

Family support



Family support

What is family support in Sunderland Children's Centres?

"If only children came with a set of instructions" - Children's Centre Parent

During those more difficult times how many parents have thought that? Family Support Workers can't give you a book of instructions, but they can offer help in many other ways: a sympathetic ear, a guiding hand or the voice of experience.

They are people from the local community who have had extensive training to become what is known as 'Community Parents'. When the going gets tough, their role is to be there for you, with the right help to see you through your difficulties. And because they are local people, they know about bringing up children where you live.

Getting help is easy: simply talk to your health visitor or someone in your local Children's Centre, and they will put you in touch with your nearest Family Support Worker.

What can it offer you and your child?

- Your Family Support Worker can help you with the practicalities of bringing up a family
- You will have easy access to expert advice and support on your doorstep, when you need it
- You and your family will have your own worker, so you don't have to deal with different people all the time
- Sessions can either be in a Children's Centre or in your own home, wherever you feel most comfortable
- Your Family Support Worker can even go with you to group activities, offering companionship to you and support for your children; giving them the opportunity to learn and develop with other children

What are the benefits for you and your child?

- Having someone to talk to can stop you from feeling alone; you will have a friend who knows and understands
- Family life will become more settled, even in those difficult times
- Family Support Workers work with everyone in your family to support each other, helping families to grow stronger together

To find out more, please contact your local Sunderland Children's Centre – details overleaf.



Where to find your local Sunderland Children's Centre

Sunderland Children's Centre Thorney Close

Thorney Close Action and Enterprise Centre
Tel: 0191 553 4127

Sunderland Children's Centres Washington

Rainbow Family Centre, Concord
Tel: 0191 219 3995
Wessington Primary School, Glebe Village
Tel: 0191 219 3720
Oxclose Primary and Nursery Schools
Tel: 0191 219 3770

Sunderland Children's Centre Austin House

Austin House Family Centre, Southwick
Tel: 0191 566 2650

Sunderland Children's Centre Bunny Hill

Sunderland Customer Service Centre
Tel: 0191 561 8126

Sunderland Children's Centre Monument

Barnwell Primary School, Penshaw
Tel: 0191 553 6576
Dubmire Primary School, Houghton
Tel: 0191 382 3071

Sunderland Children's Centre Highfield

Highfield Community Primary School,
Ford Estate
Tel: 0191 561 2050

Children's Services

The Sandhill Centre
Grindon Lane
Sunderland
SR3 4EN

Tel: 0191 520 5505

Fax: 0191 553 8886

Minicom: 0191 525 0075

Email: fis@sunderland.gov.uk

www.sunderlandchildrenscentres.co.uk

Sunderland Children's Centre Pennywell and South Hylton

Pennywell Early Years Centre
Tel: 0191 553 6820

Sunderland Children's Centre New Silksworth

New Silksworth Infant School
Tel: 0191 553 6190

Sunderland Children's Centre Hendon

Valley Road Community Primary School
Tel: 0191 553 7750
Hudson Road Primary School
Tel: 0191 553 7675

Sunderland Children's Centre Ryhope

Ryhope Infant School
Tel: 0191 553 6206

Sunderland Children's Centre Hetton

Hetton Lyons Nursery School, Four Lane Ends
Tel: 0191 553 6735

Sunderland Children's Centre Houghton

Houghton Community Nursery School
Tel: 0191 553 6557

Sunderland Children's Centre Millfield

Millfield Community Nursery School
Tel: 0191 553 2775
Diamond Hall Infants School
Tel: 0191 553 7620

Sunderland Children's Centre Grangetown

Grangetown Primary School
Tel: 0191 553 7650

Sunderland Children's Centre St Peter's

Dame Dorothy Primary School
Tel: 0191 553 7618

This information can be made available in large print, Braille, audio and other languages. Please contact the Families Information Service on 0191 520 5505 or email fis@sunderland.gov.uk for help.

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