

## **Sligo Springboard Family Support Service** **(<https://www.activelink.ie/node/92562>)**

Sligo Springboard Family Support Service is a not for profit organisation established in 1996 in Cranmore, Co. Sligo and was known as Resource House Project. With over 24 years' experience we understand just how difficult life can be at times. Based in Cranmore, we work with families from Sligo in Child and Family Support Network Area 3 (CFSN3).

Sligo Springboard have a Family Support Service who work with families referred by either self-referral or referral from other agencies. Our Family Support Team work with families and children to alleviate stress, to overcome difficulties and to encourage each individual to reach their full potential. The work is done through the following structured, needs-led programmes:

One-to-One Support for Children and Young People, One-to-One Support for Parents and Adults, Parenting Support, Non-Violent-Resistance and Meitheal.

Sligo Springboard Family Support Service facilitates a drop-in service which is available to all members of its community. It provides immediate assistance available to individuals who may be experiencing a family crisis, housing or social welfare issues or require the use of the phone/ computer/ photocopier. We respond with appropriate actions dependant on the level of need and if required we will signpost the individual/ family to the appropriate service that can best meet their need.

Sligo Springboard have a Childcare Service that understands the importance of providing quality childcare that allows a child to learn and explore the world around them in a safe caring environment. To accomplish this, we implement a practical approach to curriculum development in combination with Aistear, the Irish Curriculum Framework, and Siolta, the Quality Standards Framework. Our Childcare Service provides Early Learning and Care and School Aged Childcare which incorporates a breakfast club, school bus and homework support.

Sligo Springboard's staff team remain energised and motivated by being able to empower and support families and children to reach their full potential through its Childcare and Family Support Services. Our aim is to create a non-judgemental, safe place for adults and children to express themselves and be heard, and to provide a safe environment in which children are encouraged to play, explore, and contribute to new experiences.

### **Mission Statement**

Sligo Springboard Family Support Service aims to empower and support children and families to reach their full potential through our childcare and family support service.

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