

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



inspire families

We are giving families the option to spend time together, completing an activity together as a family unit.

We know how important this is and the barriers that can be faced, therefore we have a list of activities available to choose from in the table below for our families to have fun together.

Please select one activity from the list below to complete. More information about each activity can be found by reading on over the page.

Details will then be passed onto the delivery provider who will make contact to arrange this session!

If transport is a barrier please reference this in the referral and we will try to support where we can.

Activity	Additional Details
Cinema Pass x2 trips	Location: Dover Town
Walking History Tour x2 trips	Location: Deal Pier
Dover Transport Museum Trip x2 trips	Location: Dover, Whitfield
*Family Cycling Session x2 sessions	Location: Betteshanger Country Park
*CJ's Dance & Fitness x2 sessions	Location: Dover Town
*Clip N Climb Session	Location: Dover Leisure Centre, Whitfield
Metal Detecting Session	Location: Deal
Boonies Army Assault Course Training	Location: Betteshanger Country Park
French Arts & Crafts Session	Location: Dover & Deal
Cookery Session	Location: Deal
Wingham Wildlife Park Trip	Location: Wingham
Radio Experience	Location: Deal
Boat Trip	Location: Dover Seafront

*Age restrictions may apply.

Cinema pass

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



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.



Dover Transport Museum

Enjoy the vast collection of cars, buses, model trains and boats among hundreds of articles by visiting the Dover Transport Museum.



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.

**Minimum age 5 years old.*



CJ's Dance & Fitness Session

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

**Ideal age +3 years.*



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.

**Minimum age 5 years old.*



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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!



Boonies 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.



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.



Cookery lessons

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



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.



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!



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!



Contact

Community Services Team

Email: inspirefamilies@dover.gov.uk

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

www.dover.gov.uk/inspirefamiliesproject



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