

well
together

THE SUNSHINE CENTRE



The Sunshine Centre in Banbury received £14,500 from Well Together towards a partnership project that provides weekly antenatal and parent education support.

Working to ensure that children in the community are happy and receive the best possible start in life, they offer practical help, advice, guidance and emotional support to families.

The Sunshine Centre offers a comprehensive range of services reflecting the needs of the community in priority areas of Banbury. They offer a range of classes, groups, and other services for local children and families. Hosting coffee mornings, a 'mini-market' of pre-loved affordable items, and sensory, music and yoga sessions, the centre provides a packed programme of inclusive and diverse sessions.



WORKING IN PARTNERSHIP

To ensure that families have access to the support that they need, The Sunshine Centre works closely with a range of partner organisations. The Outreach Support Team provides one-to-one family support on issues such as domestic abuse, positive parenting, finances, and self-esteem. OXPIP offers therapy for families with infants under two, addressing barriers to positive parenting in a therapeutic setting. Citizens Advice services are available weekly, while local organisations like The Hill and The Sunrise Multicultural Project play project provide additional support, as well as other relevant local and national services.

“Thank you for helping us get this wonderful project off of the ground.”





SAPLINGS

The Saplings group supports women who are pregnant and may be in need of additional support, during the antenatal period and the so-called 4th trimester. As well supporting The Saplings group to enhance their current services, the funding from Well Together has allowed The Sunshine Centre to pilot a group/service for families who leave the Saplings group once baby has been born. This further supports vulnerable parents on their parenting journey and ensures that they have access to services to help them and their children succeed. The project will offer support, increase skills and knowledge regarding positive parenting focusing on the first 1001 days.



The first 1001 days – from pregnancy to age two – are when babies are most vulnerable.

Educational topics include empathic responses to babies and children and the importance of attachment and what that looks like. The importance of good parent and child mental health is another area of focus, with advice and information about how this can be achieved.

“It has been a good experience for me and my wife, support throughout pregnancy and beyond. As a new father I have felt hugely supported by the Saplings Team.”

“This group offers excellent support throughout pregnancy and the first few months post partum. It has made a huge difference in my mental well-being. Thank you.”

