

# Trafford Families

## Spring guide

### What's On

[Holiday Activities and Food Programme \(HAF\)](#)

[Easter Half Term Activities](#)

[Special Educations Needs and Disabilities Activities](#)

[Trafford Directory](#)

[Link Newsletter](#)

### Advice

For general advice for your family you can contact **Family information Service (FIS)** by telephone or by dropping into one of the community family hubs.

**FIS: 0161 912 1053**

**Open hours: 8:30 - 5:30 Monday - Friday**

## Support for parents, carers and families

Did you know we have Padlets - online bulletin boards - full of information about services available to support you and your family in Trafford?



Scan QR code or  
click on the titles to access



### Start for life

For families with children aged 0-5



### 5-11 and families

For families with children



### 11-25 and families

For children and young people and families



### Family help

On many topics ranging from parenting to cost of living, to gambling and smoking



### Educational SEND

For families whose children have special educational needs or a disability



**Barriers to education**  
and emotionally based school non attendance



### Mental health and wellbeing

Events, information and resources



# Support for Families

## Solihull Approach



Would you like to understand more about your child's development and needs? We have a fantastic selection of FREE online programmes that will help and guide you through - from baby and toddler to teenager! Click on the titles below to start exploring, using the code **WATERPARK** when asked. These are available in a number of different languages.

[Understanding your child - from toddler to teenager](#)

[Understanding your child with additional needs](#)

[Understanding your child's feelings](#)

[Understanding your child's mental health & wellbeing](#)

[Moving up to secondary school for children with additional needs](#)

To visit the full programme library click [HERE](#)

## Parenting Smart



Do you feel you would like some more support with your everyday parenting challenges and to strengthen your relationship with your children?

Parenting Smart is an online course which aims to give you the extra tools to achieve just that. The course is free and available to Trafford residents.

The Place2Be website is also jam packed with short videos and practical tips to support your child's wellbeing and behaviour.

Click [HERE](#) for Place2Be website





## Triple P



Is your child's anxiety causing you concern and you would like to help them? Are they aged between 6-14? Triple P Fear - less is an online course designed to support parent carers to manage their child's anxiety more effectively.

Visit their **Website:** [Fear less](#) for more information.

**Contact us on:** [online.parenting@trafford.gov.uk](mailto:online.parenting@trafford.gov.uk) to fill in a short survey and to receive your FREE code.

## EPEC - Empowering Parents, Empowering Communities



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES

EPEC provides local parents/carers with an opportunity to learn the skills needed to deliver a program in their community which supports families strengths and improves wellbeing.

For more information click [HERE](#) to visit our website. Or email Trafford's Parenting Co-ordinator, Helen on [epec@trafford.gov.uk](mailto:epec@trafford.gov.uk)

## Trafford Sleep Services



Is your child struggling to sleep? Is their bedtime routine a challenge? Don't worry, Trafford Sleep Services are here to help. They provide webinars for parent carers with information and strategies tailored to suit children 2+ and those with additional needs.

Click [HERE](#) to book on to one.



# Relationships Matter

## One Plus One Resources



We know how difficult and stressful parental relationships can be, whether you are together or apart. The **One Plus One online courses** aim to support parents with advice and skills to work through difficulties and conflict. There are 4 online courses listed below which you can both access for **FREE**.

Me, you and baby too (new parents)  
Arguing better (intact couples)  
Getting it right for children (separated parents)  
Debt and relationships

## Trafford Community Collective



Our aim in Trafford is addressing parental conflict and the impact it has upon children.

Whether you're parenting together or apart, there is support you can access.

### **Reducing Parental Conflict – help and support**

## Separating Better App



Are you a parent going through separation? Separating better is a **brand-new FREE** mobile app, designed to help guide you through the separation process, find effective ways of co-parenting, and sort out disagreements.

# Other Information

## **Cost of Living Support -**

Find resources and services in Trafford to help you and your family make the most of your money.

**[Cost of living help and resources](#)**

**Housing Benefit and Council Tax Support -** Find support on what benefits you may be eligible for, how to claim or register a change in circumstances.

**[Housing Benefit and Council Tax Support](#)**



**WE WANT YOUR  
FEEDBACK ON  
FAMILY SUPPORT  
IN TRAFFORD**

Trafford Family Help commissioners are gathering your thoughts on our current family help offer

Can you spare up to 10 minutes to complete a short survey to help us understand the awareness and effectiveness of current service to help shape future support

**CLICK HERE TO  
COMPLETE THE  
SURVEY**



**YOUR  
OPINION  
MATTERS**