



STARS

Supporting Children and Young People to Achieve Resilience and Success

The STARS programme will provide a range of support to families with children and young people across Derby City, Nottingham City and Nottinghamshire, enabling families to stay together.

This new service will be delivered by Polaris Children's Services on behalf of the 3 local Authorities. We have over twenty-two years' experience in providing support for children and families and understand how hard it can be, at times, to raise children and teenagers. We want to help you by offering practical suggestions, advice and guidance, to support your family.

If you would like to find out more about the family work we do please do not hesitate to contact us using the details below.

How We Help

Our trained and experienced staff group, which consists of social workers, family support workers, therapists, education staff and young people mentors, work 7 days a week including early mornings and late into the evening, so you'll always have the right support at the right time for you.

Primarily the staff will support young people to either stay out of care and remain with their family or to reunite with their family.

What Happens Next?

The first and most important thing that we do is listen. Your dedicated Family Support Worker will spend time getting to know you and your family at home listening to what you would all like to happen to make things better in your life. They will offer support to one or all family members during each visit. It just depends on what feels right for you at the time. The kind of support we offer includes:

- Practical support
- Support to understand your child's feelings and behaviors
- Advice establishing household boundaries and routines
- Advice on new approaches to parenting
- Support with school attendance

Uniquely, the service will offer you and your family ongoing support for up to 2 years.

With access to the whole STARS team we will make sure you'll always have the right support at the right time, to keep your family safe and strong.

