



## Central Family Wellbeing Summer Timetable

The summer timetable will be delivered in line with government guidelines, alert levels and the local R rate.

| Week no         | Monday<br>Venue Netherton/Virtual                    | Tuesday<br>Venue Netherton<br>Outdoors | Wednesday<br>Venue/Virtual  | Thursday<br>Venue Thornton/Virtual                      | Friday<br>Venue Netherton/Virtual         |
|-----------------|--|--|-----------------------------|---|---|
| <b>Week 1</b>   | Art Attack<br>Transition Programme<br>10-11-year-old | Young volunteer<br>Programme 14+       | Employability Skills<br>16+ | IAPT Home Coaching<br>and exploring the<br>outdoors 2-8 | Health and wellbeing<br>Programme Parents |
| <b>Week 2</b>   | Art Attack<br>Transition Programme<br>10-11-year-old | Young volunteer<br>Programme 14+       | Employability Skills<br>16+ | IAPT Home Coaching<br>and exploring the<br>outdoors 2-8 | Health and wellbeing<br>Programme Parents |
| <b>Week 3</b>   | Art Attack<br>Transition Programme<br>10-11-year-old | Young volunteer<br>Programme 14+       | Employability Skills<br>16+ | IAPT Home Coaching<br>and exploring the<br>outdoor 2-8  | Health and wellbeing<br>Programme Parents |
| <b>Week 4</b>   | Art Attack<br>Transition Programme<br>10-11-year-old | Young volunteer<br>Programme 14+       | Employability Skills<br>16+ | IAPT Home Coaching<br>and exploring the<br>outdoors 2-8 | Health and wellbeing<br>Programme Parents |
| <b>Week 1-4</b> | Summer Food  | Summer Food                            | Summer Food                 | Summer Food   | Summer Food                               |



| Intervention                                  | Description  | Target Group   | Dates of delivery  |
|---|--|--|--|
| Art Attack Transition Programme               | The art attack programme will help prepare children who are moving into secondary education. A central feature of the programme will be to help smooth transition and assess their wellbeing through art.  | The programme aims to engage children 10+ who are transiting into secondary school in September 2020. 4 sessions will be offered to 4 closed groups. | Monday 03.08.2020<br>Monday 10.08.2020<br>Monday 17.08.2020<br>Monday 24.08.2020             |
| Young volunteer Programme 14+                 | The aim of the programme is to engage young people in a volunteering programme accredited through Princes Trust. A central feature will be to create a wall mural at Netherton Family Wellbeing Centre in partnership with Housing options.                          | The target group for the programme will be young people 14+ who are open to Early Help Services across central.<br><br>Closed group for 4 weeks.     | Tuesday 04.08.2020<br>Tuesday 11.08.2020<br>Tuesday 18.08.2020<br>Tuesday 25.08.2020         |
| Employability Skills                          | The aim of the programme is to develop confidence, increase awareness around the range of employment options. CV writing and Interview skills will be a central feature of the programme and will be delivered in partnership with Sefton @ Work and Adult Learning. | The target group is 16+ including parents and carers across central. 4 sessions will be offered to 4 closed groups.                                  | Wednesday 05.08.2020<br>Wednesday 12.08.2020<br>Wednesday 19.08.2020<br>Wednesday 26.08.2020 |
| IAPT Home Coaching and exploring the outdoors | The aim of the programme is to give the families an introduction into the incredible years parenting programme. A central feature of the programme will be to engage the families in a range of practical activities outdoors.                                       | Target group will be for parents with children 2-8 years.<br><br>Closed group for 4 weeks maximum of 10 parents.                                     | Thursday 06.08.2020<br>Thursday 13.8.2020<br>Thursday 20.8.2020<br>Thursday 27.08.2020       |



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|--|--|--|---|
| Health and wellbeing Programme Parents | The aim of the programme is to improve the wellbeing of those in attendance whilst looking at ways in which we can look after our wellbeing, deal with life stressors, look at coping mechanisms and improve self-esteem and self-belief | Target audiences will be participants from Commit 2 Change, ACE's programmes<br><br>Closed group for 4 weeks | Friday 07.8.2020<br>Friday 14.8.2020<br>Friday 21.8.2020<br>Friday 28.08.2020 |
| Summer food                            | The aim of the programme is to provide meals to vulnerable families and children during the summer period.   | Target families who access free school meals.  | Monday – Friday   |