

SPEAKEASY

NEWSLETTER

Summer 2020

Speakeasy is a FREE programme delivered by NHS Tayside which helps mums, dad and carers to communicate with their children about growing up, relationships and sexual health.

The project provides information, resources and group activities to help parents and carers effectively support children and teenagers at home.

8 week course for parents and carers of younger children up to P7 covering:

- Ages and stages of development
- Answering difficult questions
- The online world
- Keeping safe
- Puberty and body changes

Menu of sessions for families of pre-teens and adolescents covering:

- The adolescent brain and risk
- Young people and pornography
- Young people, sex and technology
- LGBT issues
- Young people, mental health and resilience

As well as the Speakeasy sessions we can also provide:

ACEs Recovery Toolkit

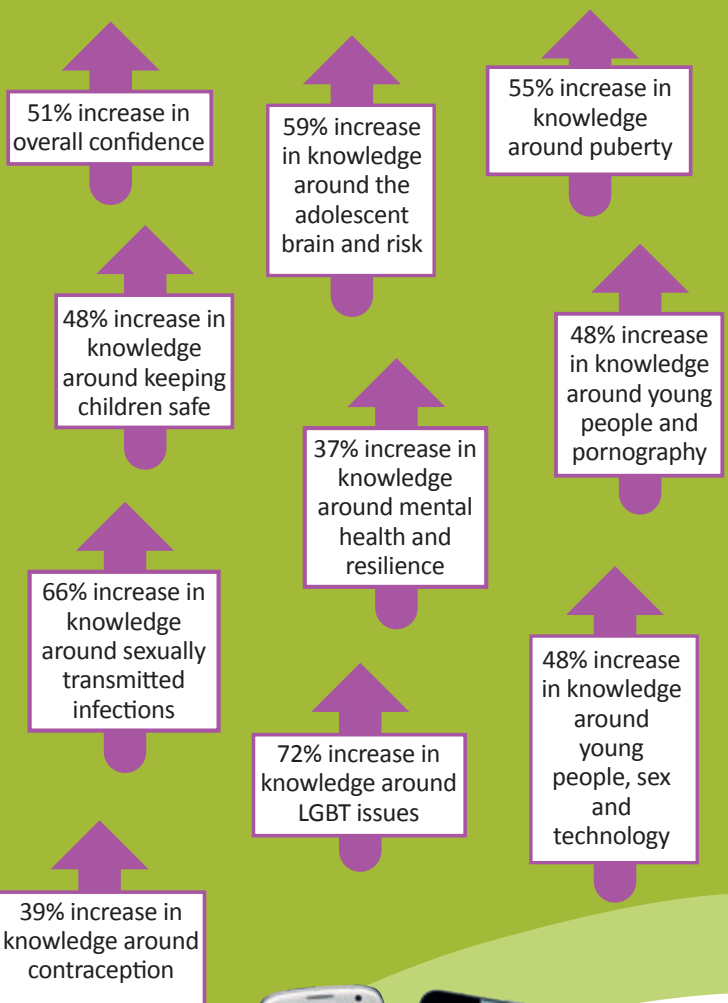
A 10 week programme supporting parents to consider the impact of adverse childhood experiences on themselves and/or their children. Focuses on relationship building, positive parenting and coping strategies.

Mellow Ready Programme

A 10 week programme for young people aged 14 to 18 to explore and understand their network of relationships. Provides tools to support mental health, reduce stress and make informed decisions about the future.

Overview of 2019 - Data

14 courses • 155 participants • Caring for 271 children



You can find us on:

Facebook: www.facebook.com/Speakeasy-1651052668445100/?ref=bookmarks

Twitter: @SpeakeasyTaysi1

NHS Tayside Sexual Health Website: www.sexualhealthtayside.org

Main Achievements 2019

Parents were very positive about the sessions

Gives you hope! Hope for yourself, hope for you as a parent, hope for your children, hope that all will be better

I learnt how to talk to my children and why I need to

Very clear, useful information in a relaxed and comfortable atmosphere

It's not easy helping teens but knowing more helps



Partnership work with the Making Choices Keeping Safe programme to create new sessions for staff supporting people with additional support needs around sexual health

Continued targeted sessions for foster carers and residential house staff

Delivery of new young people, mental health and resilience session to 75 parents and carers



Delivery of first ACES Recovery Toolkit in partnership with Angus Women's Aid. All participants reported increased self-esteem and increased participation in activities that build resilience for both themselves and their children on completion of the programme.

16 new Speakeasy facilitators trained across Tayside



Speakeasy E-learning module completed. This can be accessed for free by anyone (parents/carers and professionals) who would like to learn more about communicating with children and young people. Go to www.sexualhealthtayside.org, click on the Professionals tab and then choose Speakeasy E-Learning from the drop-down menu to get started.

