

TRAFFORD FAMILIES *Summer Guide*

What's On

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

[Summer Holiday Activities](#)

[Special Educations Needs and Disabilities Activities](#)

[Trafford Directory](#)

[Link Newsletter](#)

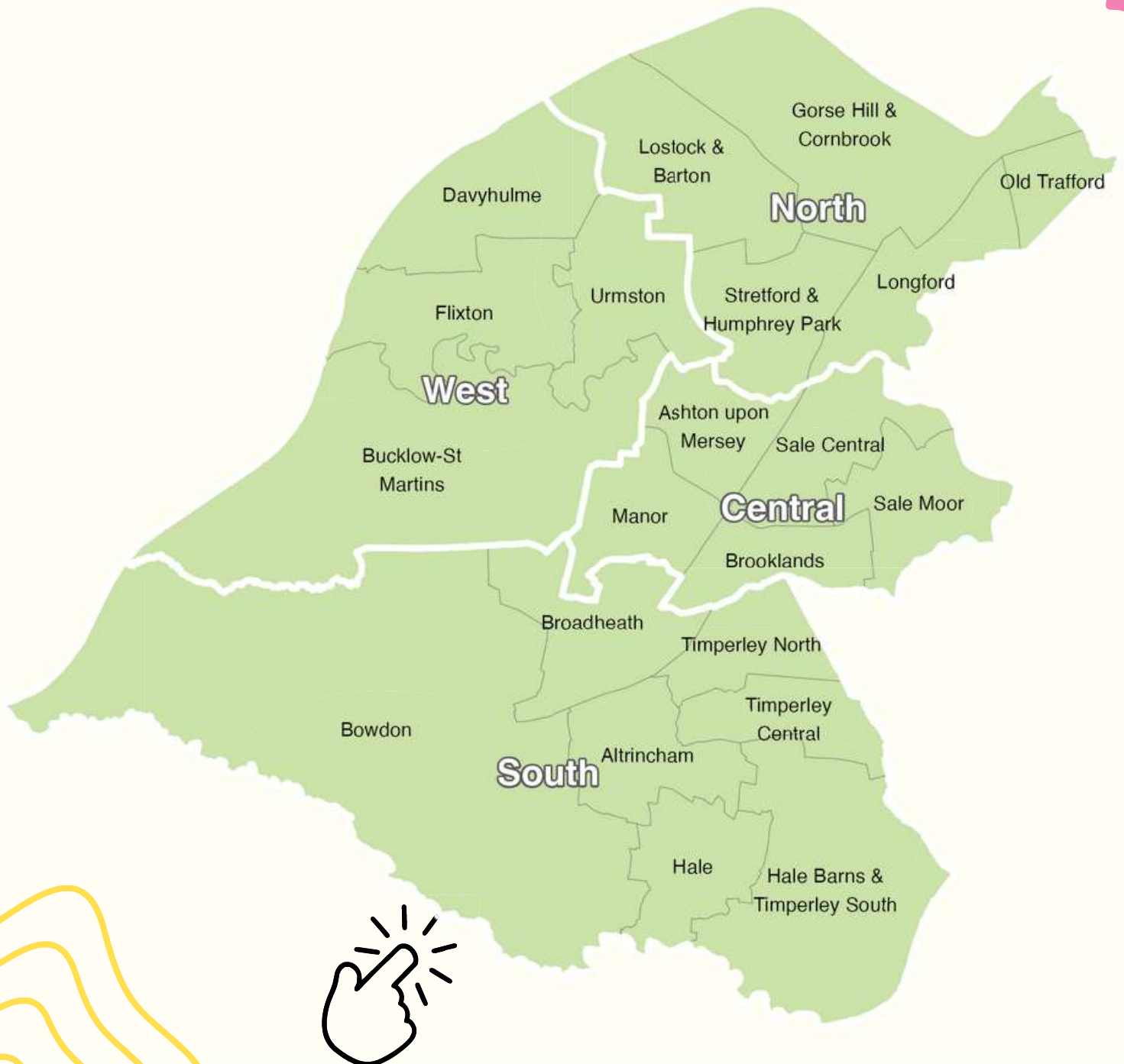
Advice

For general advice for your family you can contact [Family Information Service \(FIS\)](#) by telephone or by dropping into one of the community hubs.

FIS: 0161 912 1053

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

What's on in your area of Trafford?



**CLICK ON YOUR AREA ON
THE MAP TO FIND OUT**



padlet

Padlets

Trafford Council Padlet's are online live platforms which share information including videos, links and leaflets about resources, services and activities that can support Trafford residents.

