The Family Learning Intervention Programme has been set up to support young people and their parents or carers in strengthening their relationships and to avoid family breakdowns.
What is FLIP?

Most of the FLIP interventions take place outside of London, away from the busyness and distractions of everyday life. The length of stay depends on what works well for you and your family, perhaps a week or more. During the time away, you will be supported by your social worker, other professionals working with your family and the FLIP team.

Taking part in a FLIP programme will give your family an opportunity to be with each other away from daily stresses, you can focus on working on any difficulties you may be facing in a different environment free from distractions. FLIP offers fun and relaxing activities to help you enjoy your time together. Young people who participate during term time will be able to continue their education on site whilst they are at FLIP.

Why attend FLIP?

- To help your family stay together and reduce the possibility of a breakdown that might lead to children coming into care.
- To make your relationships with your family or carers stronger and help you to cope better in dealing with the stresses of life.
- To help you recognise and build on your family’s strengths and help you use these in your everyday life.
- To help you identify goals and aspirations for the future.
Where is FLIP?

The FLIP family home where you will be staying with your family or carer is located in a small village in Oxfordshire. The home is comfortable, newly furnished, spacious and has a large garden and a woodland.
What happens at FLIP?

Every family is unique and it is hard to say beforehand exactly what your time at FLIP will look like. Some families ask us to support them to build their relationships, help them re-connect and focus on each other again. Some families ask us to help them work on their communication skills and in dealing with conflict. Some young people wish their parents or carers had a better understanding of what they are going through and want us to help with that. We also have parents or carers who want to be supported with managing boundaries and how to strengthen their negotiation skills.

The FLIP plan for your family will reflect your family’s needs and individual wishes. There may be fun outdoor and sport activities, art and music sessions, mixed with family workshops led by your social worker and the FLIP team. You will also have time to be on your own with your family to relax and have fun.
What happens next?

Once you have decided you would be interested in taking part in FLIP, your social worker and someone from FLIP will meet with you to start planning for your time away. We would like you to help us create your FLIP plan by telling us which areas and things we should focus on as well as help us understand the challenges you may be facing.

FLIP can offer you and your family and/or carers an opportunity to move forward together so it is important that your voice is heard and included in the planning and preparation before your time away.
What to bring

- Seasonal clothes (T-shirts, long sleeve, shorts, trousers and pyjamas)
- Active wear (clothes that can get dirty)
- Walking shoes/trainers; other footwear you might want such as flip flops
- Toiletries (shampoo, shower gel, toothbrush and toothpaste)
- A magazine or a book to read
- Music/other activities or hobbies you like doing in your spare time.
- An open mind to try new things and give it a go

You do not need to bring

- Bedding
- Towels
- Food or drink

Let your social worker or a member of the FLIP team know if you have any allergies or special dietary needs.