HUB SHOWCASE

RIVERSIDE HUB SHOWCASE
- North Tyneside, Northumberland

Background:

Riverside Hub is a successful Family Hub in North Tyneside, Northumberland. Legacy and sustainability is important to them and they were keen to invest in their staff to sustain the model and ensure the families got the best service.

Staff training:

The Hub trained 12 staff members from a variety of teams including Schools Outreach, Mental Health Teams and Early Years. Staff took trained in both Relax Kids and ChargeUp programmes in order to deliver sessions for children and young people from the ages of 2 to 19.

'This is probably one of the BEST courses I have ever done. There were lots of fresh ideas. I love it!' - Andrea, Riverside Hub worker, North Tyneside

Programme Implementation

Since training with Relax Kids, the Mental Health Support team have been working alongside 60 schools.

(need some information here about how it is being implemented – some numbers – number of sessions per week, number of schools)

Riverside Hub have a Sleep and an Anxiety programme and are finding that Relax Kids sits so well with this offering for families. They have started the Relax Kids toolkit library service for parents to borrow Sleep and Anxiety toolkits.

Relax Kids runs alongside their offerings for parents and schools as it fits so well as they support families with sleep issues and anxiety.

Feedback

"Relax Kids is absolutely amazing. It is so insightful and invigorating and it is going to bring a lot of change to our practice and in our schools. Relax Kids has been such a positive enrichment to Connect Mental Health Support Team offer. It adds to our ethos of building resilience through a fun and creative approach as well as giving children and young people the tools to build mindfulness into their day which in turn helps them to regulate and manage difficult emotions. We are so pleased with the offer that we are looking to train more practitioners in order to give this amazing tool to more children and young people."- Carly, CONNECT, Riverside Hub

Primary school teacher, Year 3 'We have used the 7 steps to help us refocus after break times and the children are better able to concentrate and are ready to learn.'

Primary school parent, Year 3: 'Our son has trouble settling for bed time and he started doing his 'relaxing exercises' and we have found that he falls asleep much easier. He is now getting a better night's rest and is more prepared for the day.'

Primary parent, Year 2: 'Our daughter has been engaging in more creative play since doing Relax Kids and she can calm herself down.'

Developing the Service

Due to more requests from schools, the Riverside Hub team are now looking to extend their services and train more staff to meet the demand.

Riverside Hub Manager Sian Hullah says... "Schools are loving the intervention and we've had lots of requests for it."

If you would like more information about introducing Relax Kids into your family hub or organisation please contact us info@relaxkids.com

Or send us a Whatsapp - +44(0)7378968920

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