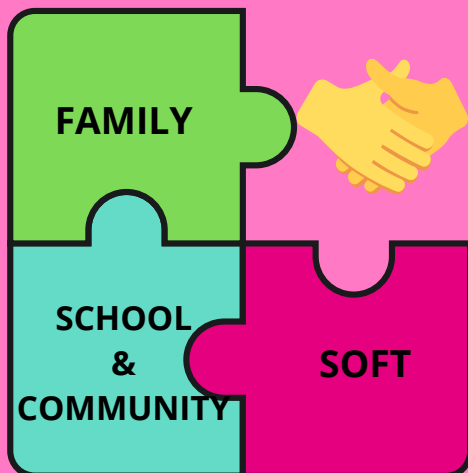


How do I register with SOFT?

- Parents can contact us directly for an informal chat.
- School can pass on your details with your permission.
- A community partner can contact us on your behalf with your permission.

How does it work?

We agree a support pathway that works for you, then work together to achieve the best outcomes for our young people.



Contact us:

02886769152

07717411465 / 07717410393



SOFT- Supporting Our Families Together

Vincent's Cookstown Offices

35 Loy Street,

Cookstown

Co. Tyrone

BT80 8PZ



www.softprojectcookstown.org



@SOFTFamylsupport



Families@softprojectcookstown.org



Supporting Our Families Together





What is SOFT?

SOFT-Supporting Our Families Together is a family, school and 21 strong community partner family support project. We are funded by the National Lottery Communities Fund to support young people aged 4-12 and their families to reach their full potential at school. We provide community & school based support in partnership with our lead partner Speedwell Trust.



How can we help?

- In-School learning workshops
- Links to community partners to provide tailored support and reduce social isolation.
- Basic one to one support to develop parental confidence.
- Courses and workshops to help parents and young people develop their skills together
E.g. creating healthy routines, resilience skills, positive mental health, healthy eating, school transitions & social skills
- Family bonding trips and activities to support quality family time.



Who do we work with?

Young people 4-12 years old attending one of the following schools:

Cookstown High School
Cookstown Nursery School
Cookstown Primary School
Holy Trinity Primary & Nursery School
Holy Trinity College
Gaelscoil Eoghain
Phoenix Integrated Primary School
Stewartstown Primary School
Ballylifford Primary School
Coagh Primary School
Donaghy Primary School
St Mary's Stewartstown
St Peter's Moortown
St Joseph's Killeenan
Orritor Primary School
St Mary's Dunamore
Sacred Heart Primary School Rock
St Patricks Mullinahoe