

*A Charity working
with children and
young people*



Charity No. 270486

DREADNOUGHT

Carn Brea Lane
Redruth
Cornwall
TR15 3DS

Tel: (01209) 218764

Fax: (01209) 219797

Email: team@thedreadnought.co.uk

www.thedreadnought.co.uk

List of Services provided by Dreadnought

Introduction.

Through all our work with children and young people we operate within a child centred philosophy. This means that we will always adhere to the child / young persons agenda and not our own. We are keen to enable our service users to experience their feelings and to understand them and then, hopefully, through a process of informed supported choice, enable them to take control and make the changes they want. Dreadnought undertakes work with children & young people who are experiencing emotional and behavioural problems in their lives. This includes those children & young people who are adopting an ever decreasing profile and in danger of disappearing 'off the radar' as well as those who have a high profile. The list below is not exhaustive but gives an overview of the support we can provide for children and young people aged 8 – 19 years.

Socialisation Groups : Focus on social skills, getting along with peers. Trying new things, building self esteem. Putting positive adults into children's lives. Having fun! A ratio of 1 adult to every 2 children and often higher.

Anger Management Programme: The programme can be individual or group depending on need. Twelve week structured programme – i.e. understanding what anger is, signs and symptoms, coping strategies, triggers etc.

Self Esteem Building: One to one or group. Positive activity with positive adults using creativity and any other medium thought appropriate. Twelve week programme.

Domestic Violence: One to one or group. Twelve week structured programme.

Parent and Child (Domestic Violence) : Using play to build relationships between parent and child who have been affected by domestic violence / abuse. Programme length on demand.

Bereavement work : Twelve week programme usually one to one.

Eating Disorders : Group or one to one. Twelve week programme.

Leaving Care Support : Group or one to one. Twelve week programme. Covers topics appropriate for young person but may include rights and responsibilities, financial management, healthy eating, sexual health, how to be independent- getting things sorted, constructive use of leisure time etc.

Post Abuse Work : One to one or group. Building self esteem, understanding feelings, moving on etc. twelve week programme.

‘Me Time’ for Young Carers : Twelve sessions – one to one or group. Concentration on ‘me time’, meeting and making friends, trying new things.

Hotspot : A programme for children and young people who may have an unhealthy interest in fire related activity. Free service funded by Youth Offending Service. In addition Dreadnought operates a twelve week structured fire awareness programme for more persistent or serious ‘offenders’.

‘Aspires’ : Working with children and young people with a diagnosis of autism / aspergers. Ongoing group work with focus on socialisation and moving on into mainstream activity in own location (where possible). One to one sessions to prepare for joining a group also available.

Mentoring : Adult or peer group ongoing support.

Befriending : Community based one to one regular support from a positive adult. Meeting for a chat, doing activities, having fun – someone to trust and rely on.

Gambling: Group or one to one specific programme work

Sexual Health / Rights/ Assertiveness : Male / Female - group or one to one specific programme work.

School Holiday Activity Programmes : Arts, sport, music, beach days, picnics, barbeques, water sports, fun! And much more.

We understand that a child presenting with an issue – i.e. anger management, will need some strategy work, how to deal with feelings; but as mentioned earlier, we are needs led and if a child is angry because of underlying issues (angry because of bereavement or domestic violence for example) we will always endeavour to provide support for the child or young person to address the cause as well as the symptom.

The service you require may not be listed here but the probability is that in our 35 years experience we have worked with most emotional and behavioural issues facing young people, so please ask us.

Dreadnought’s services operate from it’s Centre in Pool, Redruth and on an outreach basis in The North, East and West of the County. Please contact the Centre at Pool who will direct you to the appropriate staff team member.