The Family will be running a 7 topic rota for promotional events; the rota will run every 2 weeks. In a year the promotional event for each topic will run 3 times.

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| 1. 6th February  | 1. |
| **Early years and direct play – 0-5**2yr sign up funding Demonstrations based on early years framework - tip sheetsInformation on children centres for that age group Book startHome safetyWelcome to the worldMagic 123Family Nurturing Fairer Start | The focus will be on 0 – 5 years looking at both services and support to deal with issues in this age bracket. Parenting groups will be promoted for this age and tip sheets around behaviour can be discussed and demonstrated. Ideas for direct play and distraction techniques will be demonstrated and tip sheets available.We will be asking other agencies to be there to support their area of service or to provide the information that we might share and promote on their behalf. |
| 2. 20th February  | 2. |
| **Health and well being**More lifeYoga session in back roomMental health and accessing therapyStop smokingChildren centresTip sheetsWii – fit boardTees ActiveFree weight management groups through GP | This will be looking at the whole self, physical, emotional and mindfulness, we will be giving demonstrations from yoga, aromatherapy along with suggestions on promoting one own positive wellbeing looking at exercise, diet and changes a person can make in their life. We have a wii fit board and demonstrations on using this for children and young people.  |
| 3. 5th March  | 3. |
| **Volunteering** Tasmin Hoque – 8243Central Stockton – volunteer programmePolicy Service areas, family team and what we can offer Dave Willingham – volunteersVolunteer – JSA (Ivan and Ian)Fairer start volunteersChildren Centre volunteer programmeCareers advisor | We will be promoting this using all the volunteer schemes we have available in Stockton and linking this with DWP, looking at the skills people have and what volunteer vacancy can support or build on their skills. We have developed a file with an identified plan of support and training from our area and will explain how this can be used to support our volunteers in gaining experience for employment.  |
| 4. 19th March  | 4. |
| **Family Activities available in Stockton and Teesside** Children centresYouth directionSIRFCarnivalLibrariesSwimming sessionsParks and picnic areasPrimary times and Raring to go School fares and fetesChurch activitiesGroups – for adults | Encouraging families to spend time together and take part in activities in and around Stockton, which are free or of a low cost, ideas for using parks and fields in alternative ways, making outings fun and cost effective. Providing information on our partner agencies and what is on offer. An opportunity to listen to families on things that they would like to see developed or available in Stockton, so suggestion box and a comment/compliments on those available that they have taken part in.Family activities also that they can do in their home, promoting interaction and conversation and positive relationships within families. The links between boredom and behaviour in children.  |
| 5. 2nd April  | 5. |
| **Cooking on a budget**Independent living groupRecipes and costingMore lifeFood banksTaster sessionsMenu plannerSeasonal shopping Grow your own – plot to plateFarm to fork – childrenFreezing cooking in batchesPortion sizingWeaning | Budget meals for a family of 4 which are both cost effective and nutritious, having tasters to try. Simple dishes that families can make. Using seasonable vegetables and fruits etc.Supporting and promoting community groups such as plot to plate. Teaching how to plan a menu, shop to a shopping list based on a menu to avoid waste of food and cost effective.Looking at portion sizes and healthier options to reduce sugar etc. Information on food banks and how to use processed food as part of the menu.Looking at groups and support available to assist parents in building on their skills and our independent living group for our young people. |
| 6. 16th April  | 6. |
| **Make your house a home**Renovate on a budgetFree cycleFree sites2nd hand shopsDemonstrations Stains and cleaning with house hold items | Give support and advice on how to furnish a home on a budget, information on free furniture websites and how to sell on things they may longer need. How to upcycle furniture with demonstrations on this.How to use household products to remove stains and clean a house, these are usually cheaper readily available and work.We will give demonstrations on how to make a pair of curtains from a flat sheet, how to make envelope pillow and cushion covers and how to upcycle a bedside cabinet. Renovating tips and ways to de-clutter and remove unwanted rubbish and items from the home.  |
| 7. 30th April  | 7. |
| **Budgeting and finances**Savings schemesTees credit unionCABDWPBenefit adviceHousing, homeless,Understanding being a tenant – landlord responsibilitiesUtilities and options – fuel savingsBank account – how to openDebt management and consolidationLoan sharks | Supported by both DWP and CAB information and support will be available on benefits, debt and managing finances. Promoting savings schemes through organisations such as Tees Credit Union so that at Christmas etc families can prepare for the additional costs.  |