partnership Working.....	5
Aspire foundation Nurseries.....	6
Parenting Courses Cheltenham & Tewkesbury.....	6
Healthy Relationships Programme.....	7
The Healthy Relationships Education Programmes:.....	7
Healthy Relationships Key Stage 2 Programme.....	7
Dad Matters.....	8
Aspire Foundation and Dad Matters.....	8
Aspire Foundation Timetable for Autumn 2023.....	10

## Introduction

Gardners Lane and Hesters Way are two of five Children and Family Centres currently operated by Aspire Foundation as part of the Targeted Family Services contract on behalf of Gloucestershire County Council.

Key to the success of both centres is the co-location and partnership working between Aspire and other professionals, which includes Health Visitors and Midwives.

This close working relationship underpins effective relationships between colleagues as well as joining up support as many families who attend the centres are engaging with more than one professional. This approach supports the drive to create an integrated approach to work with families whose children are aged 0-11.

## Key Points / Effective working

- Our current targeted provision offers a blend of group work and individual family support at levels 3 and 4.
- Midwifery – Meet the Midwife sessions, advice, appointments and pre-natal classes are delivered at both sites and opportunities to collaborate / joint work share good practice are developed where possible.
- Health Visiting appointments, Baby Hubs - weight clinics and advice sessions are delivered at both sites; and opportunities to collaborate / joint work and share good practice are developed wherever possible.
- Speech and Language appointments. As this service is located within the centres there are opportunities for our Early Years staff to discuss concerns at an early stage and seek advice on good practice to implement within our services at an early age.
- Breastfeeding Support Groups, operate at both sites.
- The co-location of services as mentioned above provides many parents with an early introduction to the Children and Family centres and helps create a sense of a “safe space” for many families should they need further support in the future.
- Many families begin by visiting the centres to attend midwifery, baby clinics and child development checks and progress on to joining groups for babies and very young children, and further enrolling their children at our Early Years settings.
- Families join Stay & Play groups which are delivered through a combination of our own Community Family Worker project and an external provider. Positive feedback from parents has highlighted the difference this has made for them, including benefits to their well-being and opportunities to develop friendships and peer support networks.

### Examples of Groups operating at the centres include;

- **Universal Groups:** (Family Time - CCP / Peep Stay and Play – GCC/ Dad Matters – Home Start/ Best Start/Bump Start – Aspire/ Summer Stay and Plays and Messy Play Sessions – Aspire, HAF – Aspire Summer Holiday Scheme)
- **Targeted Groups by Aspire:**( Young Parents-supported by Thriving Communities Grant (9k) / Targeted Family Time/ Solihull Parenting Groups and 1:1 support / ACES Recovery Toolkit/ Young Carers - commissioned by Glos Young Carers)
- **Targeted Groups by Partners:** (Mothers in Mind – Home Start/ Rainbows, Peer support group for children with autism and their families / Early Start Groups -GCC Early Years' Service / SCASS provision - GCC/ Young Carers Kids Time – Young Carers Gloucestershire)

### Early years Provision

- The co-location of Early Years provision within the Children and Family centres has significant benefits and supports a holistic approach to the support children and families receive.
- Gardners Lane & Hester's Way Children & Family centres offer a variety of groups and EY nursery provision for families within their communities.
- All Aspire Early Years provision has been rated 'Good' by Ofsted. Children attending the nurseries are supported by qualified, experienced and skilled EY practitioners who build positive relationships with parents and carers and work closely with our Family Support staff and multi-agency professionals such as Health Visitors and Speech & Language therapists.
- Our Early Years provision is aimed at local children living in some of our most disadvantaged communities (IMD 2019). The Foundation's nurseries are focal points for the local community, providing opportunities for parents to develop informal peer support networks and find out about services available. This reduces social isolation and fosters community cohesion.
- Children attending nursery benefit from high quality education which supports their physical, cognitive, emotional social and language development. This equips children to participate positively in education, enhancing their self-esteem and confidence, allowing them to interact constructively with peers and adults within social constructs.
- Longitudinal studies demonstrate that children who attend high quality nursery provision have improved life-chances, are more likely to be economically active and contribute to society over their life span.

A specific benefit over the last year has seen increased early identification of children with additional needs gaining support in preparation for transition to school.

