

Calling all families with 10-14 year olds!



Being a parent constantly throws us challenges and rewards and is one of the most important things we will ever do. Becoming a teenager can also be a challenging time for young people as they gain more independence and spend time away from parents. Would you like to:

- develop the skills to help your child to have a good experience of their teenage years?
- help your child's transition from primary into secondary school?
- help your child build the skills to avoid problems with drugs and alcohol?
- get some new ideas on how to talk to your children so they listen?
- improve your relationship with your child?
- increase your confidence in setting boundaries?
- build confidence in your child?
- help your child set goals for their future and support goal achievement?

If you have answered yes to any of the above we hope that you will be interested in taking part in our research project which is looking at the effectiveness of an innovative programme (the Strengthening Families Programme 10-14 (SFP)) which aims to help with all of these issues. We hope that this research will help improve the support services available to other families.

What does the SFP involve?

The SFP is available to any family living in Flintshire, Wrexham, Carmarthenshire, Swansea, Caerphilly, Merthyr Tydfil, Cardiff and Rhondda Cynon Taf with young people aged between 10-14 years of age. It is made up of seven weekly sessions, each lasting about 2 ½ hours, usually run in the evening. It is free to attend and refreshments are provided. Childcare for young children and transport is provided if needed. To find out more about the SFP, go to www.mystrongfamily.co.uk or contact your local SFP team.

The SFP is being delivered as part of a research project led by Cardiff University called Project SFP Cymru. The research will mainly involve your family taking part in four interviews over the next two years.

If I want to attend the SFP, do I have to take part in the research?

Only families who take part in the research have a chance to attend the SFP. This does not currently apply in Cardiff or Rhondda Cynon Taf.

If I take part in the research, am I guaranteed a place on the SFP?

No. To see if the SFP helps people, families are put into two groups; one group receives the SFP, and the other does not. We then compare results from the two groups. You will have an equal chance of joining either group.

If I would like to know more about the SFP, and being part of the research what should I do?

You should contact your local SFP co-ordinator who will tell you more about the Programme. If you are still interested, we will send you some more information about the research and a member of the research team will arrange to meet you to answer all your questions and ask if you are happy to be involved.

Contact details:

Caerphilly SFP team

07824 596991 or sfp@caerphillyfamilies.co.uk

Carmarthenshire SFP team

01554 744377 or

family.communityteam@actionforchildren.org.uk

Flintshire SFP team

01244 551247 or nikki.booth@barnardos.org.uk

Merthyr Tydfil SFP team

01685 727395 or office@drugaidcymru.com

Swansea SFP team

01792 472002 or mail@swanseadp.org.uk

Wrexham SFP team

01978 729786 or parenting@wrexham.gov.uk

Cardiff SFP team*

02920468589 or sfp@cardiff.gov.uk

Rhondda Cynon Taf SFP team*

01443 827000 or FamiliesFirst@rctcbc.gov.uk

To find out more about Project SFP Cymru, visit www.projectsfp.cymru.co.uk, email us at projectsfp.cymru@cardiff.ac.uk or Call us on 029 2087 9609

* Currently you do not have to take part in the trial to attend the SFP in Cardiff or Rhondda Cynon Taf



Cardiff Institute of Society and Health
Athrofa y Gymdeithas ac Iechyd Caerdydd

DECIPHER

Development and Evaluation of Complex
Interventions for Public Health Improvement
A UKCRC Public Health Research Centre of Excellence



South East Wales
Trials Unit
Uned Ymchwil
De-ddwyrain Cymru

Project SFP Cymru is a collaboration between Cardiff Institute of Society and Health, the South East Wales Trials Unit, and the School of Social Sciences at Cardiff University; the School of Health Sciences at Swansea University and the School of Health and Social Care at Oxford Brookes University. Project SFP Cymru is funded by the National Prevention Research Initiative (<http://www.npri.org.uk>)