

FAMILY MATTERS YORK

presented by

Robin Watson: Co-ordinator (FMY)

Lynden Askew: Couple Worker (FMY)

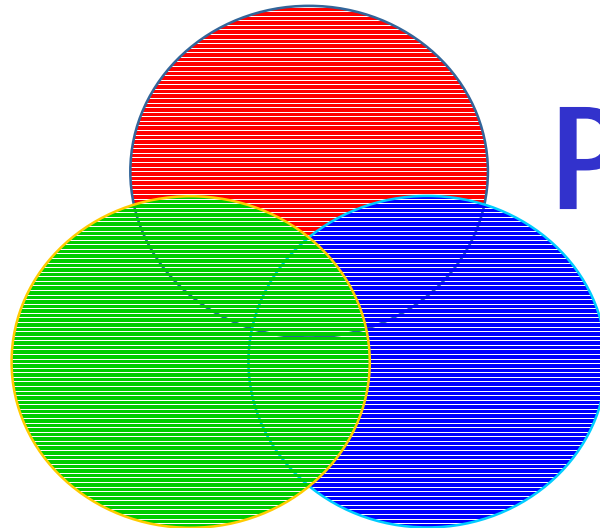
A holistic approach to relationship education

FAMILY MATTERS YORK

Marriage

Money

Parenting



Family Matters York

BUILDING CONFIDENCE IN:

- couple relationships
- parenting skills
- handling money

Couple Relationships

- MARRIAGE PREPARATION
- BABY SHOCK
- PRISON WORKSHOPS
- COUPLE SUPPORT

Marriage Preparation

for ALL couples marrying in York

- **Register Office**

(Connect 2 and FOCCUS interactive inventory)

- **Churches**

(HTB course +FOCCUS interactive inventory)

- **Wedding Planning**

(taster workshops and evening classes)

BABY SHOCK

- Antenatal + Postnatal classes
(tasters for couples)
- “Building Healthy Relationships”
course offered centrally x 3 per year
- Health Visitors (training)

Prison Workshops

- Askham Grange Women's Prison
- Couple Relationship Workshops
- Leeds training prison visitors

On-going Couple Support

- **Special Events**

- **Courses**

 - The Marriage Course

 - Connect 2

 - Building Stronger Relationships

- **Couples in Crisis**

 - (couple to couple support programme)

Couple Course Contents

- Building good communication skills
- Recognising and understanding different styles and ways.
- Identifying and expressing our emotions
- How to be assertive without being hostile.
- How to manage anger well.
- Learning how to RESOLVE conflict

Parenting Skills

- **DELIVERING** courses
- **TRAINING** facilitators
- **PROVIDING** parenting resources

Workshops

One stop taster workshops

- Toddler
- 4-7s
- Teenage

Longer Courses

5-7 weeks on:

- Time out for parents
- Time out for teenagers
- Time out for special needs
- Time out for dads

Training

- Training facilitators (FMY)
- Training others:
 - HV's
 - Teachers
 - Parents

Providing resources

- **Work books**
- **Acetates**
- **Posters**
- **Leaflets**

Handling Money:

a recognised significant factor in relationship breakdown

- managing money more effectively
- developing healthy attitudes to money
- avoiding uncontrolled debt

money courses

- “Family Learning”
- teenage parent groups
- students
- churches
- prisons

Family Mentoring

- Three areas covered – parenting, couple skills and money management
- Training course now available for prison visitors
- Potential for wider use in communities

Prevention better than cure

Relationship education through:

- couple support
- parenting
- money management

LASTING RELATIONSHIPS

BUILD STRENGTH IN OUR COMMUNITIES

VISION for the future

In 10 years time Relationship Education viewed as:

AN ESSENTIAL SKILL FOR LIFE

employers

local government

health service

police

churches

courts

schools

**Aiming for RADICAL change
in our culture!**

RELATIONSHIPS MATTER!

**healthy relationships
are essential
for healthy communities.**