#### Added Value / Partnership Working

- Aspire continues to play an active role in strategic and local planning groups.
- This includes, NCLB / Cheltenham Community Partnership / DA Operational Group/ Pre-Birth Panels / TPPB / Migrant Welfare Re settlement group / TALC / Early Years Provider Forum / Schools Forum / Know Your Patch Meetings, as well as TAF, CIN, CP and SEND meetings for individual children.
- This approach has resulted in a number of examples of effective co-ordination of 1:1 support and service delivery e.g., Early Years, Health Clinics, HAF, establishment of a Young Parents Group, and facilities for cooking for families in need.
- Through our ongoing relationships and close partnerships, we are able to support the effective and timely distribution of resources through centre staff in their local communities. These include Foodbank, Pantry and Energy vouchers, baby clothes and equipment (Gloucestershire Bundles), library books and food hampers.
- During winter 2022 Aspire distributed food vouchers on behalf of GCC to support families (£5,000) as part of the “cost of living crisis”.
- We also distribute Household Support Funding on behalf of Cheltenham Borough Council and Tewkesbury Borough to support families. In 2023/24 this funding will exceed £40,000 and provide much needed support to local families.

## Aspire foundation Nurseries

Our aim is to support children, families and communities to aspire and achieve. We help children and their families achieve their potential through play and learning opportunities.

### **Gardners Lane Children & Family Centre**

Gardners Lane  
Cheltenham  
GL51 9JW  
☎ 01242 252185

### **Hesters Way Children & Family Centre**

Dill Avenue  
Cheltenham  
GL51 0ES  
☎ 01242 222490

### **Coming Autumn 2023! Parliament Early Years**

Langtoft Road  
Stroud,  
GL51 1NJ

### **Rowanfield Early Years**

Alstone Lane  
Cheltenham  
GL51 8HY  
☎ 01242 524584

### **Noah's Ark Children & Family Centre**

York Road  
Tewkesbury  
GL20 5HU  
☎ 01684 276361

### **Coming Autumn 2023! Treetops Early Years**

Highfields  
Dursley  
G11 4NZ

### **Oakwood Children & Family Centre**

Clyde Crescent  
Cheltenham  
GL52 5QH  
☎ 01242 513010

## Parenting Courses Cheltenham & Tewkesbury

Aspire Foundation delivers parenting courses in Cheltenham and Tewkesbury children centres.

The Solihull Parenting Approach Is for parents and carers who want to know more about sensitive and effective parenting. It aims to develop new ways of thinking about parent / child relationships and provide the skills to help manage interactions, emotions and behaviour in a positive way.

Topics covered include:

- Tuning into your child
- Exploring feelings
- Parenting styles
- Communication
- Temper tantrums
- Sleep patterns
- Behavioural difficulties

Solihull Parenting Approach is delivered in all 5 Children Centres:

**Gardners Lane Children & Family Centre**

Gardners Lane  
Cheltenham  
GL51 9JW  
**01242 252185**

**Oakwood Children & Family Centre**

Clyde Crescent  
Cheltenham  
GL52 5QH  
**01242 513010**

**Brockworth Children & Family Centre**

Moorfield Road  
Gloucester  
GL3 4JL  
**01452 863617**

**Hesters Way Children & Family Centre**

Dill Avenue  
Cheltenham  
GL51 0ES  
**01242 222490**

**Noah's Ark Children & Family Centre**

York Road  
Tewkesbury  
GL20 5HU  
**01684 276361**

**Healthy Relationships Programme**

Through Healthy Relationships Program, Aspire Foundation aim to work with schools to give children the skills and knowledge to prevent the cycle of relationship abuse and keep themselves safe in the future.

**The Healthy Relationships Education Programmes:**

- Aim to promote healthy, respectful relationships
- Are for children up to age 13
- Are delivered in your school by trained members of our team
- All resources included
- Encourage and promote positive behaviors that will support young people to develop healthy and respectful relationships in the future.
- Packages of individual and small group support can be tailored to suit the needs of your children

**Healthy Relationships Key Stage 2 Programme**

Is for children in years 5 and 6 and can be delivered to a whole class or a group of pupils over a six-week period.

The programme explores beliefs, gender stereotypes and power and control in relationships using a variety of mediums and interactive activities to promote positive relationships and behaviour.

