

## What do Families Say about The Citadel?

*"We can come and talk about parenting and feel less lonely"*  
(Citadel parent)

*"The clubs at The Citadel help my child with his confidence"*  
(Citadel Parent)

*"Coming to The Citadel is like coming to a party every week"*  
(Citadel child—aged 10)

### Confidentiality

The Citadel works closely with other agencies. We will often go to meetings to feedback on how children and families are getting on at the Citadel. But if you tell us something in confidence, we will keep this confidential, *unless* we are worried about the safety or well being of a child.

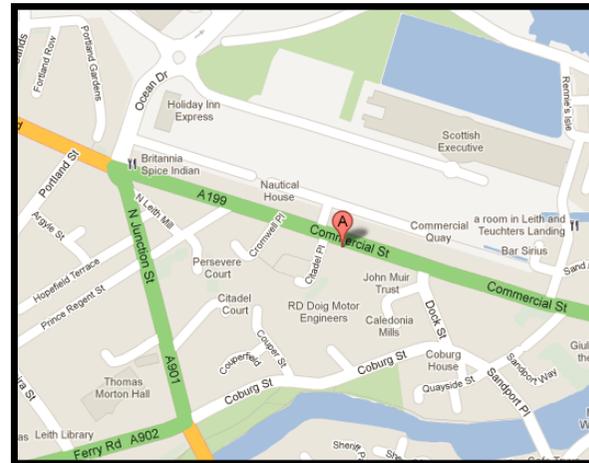


### Families Project Staff Team

Manager —Andy Thomas

Children's Worker—Ruth Kerracher

Family Worker—Liz Duncanson



### Where to find us?

175 Commercial St

Leith

Edinburgh

EH6 6JE

Phone: 0131-554-0510

[www.citadelyouthcentre.org.uk](http://www.citadelyouthcentre.org.uk)

Twitter @CitadelYCLEith



## Citadel Families Project



**LOTTERY FUNDED**

Supported By

**EDINBURGH**  
THE CITY OF EDINBURGH COUNCIL

## Citadel Families Project

### Who Is It For?

The Citadel Families Project is for children aged 5-12 and their families. We work with children who live in Leith and the surrounding areas. The project aims to help children to:-

- try new things
- make new friends
- play nicely
- say how they feel



### How do Families Join?

Families can refer themselves to the Citadel Families Project. We also take referrals from schools, social worker and other agencies. There is a waiting list for some groups.



### What Happens Next?

Once we have space, we will invite the family in to meet with staff and have a look around the building. We will have a chat about the Families Project and see what services we can offer to the children and the family.

## Children's Services

### Junior Group

Younger children (age 5 to 7) may be offered a place in our Junior Group, which runs on Wednesdays after school. This small group is a safe and fun introduction to the Citadel.



### Youth Clubs

Older children might be offered a supported place in one of our busy open youth clubs. The Junior Club runs on Tuesday evenings for children aged 7-9 and the Inter Club runs on Thursday evenings for children aged 10-12. We will agree what help the child needs to settle into the Club, and meet up again after a term to talk about how they are getting on.



### 1:1 Support

Sometimes a child may be offered the chance to meet the Children's Worker weekly for a term. This can take place at the Citadel or in school. The Children's Worker will ask the child and their family what aims they would like to achieve through 1:1 support.

## Family Services

### Parents Drop In

The Parents Drop In is open to all parents / carers of children under 12 at the Citadel. It is a great chance to get to know other parents, take part in activities together and get advice and support. The Drop In runs on Thursday mornings during term time.



### Family Support

Some families might be offered support from the Family Worker. This can take place at home or at the Citadel, and can include practical and emotional support. The Family Worker will ask the family to set the aims they want to achieve. Family support usually lasts for around 12 weeks.



### Family Events

The Citadel puts on Summer and Xmas Family Days and runs a Family Café during the school holidays. These are a great opportunity for all the family to take part in a range of fun games and activities together.