

Services are free for Families with an under 5yr old living under Wiltshire Council Local Authority.
RISE are offering a blended delivery with courses accessible virtually or face to face. Phone/ email to enquire and book.

If you would like further information or express an interest in the services on this page,
please call us on 01249 464008 or email coles@therisetrust.org

Outreach Support

One to one support when it is needed for various issues that can affect family life - parenting, debt, mental health issues, relationships, housing employment etc

Baby and Me

5 week course for all new carers (Mums, Dads, Foster/Adoptive Parents, Grandparents) with babies up to 20 weeks old. Sessions cover wellbeing, health, managing crying, safety, baby development and next steps

Baby Steps

A perinatal programme covering the weeks before and after birth

Call to express your interest

Baby Massage

A 5 week course for parents with young babies

Chat, Chill and Connect

Local social sessions providing an opportunity for parents to interact with one other and access advice about their child (not available in all areas)

Mum2Mum Breastfeeding Support

Mon 10-11:30am Spring Rise, Chippenham face to face
Wed 1:30-2:15pm virtual

Learning Matters

Three child development courses that cover a wide range of information and practical top tips based on your child's age/stage.

**Babies
Toddlers
Young Children**

Follow us on Facebook:

search by your local area name e.g. Chippenham Children's Centre



Five to Thrive – 5 key aspects of parenting supporting healthy brain development.
Five to Thrive is woven through all our delivery, in particular Learning Matters and Baby and Me



Being a Parent EPEC (Empowering Parents, Empowering Communities)

9 week programme focusing on positive parenting "parents learn practical communication skills for everyday life to bring up confident, happy and cooperative children"



Challenging Behaviour

4-5 week course to discover techniques and tips on how to deal with children's feelings and encourage positive behaviour

Early Words Together at Two

5 fun sessions sharing simple activities that will help your young child learn and be ready for school

Free Healthy Start Vitamins
Collect from any of our Children's Centres. Ask a staff member for details and how to apply



Bookstart Corner

Increase your confidence sharing books and stories. Exciting 4-6 week programme all about reading and rhymes. Encourages language development. For children from 18mths old
Free Bookstart Pack provided

Ready, Steady, School

4 Interactive sessions for parents and children who are starting school. Activities include preparing to read and write, making friends and managing emotions. Becoming independent and Jargon busting!

Two year funding

You may be entitled to claim up to 15 hours of free childcare for your two year old. **Contact us for information or for support to apply**

Checkout our website

www.therisetrust.org

Follow us on
Instagram!

The_rise_trust



Freedom

A **rolling programme** for women who are experiencing, or who have experienced, domestic abuse. It aims to empower you, build confidence and help you learn to recognise the signs of abuse

Freedom Forever

A programme for women who have completed Freedom. It provides support to move on increase assertiveness and to respond to the specific effects of exposure on children

Wiltshire Health Improvement Coaches

One to one sessions. Friendly support to improve your health and make positive lifestyle changes. Access through Wiltshire Council website www.wiltshire.gov.uk

To contact your Health Visitor please call SPA on 0300 247 0090