

inspire families project

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What is the Inspire Families Project?

The **Inspire Families Project** is a project that will enable families to take part in activities that would usually be unattainable due to finances or personal circumstances. By providing families with support through these activities, we aim to improve family cohesion and improve the wellbeing of the family unit.

Who is the Inspire Families Project open to?

The **Inspire Families Project** is open to any family that lives within the Dover district who is experiencing difficulties such as family breakdown, bereavement, illness or simply financial pressures, which is preventing them from partaking in fun activities that help with family bonding.

What is a referral partner?

A referral partner is a professional or organisation who works with young people and their families. This could be a school, community group, local authority, police, social services, or similar. The referral partners will have recognised the need for a referral to **Inspire Families Project** and will complete the form on their behalf, with them.

What are delivery partners?

Delivery partners are organisations that run sessions or activities which people on the **Inspire Families Project** take part in. All our delivery partners are based within the Dover District and are all qualified to deliver their activities.

Responsibilities of referral partners

- To ensure the family are in need of the project and can explain what the benefits to the family would be
- To ensure the family are able to attend on the dates given in the activity pack, both in terms of transport and availability on the day, at the time of referring
- To complete pre-evaluation form with the family as part of the referral form process.

Responsibilities of the Inspire Families Project

- To ensure the families are benefitting from the activities
- To follow up and gain measurable feedback within a certain time period after completion of the activity pack.

The families' responsibilities

- To ensure they are choosing an activity pack that they think will best benefit them as a family
- To attend the sessions and if they can't, to notify the delivery partner with 24 hours notice
- To always respect the staff and other attendees whilst partaking in the activities
- To confirm they will give feedback via text message at the end of the programme.

Important note...

Due to high demand for all of our activities, please ensure that if you are unable to attend a session that you notify the delivery partner with 24 hours notice so they can fill the slot. If you don't do this on 2 occasions you may be removed from the Inspire families project.

Who can be referred?

A family who the referral partner feels needs support to overcome issues that are affecting them as a family and meets the criteria stated in this leaflet. Before the form is submitted, the referral partner will need to discuss the project with the family. It is the responsibility of the referral partner to determine what activity the family would like to take part in. The referral form can be found via the following link;

www.dover.gov.uk/inspirefamiliesproject



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FAMILIES CAN CHOOSE ONE OF THE FOLLOWING ACTIVITY PACKS:

Pack 1- Active families

Pack 2- Mix n match

Pack 3- Chill pack

These packs will consist of a mixture of the following activities:

Radio Experience

A fun day out at a local community radio station, learning how to edit the show, introduce guests, engage with the presenters and even give your friends and family a shout out!



Forestry School

Our forestry school will take you outside and into a world of nature, giving you the freedom to explore, participate in fun activities together and learn how to survive in the great outdoors!



MY/PT Army assault course training

MY/PT's fitness sessions are based on tried and tested military training techniques with motivation provided by Her Majesty's Armed Forces trained instructors.



Cookery lessons

Enjoy a 2 hour cookery lesson with other families, learning how to cook simple, tasty and nutritious meals in a fun way.



Cinema pass

Take some time out as a family and enjoy one of the latest blockbusters.



Family cycling

Choose from mountain biking or road cycling, bike hire can be included and spend the morning or afternoon out in the fresh air as a family.

The History Project walking tour

Join The History Project on an adventure into Deal's fascinating history and delve several thousand years into this area's past. The tour leaves from the entrance of Deal Pier and lasts for an hour and a half. The tour is suitable for people of all ages and is both dog and wheelchair friendly.



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Metal detecting

Join The History Project on a metal detecting beginners course along our coastline. A full explanation will be delivered on how detectors work and the best techniques to find that priceless piece of treasure, before your family will be issued all the equipment you need and will enjoy an hour searching for treasure yourselves!



French Art School (Lets go Escargot)

Bonjour! Learn French in a fun way whilst doing arts and crafts. Expect music, painting and some French refreshments. Experience a different culture and learn at the same time.

Wingham Wildlife Park

Kent's fastest growing zoo, with a huge selection of animals to see, indoor soft play and dinosaur zoo, this is a fun packed day that all ages will enjoy.



Clip n Climb rock climbing

Bring out the adventurer in you and book a slot at Clip n Climb, try the new speed wall challenge or test your endurance on the dry ice wall.



Dover Wet Wheels

Spend the day in the English channel on our wet wheels boat, learn about the history surrounding the white cliffs of Dover and maybe even have a try at driving!

Family dance and fitness class

A fun packed hour of dance and fitness with a theme! Suitable for school age children upwards.



Contact

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Please visit our website
for further details and/or
to make a referral:

www.dover.gov.uk/inspirefamiliesproject



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