

THRIVE LIVE



THIS ISSUE

WE CAN...

NFC – Incredible Years

Parent Champions

Women’s Wellbeing Programme

DE and DfE

WE CAN...

Children from the THRiVE primary schools created a poster encouraging other children **WE CAN... Stay Safe Online** for Safer Internet day in February. Amy, a P5 pupil at King’s Park Primary School had her poster selected to be distributed to all schools and displayed in community settings such as shops, libraries, doctors surgeries and churches. Did you see it?

WE CAN...LEARN.
WE CAN...BE HEALTHY & WELL.
WE CAN...BE CONNECTED.



WE CAN... read to our children. Pupils from the THRiVE schools and nursery settings were also involved in a number of **WE CAN...** activities, for example making a short video celebrating Mother’s Day and sharing their THRiVE themed stories during Book Week.



SPOTLIGHT: Through THRiVE, we were delighted that pupils from Whitehouse Primary School were selected to **collaborate** with the CYPSP and NHSCOT on a project for #WorldAutismWeek encouraging autistic children and young people to use song to showcase what autism means to them.

Local pupils featured on nine bus shelters across Monkstown, Rathcoole and the wider Newtownabbey area



Listen here to the most amazing song they created with the project’s musician.

Newtownabbey Family Connections - Incredible Years

One of our partners, Newtownabbey Family Connections delivered an Incredible Years parenting programme. 11 Parents completed the Incredible Years Course, learning about the importance of talking and playing with your child, praising them often and promoting social, emotional, and academic competence.



“ The time that I spent in this group was awesome! Not only did I learn new skills, I relearned old skills and new ways to apply them to modern life. The class was run by two fabulous women with a friendly and positive attitude. I would recommend this class to any parent or carer as the support and company was something I will never forget. Even if you think you know how to raise a child or children, there is still something in this course for you. ”

One of the dads who completed the course.

Parent Champions

One of THRIVE Parent Champions priority is supporting parents mental health - they produced a short video on ‘Blue Monday’ showcasing a range of suggestions for activities based on ‘Take 5 Steps to Wellbeing’ which people could easily do at home or with their family to encourage **positive mental wellbeing**. They collaborated with local Women’s Groups, Newtownabbey Women’s Group and Rathcoole CREW to successfully deliver a Community **Family Fun Day** which took place at the Dunanney Centre during half-term.



Making an impact on womens well-being

Monkstown Boxing Club is a partner of THRiVE and is committed to measuring the effectiveness of their work. 13 participants benefitted from a Women's Wellness group and 92% showed a meaningful change in their level of wellbeing, using the Warwick Edinburgh Mental well-being scale to measure this at the beginning and end of the programme



92% showed a meaningful change in their level of wellbeing.

“ This was a massive help to my confidence and helped with my anxiety. ”

“ I’ve been starting my week with more positivity and sense of purpose. ”

Meeting with Departments of Education and Economy



In late March, THRiVE hosted senior leaders from the Department of Education and the Department for the Economy to talk about the value of collaboration in improving educational opportunity. We discussed collective impact, collaborative investment and programmes to help support parents. Parents involved in the BOOST programme talked of how valuable it is to understand what their children need to learn. And young people spoke about how the ‘In Your Corner’ project has improved their achievement and grown their confidence.



THRiVE

To find out more about THRiVE keep an eye on our Facebook page or check out our website: www.thrivenewtownabbey.co.uk

