

# Sharing our Successes

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<b>Name of Project</b>	S&Y Social Enterprise Services 2010
<b>Purpose of project/service</b>	Health & Well being Programme for Parents
<b>Description</b>	<p>The Programme is a fun way for parents to begin to get fit or improve their fitness, stay healthy and improve their self-esteem. Communities have benefited from increased health and wellbeing, enhanced personal skills and social activities. Research has for many years reported the positive effects of participating in regular exercise on health and wellbeing and so the programme aims to raise activity levels but also offers a varied and personal approach to health. S&amp;Y offer the following:</p> <ul style="list-style-type: none"><li>• A range of health and activity taster sessions (including aerobic &amp; fun sporting activities)</li><li>• Health &amp; well being support and guidance</li><li>• Personal skill development</li><li>• Educational and training development to support health and wellbeing</li><li>• Follow on training from parenting courses including online courses</li></ul> <p>The Health and well being programme is running in areas of Stafford and is specifically designed to meet the needs of individuals and communities. Please contact S&amp;Y Social Enterprise as below for further information on how to get involved.</p> <p><b>Counselling &amp; Mediation Services</b></p> <p>A family support programme to support schools, children centres, and communities.</p> <p>S&amp;Y Social Enterprise have been offering independent mediation across Cheshire and Staffordshire for over four years. Our company has been established to provide innovative, impartial and mutually beneficial solutions to a wide range of conflicts and changes within neighbourhoods, schools, children centres, families and individuals.</p> <ul style="list-style-type: none"><li>• Confidential &amp; independent support and counselling for young people and families relating to family crisis, relationships with peers or within teaching, children centre or neighbourhoods environments.</li><li>• Relationship support within the home and school including attendance, behaviour and attainment concerns. Life coaching including online support resources.</li></ul> <p><b>Working in Partnership</b></p> <p>A successful partnership between S&amp;Y Social enterprise the King Edward VI C&amp;LP and the Signpost Centre Stafford culminated in a nomination as finalists for the Children and Young Peoples awards 2008 for the innovative community development approach through</p>

	<p>outreach play work.</p> <p>S&amp;Y and King Edward VI C&amp;LP have recently been commissioned by Staffordshire targeted mental health services to deliver counselling and family support.</p>
<b>Contact Details</b>	<p>For further details or enquiries please contact: Harry Saxon 01782416216 or email <a href="mailto:sy.socialenterprise@yahoo.co.uk">sy.socialenterprise@yahoo.co.uk</a></p>