



# *Kitchen Table*<sup>®</sup>

T A L K S



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POWERED BY





## BACKGROUND INFORMATION ON KITCHEN TABLE TALKS

**First Class Foundation is a multi award winning West Midlands-based charity that specialises in engaging young people, parents and carers from Black and Minority Ethnic (BAME) communities.**

First Class Foundation registered CIO (1183050) Over the last 15 years, we have worked with thousands of young people from a range of diverse backgrounds and communities, some of those young people who we met back then, work for the charity today.

We have created a First Class blue print where we: Reach- Engage-Train- Deploy Young people into the lives they dream of, because of this blue print we are able to fully commit to our mission.

We know that by engaging young people at the point of their need, we can successfully increase their mental health resilience, through our values training and mentoring support.

We connect them to their purpose through jobs, opportunities and training, working in partnership with local, medium and large organisations which in turn reduces youth violence.



We work to:

- **WE WILL REDUCE YOUTH VIOLENCE**
- **IMPROVE MENTAL HEALTH RESILIENCE**
- **CONNECT YOUTH AND THEIR FAMILIES TO THEIR PURPOSE**

To find out more about First Class Foundation click [here](#):



SCAN HERE TO VISIT THE WEBSITE

KITCHEN TABLE TALKS  
Conversation Impact Change

Let's Talk?

SCAN HERE!

At **Kitchen Table Talks** we encourage communication of all kinds!  
We believe that having a safe and open platform for you to share,  
will support growth and confidence.

WWW.KITCHENTABLETALKS.ORG      @KITCHENTALKS

**Kitchen Table Talks is an independently evaluated support service, that works to engage parents of young people involved within the Youth Justice System due to their offending behaviour.**

Working across the West Midlands and wider our service has successfully supported over 600 families whilst they journey through the Youth Justice System supporting their young people.



# THIS INITIAL PROPOSAL

## FORUMS

- Peer to peer support and the opportunity to learn from other who have been in a similar position
- Improved engagement from some of the more isolated parents of Young people at High risk of being involved in Youth Violence
- Shared learning on how to engage parents between children and early help services

## HOME VISITS

- Improved communication between the services and parents
- Improved feelings of support
- Improved access to services

## OUT OF COURT SUPPORT

- Improved access to support for parents
- Increased opportunities to share concerns when it matters the most
- Improved confidence and understanding in the YOS service and implementation of order

## LEARNING WORKSHOPS AND SIGNPOSTING

- Improved access to other services
- Improved communication between services, parents and young people
- Opportunities to share learning and improve services in which parents and young people interact

## PARENTS

- Improved relationship with YOS
- Improved communication between themselves and young person
- Improved self esteem and self confidence
- Improved wellbeing- not feeling judged and unheard.

## YOS

- Possible continued intervention from First Class Legacy to train and support staff to develop KTT for youth services





## WHAT'S INCLUDED

I.E. MONTHLY FORUMS, OUT OF COURT SUPPORT ETC.

### 3 X KITCHEN TABLE TALKS SESSIONS DELIVERED MONTHLY

- **LEAD PRACTITIONER FOR ENGAGEMENT (THIS WILL BE A DEDICATED KITCHEN TABLE TALKS PRACTITIONER.**
- **SUPPORT PRACTITIONER**
- **FACE TO FACE FORUMS DELIVERED 1 PER MONTH COVERING COSTS OF REFRESHMENTS**
- **KITCHEN TABLE TALKS REFERRAL PORTAL (THROUGH WEBSITE)**
- **ATTENDANCE AT RELEVANT MEETINGS PRE, DURING AND POST KITCHEN TABLE TALKS MARKETING MATERIAL**
- **PARENTAL INCENTIVES**
- **REGULAR UPDATE MEETINGS**
- **ADMINISTRATION**
- **TRAVEL TO FORUM LOCATIONS**



## GET IN TOUCH

Email us at [sabrina@fclegacy.co.uk](mailto:sabrina@fclegacy.co.uk)



## VISIT OUR WEBSITE

[www.kitchentabletalks.org](http://www.kitchentabletalks.org)  
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