

News release

19 October 2010

Knowing Families in Sunderland

Families in Sunderland will be growing even stronger this week as the city celebrates National Parents' Week.

Sunderland City Council's Children's Services and Sunderland North Community Business Centre will be promoting the importance of positive relationships as they aim to encourage families to spend more quality time together and find out about all the services available to them within the city.

As part of the national week, the city's Knowing Families events will bring together all family members to help them enjoy spending time together and to highlight the many benefits it can bring.

Raj Singh, Extended Services Manager within Sunderland City Council's Children's Services, said: "Family relationships are extremely important in any child's upbringing.

"The Knowing Families events aim to help parents and their children realise how much fun they can have together, support them to spend more quality time with one another and to find out about the different services designed to help with raising a child in Sunderland."

During the national week – its theme is 'Knowing families: How well do you know yours?' – parents will be able to find out more about the city's family services and work opportunities and take part in a mini health MOT.

Children will be able to enjoy face painting, stay and play sessions, story-telling and magicians. The families will also have the opportunity to meet a Dalek from Dr Who and the well-loved Pixar characters, Buzz Lightyear and Woody from Toy Story.

Throughout National Parents' Week the centres will host:

- Getting to Know You on Tuesday 19 October, 2pm to 5pm at Oxclose Children's Centre
- Knowing Family Support Services in Sunderland on Wednesday 20 October from 1pm at Bunny Hill Centre
- Stay and Play on Thursday 21 October from 9.15am at Rainbow Family Centre and Friday 22 October at 9.30am at Washington Children's Centre (Wessington Primary School)
- Men Behaving Dadly on Saturday 23 October from 10am to 2pm at City Library and Arts Centre

For more information on the Sunderland City Council's Knowing Families Events visit www.familiesinfoservice.com