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Newsletter

Spring 2024

Welcome to our Newsletter

As we approach Father's Day I have been mindful of the numerous research, which has been conducted over decades, into time children spend with their Fathers and what can be described as 'quality time'.

I distinctly remember research from 10 years ago, which identified a growing pattern of Dads spending an increasing amount of time with their children. It stated that Dads were spending 7 times longer with their children on a daily basis, than in the 1970s (Guardian, 2014). The study, conducted globally by the University of Chile, also highlighted how parents are spending the increase in time with their children.

I believe the emphasis on how parents spend time with their children has minor relevance. What is most important is that children are listened to and their voices are heard. This is a fundamental right of every child (Article 12, UN Convention of The Rights of The Child) and ultimately important from a safeguarding perspective.

In the hustle and bustle of all our lives, finding time for our children, no matter how we spend it, is critical for their relationships, wellbeing and development.

Elaine

Elaine Johnston
CEO



Newsletter content Spring 2024

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Team in the "Spot Light" for Spring 2024

We are pleased, to share with you our Mental Health Team;

Hi there, I'm Eloise, the Mental Health Lead at Parenting Project. I have been involved with Parenting Project for almost 9 years in various roles, starting as a trainee therapist on placement before joining the counselling staff team.

Parenting Project counselling service has a very special place in my heart, not only for our work with parents and families but also as a placement agency for counsellors in training.

As an Integrative Psychotherapist myself I am incredibly passionate about the Counselling and Psychotherapy profession and feel privileged to work, and build relationships, with students on placement with us.

I feel proud of the service, in our achievements and what we are able to offer to parents, families and counsellors in training. We continue to see that counselling can change lives.

Hi I'm Jane, I'm the Mental Health Operations Coordinator and my relationship with Parenting Project started when my children were younger and we went to groups at our local children and family centre. When my children were older and at school, I volunteered at the centre and then was offered employment.

I have now been in the counselling team since 2017 and whilst I have seen many changes we are still offering parents the opportunity to access counselling sessions

Our Service Delivery:

We are currently offering a small service with limited availability for parents/carers of children 0-19 (25 SEND) living in Warwickshire. We are predominantly a face to face counselling service offering weekly sessions in Leamington Spa, Warwick, Stratford and Bedworth. We have a limited remote service for those who meet specific funding criteria. We do our best to meet your preferences in line with available options and our allocation process.

The counselling service is predominantly a placement agency in which students in training join our counselling team to obtain their placement hours and to bring theory into practice. As a placement agency we value the importance of building relationships with students and training providers. Alongside our student counsellors we have limited funding to deliver counselling through an associate model. Associate counsellors are students who completed their placement with us and are now qualified. Being qualified, associates have more experience to work with clients that may have complexity within their experiences and/or present with risk.

What is Counselling?

Attending counselling is an individual experience and what one person uses their counselling hour for might be different to another. It can be goal orientated or it can be a space to hear your thoughts out loud without any agenda.

We like to stress that counselling is a choice. It's an equal, collaborative and above all confidential relationship where change can happen at your pace. We do not hold a medicalised view of mental health but instead hold the view that life experiences, early relationships, trauma and loss can impact our current lives even if we feel they are in the past or 'dealt with'.

We hold the ethos that it's not 'what is wrong with you' but 'what has happened to you' at the core of what we do.

advice and the counsellor will not have an agenda about what you need to achieve. We do not diagnose, write reports or share information with other health professionals.

Counselling however is not just about offloading, the counsellor will listen to you but will also notice what you share, the feelings that are attached to it and possibly help you make links between the past and present. Counselling is very individual, the time is for you, confidential and safe. If you choose to enter into counselling you will be offered up to 18 sessions of one to one weekly counselling.

We are an organisational member of the British Association for Counselling and Psychotherapy (BACP) and their website may also provide information about counselling and what it is in more detail www.bacp.co.uk.

Feedback from Parents who accessed Counselling

- Counselling has helped me to re-discover myself
- My counselling sessions have been a valuable experience and have helped me through a very traumatic time. My counsellor was professional, friendly, insightful and supportive so I feel that I am in a much better place to deal with current and future problems.
- I came to talk about difficulties with my child but instead I have grown so much as a person myself which I did not expect
- Counselling has given me time and space to explore myself
- Excellent service. The counselling sessions have completely changed my life for the better, a very worth while service. This has improved my self worth, relationships, confidence and has allowed me to live the life I want
- I think it would help future clients know that counselling does get harder, but it is worth it. I feel alive again, it's been life changing. I didn't think six months ago I could feel like this, I can see the world in colour!