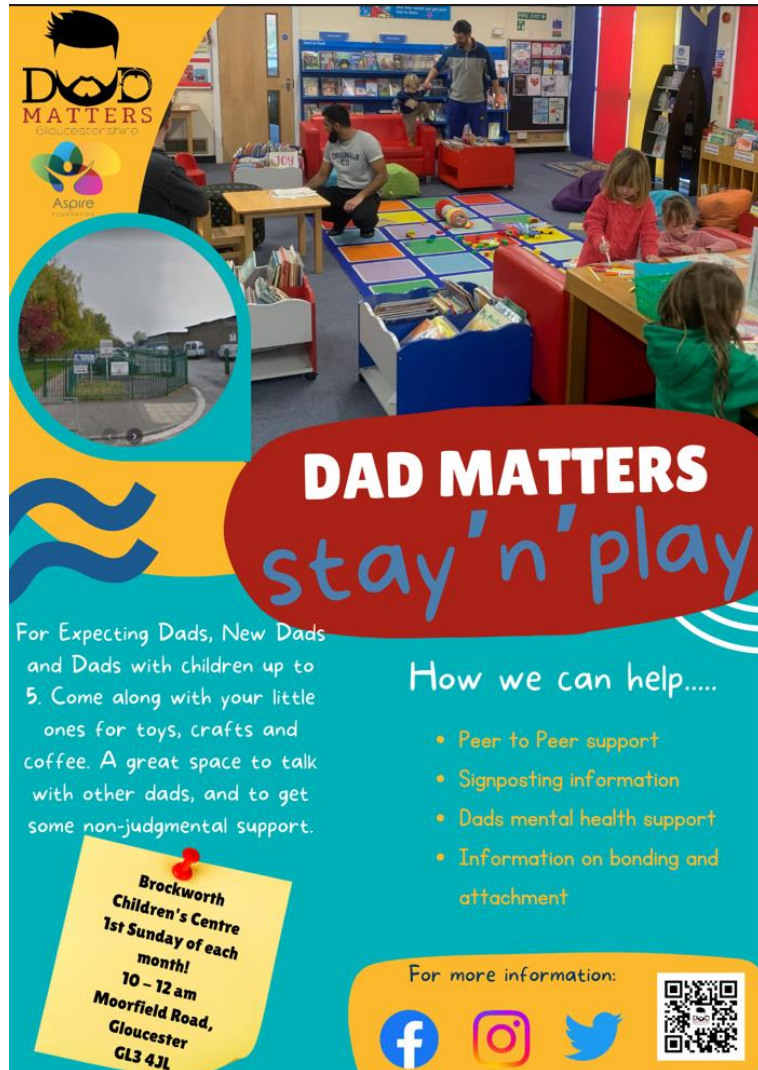
Topics covered include:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Bespoke packages of support for individuals or small groups are available to both male and female pupils who are experiencing or displaying harmful behaviours with peers, family members, online or within the community.



## Dad Matters



**DAD MATTERS**  
Gloucestershire

Aspire  
FOUNDATION

**DAD MATTERS**  
stay'n'play





For Expecting Dads, New Dads and Dads with children up to 5. Come along with your little ones for toys, crafts and coffee. A great space to talk with other dads, and to get some non-judgmental support.

How we can help.....

- Peer to Peer support
- Signposting information
- Dads mental health support
- Information on bonding and attachment

**Brockworth Children's Centre**  
1st Sunday of each month!  
10 - 12 am  
Moorfield Road,  
Gloucester  
GL3 4JL

For more information:

### Aspire Foundation and Dad Matters

For expecting dads, new dads and dads with children up to 5.

Can come along with their child/ren for toys, crafts and coffee. A great space to talk with other dads and to get some non-judgemental support.

There is also Wellbeing group for dads in Gloucestershire – Dad Matters Dad Chat

This is dads only mental health group provide safe space for fathers to discuss their mental health struggles with other men who understand what they are going through.






