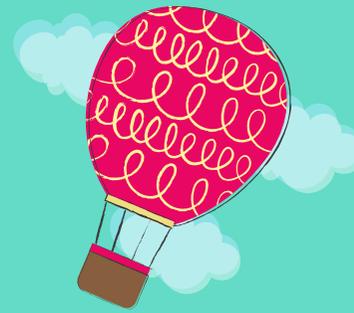
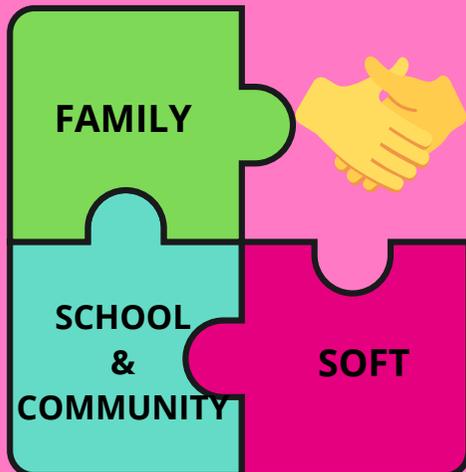


# How do I register with SOFT?

- 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](http://www.softprojectcookstown.org)



[@SOFTFamilysupport](https://www.facebook.com/SOFTFamilysupport)



[Families@softprojectcookstown.org](mailto:Families@softprojectcookstown.org)



# SOFT

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.



**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