

# Family Wellbeing Team



Our aim is to improve the life experiences and outcomes of children, young people and their families by providing services and support at a time when they are most in need



**We provide high quality support by recognising that parents are key to making a difference in the lives of their children; doing with, not for or to.**

## For the Parents/Carers we support:

- Wellbeing – Loneliness, Isolation, Low mood.
- Self-esteem and Confidence
- Parenting
- Illness and disability
- Understanding and managing their child's mental health.
- School refusal)
- Family Relationship
- Moving on
- Liaison with other Professional
- Early years, feeding, toileting, sleep etc.
- EAL (we can support families with English as a second language to understand how bilingual children learn, helping to dispel myths around being bilingual and learning the benefits of being able to speak two or more languages. During this support we also encourage families to consider cultural and linguistic differences that may present a barrier to learning).

## We are developing groups to support those who are feeling isolated and alone, to include:

- Baby Massage
- Crying baby
- Friendship
- Sensitive Parenting
- Art Therapy

## **Our work with children includes:**

- Self Esteem
- Managing Feelings, particularly anger and anxiety.
- Low level mental health, including Self Harm
- School attendance and transition
- Food and diet.
- Social skills

**We work from 0 to 19 years, (25 for SEND)**

## **We have developed groups which will be planed around their specific needs and delivered in schools.**

- Lego Therapy,
- Low level CBT
- Friendship Groups Primary, Middle and Older ages.
- Nurture Groups.
- Transition
- Baby Massage
- Art Therapy



## **For the whole family we offer**

- Restorative meetings to support when relationships break down
- Learning Together, helping adults support learning and playing together
- Supporting families

## **Contact Us**

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The support has been fantastic, ..... has grown in her ability to manage confrontation. She has friends.

.....has been a great support helping with the children and me. I have grown in confidence thanks to .....

I get less agitated over little things. It has helped me relax and not angry.

... feeling extremely able to cope now with all the help and support now in place.

"Hi thank you very much for yesterday .. really enjoyed it and that is especially good as it was children in his year group. He has been very upset at school for the past few years and finds children in his year group very difficult to deal with. Before lockdown he was

She has a great wealth of knowledge and we need to tap into that a lot more!

The Parenting Project is amazing. I myself had support off ..... Also my son had support off .....in and out of school. They do an amazing job if it wasn't for them my situa-



I would recommend her to work with any of my families

Lego group has helped us get to know each other's personalities and it helps.

She has great ideas and is very innovative with the way she encourages families to

I now have friends and feel better at school