To get in touch and discuss a referral or request a form please contact the Families First Wellbeing Office on:
**wellbeing.admin@newport.gov.uk**
**Tel 01633 671805**

Newport CITY COUNCIL
CYNGOR DINAS Casnewydd

## Substance Misuse Support

Kaleidoscope ALCOHOL SERVICE

The Substance Misuse Specialist (linked to Kaleidoscope) can provide support to families where substance misuse has led to issues or concerns. Services include:

- Support for the family as a group and on a 1:1 basis offering counselling to minimise the impact of substance misuse.
- Group work covering; Communication, Coping, Enhancing Social Support, Alcohol Risk Management, Information on a variety of substances, Impact on Employment, Increasing Pleasant and Joint Activities, and Minimising Support for Problem Drinking.
- Training and education to increase awareness of risks associated to substance misuse. This service is also available to professional bodies.

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## Families First Dietitian

The Community Dietitian provides support and information to agencies supporting families around changing their eating behaviour.
The dietitian can provide information to families and agencies around healthy eating, managing fussy eating and weight management in childhood and adulthood.
The following services are available via the community dietitian:

GIG CYMRU NHS WALES | Bwrdd Iechyd Aneurin Bevan Health Board

- MEND (Mind, Exercise, Nutrition, Do It)
  An exciting range of programmes are available for children to become fitter, happier and healthier.
- Maternal Obesity Services
  Supporting pregnant Mums to manage their weight during pregnancy.
- Breastfeeding signposting and support
  There is some additional support available to allow children to access the best nutrition from an early age.
- Training and reliable information for agencies and staff
  Regular training updates and information sessions are provided to Families First and Flying Start.

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# The Families First Wellbeing

## A guide for families

*Free friendly, professional support and advice for families*

Llywodraeth Cynulliad Cymru Welsh Assembly Government

one newport casnewydd yn un

Teuluoedd yn Gyntaf Families First

# About us

The Families First Wellbeing Team provide an integrated programme to support children, young people, and their families who are living, or at risk of living, in poverty throughout Newport; helping them to improve their health, safety, and to enjoy wellbeing. Our team includes staff from; Newport City Council Active Communities Team, Newport Mind, Kaleidoscope, and Aneurin Bevan Local Health Board.

Our ethos is to ensure families are supported and encouraged to live a healthy lifestyle. This may be in the form of universal health promotion messages and activities, or through specifically targeted health & well-being interventions depending on need. We aim to provide varying levels of support and intervention to families with health needs and inequalities. The following services and support mechanisms will ensure we achieve these goals:-

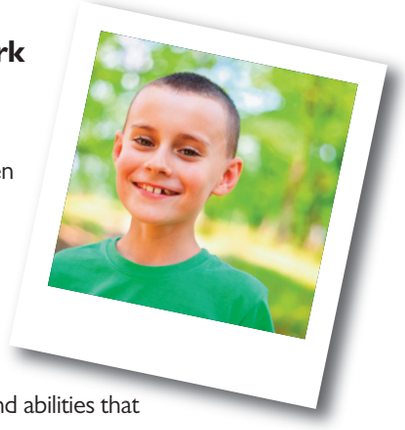
- Family resilience therapy to support and educate families on how to cope with life changes and make positive changes to their well-being.
- A portfolio of community based weight management programmes and direct interventions with identified families.
- Alcohol intervention programmes involving the individual and family of the individual to support and maintain change.
- To ensure exit routes are in place and accessible for families to maintain behaviour change achieved through access to the project.
- To work in partnership with organisations to ensure a smooth transition for families involved within the wellbeing project.

## Our Areas of Work

### Resilience

*What is resilience?*

'Bouncing back even when faced with very difficult situations'



*'Looking on the bright side'*

'Those skills, attributes and abilities that enable individuals to adapt to hardships, difficulties and challenges'

We provide support for families within Newport through individual work, group work and family sessions. Our aim is to increase resilience within the family enabling them to make positive changes to their emotional and mental wellbeing.

Using resilient therapy and the five ways to well-being, we can work with families who;

- Are experiencing low to moderate (whether diagnosed or not diagnosed) mental health problems e.g. anxiety, depression, OCD
- Are experiencing low to moderate behavioural problems e.g. swearing/shouting, work relating to responsibilities/ boundaries – (child and/or parent work)
- Are having issues with family relationships/ communication
- Want to achieve specific goals in order to change their life for the better – whether they are very small or larger ones.

## Physical Health and Wellbeing

The Wellbeing are also responsible for coordinating all active referrals and liaising with appropriate specialist support according to family or individual needs.

Family Wellbeing Officers can support family referrals with:

- Physical inactivity: not engaging in a form of exercise
- Social exclusion, including anti-social behaviour
- Basic alcohol intervention
- Basic smoking intervention
- Healthy eating and nutritional support: access to appropriate courses, eg. Foodwise and MEND
- 1:1 support, including; goal setting, basic counselling and evaluation of goals
- Information and advice linked to physical activity opportunities, eg. Community groups, leisure facilities, sports clubs and school provision.