

SPACE

(Supporting Parents and Children Early)



... because everyone needs some **SPACE**

What is **SPACE**?

SPACE stands for Supporting Parents and Children Early and is a local group for parents and carers with young children. The groups follow the PEEP family learning programme which offers lots of different activities including art & craft, singing and storytelling. In some groups, parents and carers will have some time out whilst the children enjoy crèche time. Parents will have the opportunity to have a chat, learn new skills, share experiences and much more.

Where do **SPACE** groups take place?

There are **SPACE** groups in:

- Crieff
- Stanley
- Inch View

Each group takes place in local venues such as Community Campuses, community centres or schools.

Who can come to the groups?

Groups are open to families with a child aged 5 years or younger. If you are pregnant you can also come along before your baby arrives. To make sure **SPACE** is the right group for you we ask that a booking is made on your behalf by a worker that knows you well, for example your Health Visitor, Support Worker or Social Worker.

When do the groups take place?

Groups run for two hours each week. We ask that you come along to each session and if you can't make it that you let one of the staff know.

Who runs the groups?

All groups are run by staff from The Parenting & Family Learning Team and Children's Services. Sessions are relaxed and parents and carers are involved in planning the activities.

What will I be expected to do at the group?

There are lots of different activities offered through the groups depending on what parents have suggested. Each week there will be activities for you to enjoy with your child. The children will then enjoy some crèche time giving you the **SPACE** to take part in activities for parents – this will include a cuppa, a chat and a chance to try out some new activities.

What happens next?

Once a booking has been made you will be contacted about dates and times of the group. All you need to do is come along!



Top 5 Reasons to Come Along

We know that being a parent and carer can be tough at times. Every family needs a bit of extra support and **SPACE** offers just that. There are loads of great reasons to come to **SPACE** – here are the top 5 :

1. **SPACE** is a great place to meet new people
2. Your child will love the crèche time offered at **SPACE**
3. **SPACE** is a great chance for you to enjoy activities with your child
4. You can learn new skills, share experiences and seek advice and support at **SPACE**
5. It does what it says on the tin... gives you some **SPACE**

If you would like more information about SPACE groups in Perth and Kinross please contact the **Parenting & Family Learning Team** on **01738 477697** or via email at parenting@pkc.gov.uk