# Stay and Play

**Gardeners Lane  
Children's Centre  
Cheltenham GL51 9JW**

Every 1st Sunday of  
each month  
**10am-12pm**

**Soft play,  
sensory room,  
arts and crafts  
+much more**

**For dads  
with children  
aged 0-5**

**Book your  
free space at**  
[www.dadmatters.org.uk/Gloucestershire](http://www.dadmatters.org.uk/Gloucestershire)



**WELLBEING GROUP FOR DADS IN  
GLOUCESTERSHIRE**

**FOR EXPECTING DADS, NEW DADS AND  
DADS WITH CHILDREN UP TO 5.**



### Join us for our Dad Matters Dad Chat

Dads only mental health groups provide a safe space for fathers to discuss their mental health struggles with other men who understand what they are going through. These groups allow fathers to open up about their feelings, emotions, and experiences without fear of judgement. They can discuss the difficulties of balancing work and family life, as well as the unique challenges that come with being a father.

 1st and 3rd  
Monday every  
month. 7pm-8pm

 Gloucester/Stroud/  
Cinderford and  
Cheltenham

As fathers, men often prioritize the well-being of their children and partner over their own needs. However, neglecting one's own mental health can lead to further problems down the line. Joining a dad only mental health group can provide fathers with the tools to manage their mental health, allowing them to be better partners and fathers to their families.



To find the nearest group to you go to:  
[www.dadmatters.org.uk/gloucestershire](http://www.dadmatters.org.uk/gloucestershire)

## Aspire Foundation Timetable for Autumn 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Brockworth Children Centre- PEEP Stay and Play (10-11.30 am)	Gardners Lane Children Centre -Meet the Midwives 1 <sup>st</sup> , 2 <sup>nd</sup> , & 3 <sup>rd</sup> Tuesday of the Month 9.20-11am	Noah's Ark Children Centre- Baby Hub & Stay and Play (10-11.30) Joint with Health Visiting Team	Gardners Lane Children Centre – Young Parents (10 – 11.30am) (Invite Only)	Oakwood Children Centre– Baby Hub Stay & Play (9.30 – 11.30am)	Brockworth Children Centre– Dad Matters Stay and Play (10am – 12pm) 1 <sup>st</sup> Sunday of the Month
Gardners Lane Children Centre – CCP Stay and Play (10 am – 12pm)	Brockworth Children Centre- Targeted Family Time (10-11.30am) (Invite only)	Brockworth Children Centre- Baby Hub & Stay and Play (9.30-11am) Joint with Health Visiting Team	Hesters Way Children Centre – Mothers in Mind (1-2.30pm)	Gardners Lane Children Centre – GLOBES (10am – 12pm)	Gardners Lane Children Centre– Dad Matters Stay and Play (10am – 12pm) 1 <sup>st</sup> Sunday of the Month
Hesters Way Children Centre – Targeted Family Time (10-11.30am) (Invite only)	Hesters Way Children Centre – BAPS Group (10-11.30 am)	Hesters Way Children Centre - Baby Hub Stay & Play (1-2.30pm)		Hesters Way Children Centre – Stay & Play (9.30-11am)	Brockworth Children Centre– Dad Matters Stay and Play (10am – 12pm) 1 <sup>st</sup> Sunday of the Month
Noah's Ark Children Centre- Targeted Family Time (1-2.30pm) (Invite only)	Noah's Ark Children Centre– Stay & Play (10-11.30 am) Doesn't run on the last Tues- day of the month.	Gardners Lane Children Centre Targeted Family Time (1- 2.30pm)			
Hesters Way Children Centre -Dad Matters- Dad Chat (7-8 pm) (1 <sup>st</sup> Monday of the Month)	Gardners Lane Children Centre – Baby Hub Stay & Play (1-2.30pm)				
Brockworth Children Centre- Dad Matters- Dad Chat (7-8 pm) (1 <sup>st</sup> Monday of the Month)	Oakwood Children Centre Stay & Play (Aspire) (1- 3pm)				
Oakwood Children Centre- Young Carers (4.15 – 5.45pm) (Invite only, Specific dates)					
Gardners Lane Children Centre Rainbow Days (5-7pm) 1 <sup>st</sup> Monday of the Month	Aspire Foundation, Gardners Lane Children and Family Centre, Gardners Lane, Cheltenham, Gloucestershire GL51 9JW T: 01242 252185 E: <a href="mailto:info@aspirefoundation.org.uk">info@aspirefoundation.org.uk</a> W: <a href="http://aspirefoundation.org.uk">aspirefoundation.org.uk</a> Company Reg. No: 08440624				