Family Help



Start for Life offer -
0-5 years and families

**CLICK TITLES
TO EXPLORE**

Thrive - mental
health and
emotional wellbeing

Special Educational
Needs and Disability
(SEND)

5-11 years

Barriers to Education &
Emotionally Based School
Non-Attendance (EBSNA)

11 - 25 years

Support for Young Carers

Trafford Carers Centre provide support for young carers ages 5-16 and young adult carers ages 16-25

A young carer is someone who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support

Young carers are supported through:

- Groups and activities – having time to socialise and take a break from their caring role
- School support
- Raise awareness
- One to one support
- Emotional support

Trafford carers work closely with schools and can help support children at home and within school.

If you feel you would benefit from gaining support or advice, please speak to school who can refer you to the service or alternatively complete this [referral form](#)

**For More information please Visit
Trafford Young Carers**

Click Here!

School Transitions

Solihull



We know moving up and changing school is a big change for children and parents / carers. Which can come with an influx of mixed feelings and emotions, for both children and parents

Solihull have created some resources to help navigate and support families with the transition from primary to secondary school which can be accessed for **FREE** here in Trafford.

Moving Up

Moving up to secondary school for children with additional needs

Access the course **free** using code: **WATERPARK**

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 [Triple P Fearless](#) for more information

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

School Transitions

There are many other websites that can guide, help and support you including;

WWW.YOUNGMINDS.ORG.UK

WWW.ANNAFREUD.ORG

WWW.PLACE2BE.ORG.UK



Family Help App

Trafford families Family Hubs has partnered with Greater Manchester and Essential Parent to offer a FREE app for parents, parents-to-be and carers

The app includes videos and articles to support you from pregnancy through to your child's teenage years. Information is personalised by adding your child's date of birth.

The app includes details of local groups and services in Trafford. You'll also get updates from your local Family Hub team.



The Essential Parent GM Family Hub app

[App store \(iOS\)](#)



[Google Play store \(Android\)](#)



Once downloaded, choose Trafford to get started

Being a parent



TRAFFORD
FAMILIES



EMPOWERING
PARENTS
EMPOWERING
COMMUNITIES

Learn skills

- ♥ Get support for the challenges of being a parent
- ♥ Explore ways for you and your child to express feelings and emotions, in a way that helps your relationship

Self care

- ♥ Take the guilt out of self-care and share tips on managing stress
- ♥ Connect with other parents and carers to build your community support network
- ♥ Improve communication in your family, reduce stress and increase family wellbeing

Feel prepared

- ♥ Build on your strengths and learn more so that as your child grows and develops you are prepared to respond to new challenges - not react!



Find out more

Go to www.trafford.gov.uk/epec
email epec@trafford.gov.uk



**SCAN OR CLICK ON THE QR CODE
TO BOOK**

Virtual parent sessions

Thursdays 6.30-7.30pm



24/7/25 Making the most of play

31/7/25 Supporting emotional regulation

7/8/25 Exploring the needs behind behaviours we see

14/8/25 The power of praise & rewards in changing behaviours

21/7/25 Communicating effectively with children and young people

28/7/25 Navigating boundaries and consequences

SCAN OR CLICK
THE QR CODE
TO BOOK ON



TRAFFORD
FAMILIES

PEAK TIME

PARENTING



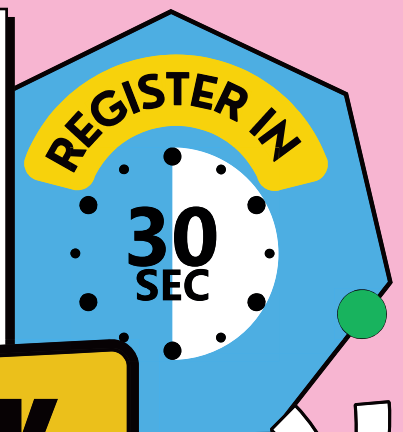


PARENTS IS ARGUING TAKING OVER?

**WANT TO LEARN HOW TO MANAGE
DISAGREEMENTS AND PROMOTE
POSITIVE PARENTING RELATIONSHIPS?**

**WHETHER YOU ARE TOGETHER OR SEPARATED
YOU CAN DO IT IN YOUR OWN TIME AND PACE
TO FIT INTO YOUR LIFE.**

**OUR SHORT 40 MIN ONLINE
PROGRAMME CAN HELP.
USING A MIX OF VIDEOS, PICTURES
& ACTIVITIES, YOU WILL LEARN TO
EXPLORE YOUR SITUATION AND
HOW TO SUCCEED IN IT.**



**CLICK
HERE**

For **FREE** access choose location, and use an email address and password to create your anonymous account