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Family life has become a little more complicated now that we have to respond to Covid-19. I am contacting you to let you know **Barnardo’s N.I. is here to support** parents throughout this challenging time.   
  
Strabane Family Centre and Strabane Family Support Hub can offer support via telephone to parents on a wide range of issues that they may be facing. If you or someone you know needs extra support we are here to help.  
  
Barnardo’s project workers are **trained professionals and are working remotely from home to offer s**upport around issues such as:

**STRABANE FAMILY CENTRE:**

* **Helping Children with Anxiety:**
  + **How to talk** to your children about the corona virus
  + Managing your child’s worries
  + Strategies for children to help them deal with anxiety, worry and stress
* **Managing children’s behaviours:**
  + Setting a good **routine**
  + Managing **aggression** and family discord
  + Establishing Routine
  + Positive Discipline
  + Play and special time with children to foster natural learning opportunities in the home
* **Building and strengthening the parent child relationship**:
  + Guidance using Five to Thrive Approach
  + Fun activities to promote positive interactions
* **Support for families whose children have ASD or are awaiting assessment**
* **Healthy eating**
* **Other support needs as identified by families**
* **STRABANE FAMILY SUPPORT HUB:**

Strabane Family Support Hub is still operating and accepting referrals for families and children who need support and signposting to relevant services (Tier 2 and below)

Contact with families will be made via telephone to carry out assessments and support offered as appropriate.

**Referrals for Strabane Family Centre or Strabane Family Support Hub can be made using the relevant referral form and sent to:**

**shauna.devine@barnardos.org.uk**  
  
**You can also contact Shauna Devine on 07809100511**

**AREA COVERED:**

WHSCT Areas