

Newry SureStart

Newry Surestart Family Support & Outreach Services

Do you sometimes feel stressed or anxious?

Is your child experiencing emotional health and well-being difficulties?

Do you need guidance on referrals and accessing services for educational needs and support for your child?

Do you think your child may have a learning condition such as Dyslexia, Dyspraxia, ADHD or Autism and you may need guidance for an educational assessment, a statement or diagnosis?

The Outreach Family Support Service at Newry Sure Start aims to enhance the emotional health and well-being of parents and their children (0-4 years) by providing a range of evidence-based well-being strategies, signposting to services and structured well-being plans (WRAP) & Parenting Programmes.

My name is Charmaine and I am one of the Parenting Project Workers with Newry Sure Start. I will provide parents with 1-1 support in their homes each week and will adopt a holistic and person-centred approach. It will enable and empower parents to better support their children, look after their own well-being and to understand and cope with their circumstances, through the intervention of the well-being strategies, signposting and guidance on accessing relevant services and the WRAP.

What are the strategies?

- Being Mindful of Your Own Self-Care
- A Positive Approach to Reducing Your Child's Anxiety
- Solution-Orientated Strategies (Time In v Time Out)
- Tips on Positive Parenting Skills
- Managing Your Child's Behaviour
- Developing Resilience
- Wellness Tools





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How can I help you with additional learning support?

- I can provide signposting and advice on the referral process to access appropriate professional and family health services.
- Guidance on IEP (Individual Educational Plans), Educational Psychology and Paediatric reports and how to access support before, during and after diagnosis.

What is WRAP?

‘WRAP is for anyone at any time. It will support you in being the way you want to be and doing the things you want to do’

WRAP is ‘Wellness Recovery Action Plan’ and it is CBT (Cognitive Behaviour Therapy) developed by Mary Ellen Copeland PhD. in 1997.

“When the group developed WRAP, I was so impressed, I went home and wrote one for myself. As I began to live WRAP, my life changed dramatically. Over time, I felt better and better.

WRAP is a way of life for me - a great life” M.E. Copeland. The WRAP is a self-management tool that is a practical aid which can allow emotional difficulties to become reduced. It can be used by parents to create a positive change in the way they feel, increase their enjoyment in life and make them more aware of how they are feeling. It can teach simple self-help skills for dealing with emotional difficulties. It allows individuals to develop a support system, using reflective exercises, creativity, diet, peer counselling and getting a good night's sleep.

WRAP will help you:

- Discover your own simple and safe Action Plan and Wellness Tools to enable you to respond positively to stressful circumstances.
- Develop a Daily Maintenance Plan which is a list of daily things to keep you focused and as well as possible.
- Identify early warning signs and triggers.
- Create and maintain a Crisis Plan to reduce anxiety and stress.
- Create a Wellness Toolbox which consist of things that have helped you in the past to stay well and may help you going forward. They can also be reminders of what to do in a crisis. These tools will help you to develop your own unique WRAP.