

## **Family Hubs - Chill kids**

[Logos: Family Hubs, Durham County Council, NHS]

[Text: Esme – Chill Kids]

[Video clip: Esme seated on grey sofa with colourful cushion behind talking to interviewer. Family Hubs logo on wall]

“Most of the time I was angry and frustrated and then like this place calms you down.”

[Text: Chloe – Chill Kids]

[Video clip: Chloe seated on grey sofa]

[Video clip: School age children at desk in room with drawing paper, being handed lots of coloured pens. Esme takes two pens. Sofa with cushions and a chair also in room.]

[Video clip: Chloe seated on grey sofa]

“It works. She has like come home every week with a new method. They get it on a sheet of paper so they can remember the method and practise it at home or like when she does get wound up, we have them all on the fridge. So when she gets wound up and she needs to calm down we send her to the fridge, she’ll choose a method that she prefers to do and it does bring her down and it works.”

[Video clip: Esme on grey sofa]

[Video clip: children lying down on mats in darkened room with soft blue lights]

“So sometimes we write things. Sometimes we lie down on mats to listen to calming stuff. And we have to [unclear 00:00:39]”

[Video clip: Four children smiling, crawling across floor. Children doing ‘body things’ movement, exercise]

[Video clip: Drawn outline of a body, different coloured statements, words, thoughts written on different parts of the body and head/face]

“But we also do like body things where you have to like draw, like the colour and then what it means.”

[Video clip: Rebecca seated on grey sofa]

“It’s helping her learn how to speak about emotions rather than just using actions you know, anger or, so she’s talking about things.”

[Video clip: Chloe seated on grey sofa]

“She absolutely loves it. She enjoys it. She’s learning something new. She’s a child that loves learning. So bringing her and interacting with other children as well, making new friends while she’s here, she loves it.”

[Text: Corey – Chill Kids]

[Video clip: Corey smiling, seated on grey sofa, leaning head on hands]

“I was, I was scared a bit, now I’m happy.”

[Text: To find out more about Chill Kids

[www.durham.gov.uk/FamilyHubs](http://www.durham.gov.uk/FamilyHubs) ]