



Welcome to your monthly partnership newsletter which now includes information about what's available for parents and young people across Cheshire, delivered collectively by Just Drop-In, Visyon and Healthbox.



JDI services are on offer to young people aged 12-25 and parents living in the Old Macclesfield Borough (see map above).

Our courses for parents are available to anyone living in our footprint with children aged 8-25. To apply for a place, please email parenting@justdropin.co.uk for a referral form.

Mental Health Aware - Saturday, 18th September 10am-1pm (online)

Led by a qualified MHFA trainer, this course covers information on mental health issues, case studies and practical activities to gain confidence and awareness in supporting your child with their mental health.



2 Day Mental Health First Aid Course - Tuesday 27th and Wednesday 28th July, 9am-5pm (Face to Face, Macclesfield)

This accredited and certified course gives parents more information and tools to support their teenagers who may be struggling with mental health.

Sleep Workshop - Thursday 23rd and 30th September, 9.30am-11am.

Please note you must be able to attend both sessions.

This workshop covers the science of sleep, as well as practical strategies, tips and advice to support your child.

For more information, please visit <https://www.justdropin.co.uk/sleep/>.

HEALTHBOX COMMUNITY WELLBEING SERVICES JUST DROP IN VISYON

IN PARTNERSHIP AS SLEEPWELL CHESHIRE

Sleepwell CHESHIRE

Trained Sleep Practitioners working together to deliver free parent workshops to improve your child's sleep.

CALL 01625 665079

TEXT 07718 425405

EMAIL hello@justdropin.co.uk

Timid to Tiger - an 8 week course, starting Tuesday 5th October, 6pm - 7.15pm, running on each consecutive Tuesday (ending Tuesday 23rd November).

The course is an entirely parenting-based approach to managing anxiety in children (available to parents of children aged 8-12), and covers the following:

1. Introduction to the program

2. Securing the parent-child bond through non-directive play

3. Understanding your child's anxiety

4. Using praise to build children's confidence and using rewards to help your child's motivation

5. Setting limits on anxious children's behaviour and using withdrawal of attention to manage children's behaviour

6. Managing worry

7. Managing really difficult behaviour

8. Review and celebration



MENTORING

- 1-1 Mentoring for 12-25 year olds
- Practical & Emotional support to set and work towards personal goals
- Goals could be about improving school work, making friends, getting a job, anything at all that you want to work on!
- Regular connections
- Designed to be long-term – it can be over 12 months.
- Build up trust to access the support that works for you

 **Call:** 01625 665079
Text: 07718 425405

 **Email:**
Hello@justdropin.co.uk

Walking Group Returns!



We're excited to announce our walking group has returned for 18-25's and is running weekly from 2pm - 4pm each Tuesday. This fun, informal walk around the local area, starts and finishes outside our Duke Street premises in Macclesfield every week. If you would like further information, or to come along, please get in touch on 01625 665079 or via hello@justdropin.co.uk - places must be booked in advance to comply with our Covid guidelines.

MyPad

After a 14 month 'holiday' - our life skills kitchen has officially reopened!

We have some available slots for cooking sessions – they're a great way for young people to get involved and learn more about what we do at JDI.

Get in touch to book in!





TRAINING FOR WORKING WITH FAMILIES

AVAILABLE TO OUR PARTNER ORGANISATIONS, STAFF, SECA'S AND VOLUNTEERS



DESCRIPTION

Just Drop-In are excited to be hosting Helena Hodgeson, on behalf of The Counselling and Family Centre.

Helena is an MBACP qualified therapeutic counsellor working with families, individuals and C&YP, a clinical supervisor, and the manager of a counselling service in a primary school for a national charity. Helena has over 20 years of experience of working with children, young people and families in different settings.

Helena will be delivering 3 sets of 2 • consecutive full day (9.30-4.30pm) face to face training on various topics.

PRICING

£50 per session or £300 for all 6 sessions

Free to our Staff, SECA's and Volunteers

TRAINING DATES & TOPICS

FRIDAY 23RD & SATURDAY 24TH JULY 2021

Venue TBC

- Effective skills for professionals working with families
- How to involve parents therapeutically

MONDAY 9TH & TUESDAY 10TH AUGUST 2021

Venue TBC

- Working towards improving child and parent relationships
- Working with conflict between children and parents

WEDNESDAY 1ST & THURSDAY 2ND SEPTEMBER 21

Venue TBC

- Working with blended families
- Working with ethical dilemmas in families



Contact Details

Call: 01625 665079

Email: hello@justdropin.co.uk





Visyon deliver their services across **Cheshire East and the Staffordshire Moorland** areas, to both young people and parents.

To find out more about their service, visit <https://www.visyon.org.uk/>.



The following free course is available to all parents living in the above area. To apply for a place, please email parenting@justdropin.co.uk.



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Keep your eyes peeled for future newsletters to discover upcoming more services and courses from Visyon!



Healthbox provides health and wellbeing services to the **Cheshire West and Wirral** areas.

To find out more about their service, visit <https://www.healthboxcic.com/>.

Keep your eyes peeled for future newsletters to discover upcoming services and courses from Healthbox!

If you know a parent or professional that could benefit from receiving this monthly newsletter, ask them to get in touch and we will sign them up.

Keep up to date with what we're up to by following the links below to our social media channels...





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