

OUR EMPOWER US PROGRAMME COULD SUPPORT YOU AND YOUR FAMILY IF YOU...

Have a child aged 2-11 years who has complex needs

Struggle to get out and about with your child

Feel unsure where to turn for emotional and practical support

Would like to meet other parents of children with complex needs and become part of our support network

Would like to share knowledge and strategies on ways to support your child from trained professionals and other parent/carers of children with additional needs

For further information or to make a referral, call 0151 608 8288

WHAT WILL HAPPEN NEXT?

When we hear that you may want our support, our Complex Needs Co-ordinator will give you a call and arrange to visit you to talk to you about what support you would like and what we can offer.

THIS PROJECT IS FUNDED TO SUPPORT FAMILIES IN WIRRAL, ELLESMERE PORT & NESTON



KOALA
North West
Supporting children
& their families

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THE EMPOWER US PROJECT

SUPPORTING PARENTS OF YOUNG CHILDREN WITH COMPLEX NEEDS



THE AIM OF THE EMPOWER US PROJECT IS...

To bring together parents and carers who are experiencing the struggles, successes and challenges associated with bringing up children. These challenges can be magnified when your child has complex needs so this service offers a range of routes to access support. We hope that, in joining this project, you will feel connected to likeminded people and empowered by the support provided.

FAMILIES HAVE UTILISED THIS SUPPORT FOR A VARIETY OF REASONS:

- Some children find new environments difficult to cope with
- Parents/carers feel isolated and unsure where to turn to for support
- Parents/carers feel judged/watched when out with their family
- Practical and emotional support to get out into their community
- Opportunities to meet other parent/carers or children with complex needs
- Share ideas and tips with other parents/carers and gain strategies from other families and professionals

WHAT CAN EMPOWER US OFFER...

GROUPS

Empower Us Playgroup *4 years & under*
Every Friday - 10.00 am - 11.30am

We will have arts & crafts, singing, snack, tea and coffee - what a better way to start the weekend?

Empower Us After School *5+years & their siblings*

Every Thursday - 3.30pm - 5.00pm

We will discuss managing emotions and feelings during this group.

Snacks, tea and coffee will be provided.

1:1 SESSIONS AT THE HUB

To improve communication, play, development etc.

WALK AND TALK MEETINGS IN LOCAL PARKS

SOCIAL OPPORTUNITIES

Opportunities to meet other parents who also have children with complex needs, plus regular coffee and cake meet up's at Koala NW.

FUN ACTIVITIES

- Free age appropriate activity packs delivered to your home.
- Information evenings exploring topics such as: meal times, meltdowns, sensory processing, social skills and Makaton signing support.
- Monthly quizzes held for parents/carers
- Coffee Mornings

FAMILY FEEDBACK...

"It's hard having a child who develops differently, I felt like I was failing and alone in my parenting. Since being part of Empower Us I don't feel alone, I feel supported in doing what's best for my family!"



"So far mine and my son's experience with Koala has been life changing. The Hub has offered us so much support from 1:1 support, home packs, advice and so much more. We connected at our lowest point and have grown individually as a mother and son. We are grateful for the support all the staff at Koala have given us and it is a safe place for us."