

Happy Families

A new programme for parents



Are you

- A parent?
- Looking for some fun and practical ideas / activities to do with your child(ren) which don't have to cost the earth?
- Open to exploring accredited training courses or gaining qualifications to help improve your prospects?
- Interested in receiving advice / guidance around budgeting, finance & healthy eating?
- Keen to meet like minded people and share your experiences?

If so, then why not join our exciting new **Happy Families** project. A 12-week programme designed to support parents socially, emotionally and practically by focusing on 3 main areas - **Me Time, Our Time, and Better Together.**

Me Time

Aimed at improving parents' confidence, skills, and knowledge through enjoyable and engaging life skills activities & challenges, accredited courses, and health & wellbeing sessions.



Our Time

A mixture of indoor and outdoor sessions that will benefit whole families both physically and mentally through exploring low / no cost fun activities and games that will be quality time enjoyed by all.



Better Together

Helping parents to build support networks and social circles, encouraging families to come together and share stories, gain peer support, seek advice and guidance, and get essential everyday hints and tips around home / family life.



The project will therefore provide the support, and skills, and give confidence to young families to help them live more successfully, independently, and to thrive in their homes.

Contact Lisa or Charlotte call 01978 757524

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Teuluoedd Hapus

Rhaglen newydd i rieni



Ydych chi

- Yn rhiant
- Yn chwilio am syniadau / gweithgareddau hwyliog ac ymarferol i'w gwneud gyda'ch plentyn sydd ddim yn cos o ffortiwn?
- Yn agored i ystyried cysiau hyfforddiant achrededig neu ennill gymwysterau i wella eich rhagolygon?
- Eisiau derbyn cyngor / arweiniad yn ymwneud â chyllidebu, materion ariannol a bwyta'n iach?
- Awydd cyfarfod pobl tebyg i chi a rhannu eich profiadau?

Os felly, yna beth am ymuno â'n prosiect newydd a chyffrous Teuluoedd Hapus. Rhaglen 12 wythnos wedi'i chynllunio i gefnogi rhieni yn gymdeithasol, yn emosiynol ac yn ymarferol drwy ganolbwyntio ar 3 prif faes - Amer i Mi, Amser i Ni, a Gwell gyda'n gilydd.

Amser i mi

Y nod fydd gwella sgiliau, gwybodaeth a hyder rhieni drwy gyrsiau achrededig, sgiliau bywyd a hyfforddiant ffordd o fyw iach.



Amser i ni

Bydd yr elfen hon yn gwella iechyd cor orol a meddyliol y teulu cyfan drwy gynnig gweithgareddau sy'n rhad neu am ddim. Bydd rhieni yn teimlo'n fwy hyderus wrth gymryd rhan mewn sesiynau hwyliog i'r teulu cyfan a heriau yn yr awyr agored.



Gwell gyda'n gilydd

Bydd yn helpu rhieni ifanc i sefydlu rhwydweithiau cymorth gan annog teuluoedd i ddod at ei gilydd a rhannu straeon, cael cymorth gan gyfoedion, gofyn am gyngor ac arweiniad, a chael awgrymiadau a chynghorion allweddol.



Felly bydd y prosiect yn rhoi'r cymorth, y sgiliau a'r hyder sydd eu hangen ar deuluoedd ifanc i'w helpu i fyw'n fwy llwyddiannus ac annibynnol ac i ffynnu yn eu cartrefi eu hunain.

I wneud hyn neu I gael rhagor o wybodaeth, afonwch e-bost

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