Extended 111 service will help those in mental health crisis in England

From 25th April 2024 at 11am, people of all ages (children and adults) living in Coventry and Warwickshire will now be able to access urgent mental health support directly via NHS 111, 24/7, 365 days/year.

The local mental health crisis line, managed by Coventry and Warwickshire Partnership NHS Trust can now be accessed via NHS 111 and selecting 'mental health option'.

The extension of the 111 service means people who are experiencing a **mental health crisis** will be able to dial the NHS urgent medical advice number (111), and by choosing 'mental health option' will be put through to a member of Coventry and Warwickshire Partnership NHS Trust's local crisis service.

Specially trained mental health staff will speak to callers, discuss their urgent needs, and assess what the best way to support them is depending on their

Anyone can call for themselves or someone else can call for them, for example a friend, carer, family member or GP. NHS 111 is for all ages, including children and young people and those with neurodevelopmental needs.

The overall aim is to give mental health crisis parity of esteem, by making help more easily accessible and available as well as easing pressure on A&E departments.

Healthy Start

Healthy Start is a scheme where if you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. You can also collect Healthy Start vitamins to support you during pregnancy, breastfeeding and vitamin drops for babies and young children these are suitable from birth to 4 years old.

Healthy Start is a part of the Warwickshire Health Visiting support offer, please use the QR code to access Warwickshire Health Visiting information.



Talking Therapies

If you are feeling down, anxious, stressed or suffer from panic, [Talking Therapies](#) can support you. They are a free NHS service providing a range of psychological support for those who also suffer with perinatal emotional wellbeing, long-term conditions, couples therapy for depression and various group work. You must be 16 years and older and registered with a GP in Coventry, Warwickshire and Solihull to use this service. You can [self-refer](#) online where it takes no more than two weeks to speak to receive an assessment.

teenagers between 16 and 18 years old. It starts on 4 June 2024, 4.30-6.30pm. This is a virtual group that offers a safe space to reflect on thoughts and feelings and learn coping strategies to manage stress and anxiety.

Self refer either using the QR code in the A-Teen Poster below, or ring 024 7667 1090 to register.

mind
Coventry and Warwickshire

NHS
Coventry, Warwickshire and Solihull Talking Therapies

A-TEEN GROUP

Are you aged between 16-18 years, experiencing stress, anxiety, depression or worry?

We can offer:

- A safe and gentle space
- Help in reflecting your thoughts and feelings
- Teachings into coping strategies
- Guidance to manage your overall wellbeing

Accept
Togetherness
Embrace
Enjoy
Never give up

I work as a Cognitive Behavioural Therapist and I am trained in Mindfulness-Based Cognitive Therapy. I enjoy helping others and love going to the cinema.

Lisa

I am a Person Centred Counsellor, working with people to explore and process their past and present. I enjoy going for long walks with my dog, Buddy.

Michelle

4th June
4:30-6:30pm
Virtual

Scan the QR Code to self-refer
Tel: 024 7667 1090

for anxiety and depression

Volunteers Week 3rd - 9th June 2024



Thank You, Volunteers



#volunteersweek



We have many volunteers who support our Family Wellbeing Pathway delivery.

- Counsellors undertaking a degree or postgraduate qualification in counselling
- Parent Mentors, who offer emotional and practical support with parents
- Group Work volunteers, delivering groups in schools alongside our Family Wellbeing Facilitators
- Marketing volunteer, to support the promotion and publicity of the charity
- Trustees, support and oversee the governance of the Parenting Project

Without the valued support from all of our amazing Volunteers we would not be able to reach the amount of families in Warwickshire we support. They all make a significant difference to the lived experience, mental health and wellbeing of families.

We thank each and everyone of our current and past volunteers and are looking forward to meeting with new volunteers.




Volunteer
to support children and their families

We are always looking to recruit volunteers to join our team who are passionate about the wellbeing of families and who want to make a difference to the community they live in.

Parent Mentors
Parent Mentors are volunteers who meet with families to provide friendly, informal support, encouragement and guidance.

School Group Facilitators
School Group Facilitators are volunteers who support our team to deliver a range of groups within schools. The groups aim to improve the wellbeing and emotional development of children.

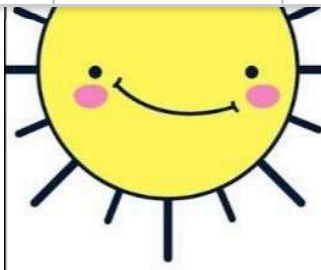
For more information: familywellbeing@parentingproject.org.uk

Full training will be provided. You will need to be able to drive and have a satisfactory DBS certificate, which we will help to process if you do not already have one.










parentingproject.org.uk

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May half term Activities



OUTDOOR SCAVENGER HUNT

- | | | | | | |
|--------------------------|---|--------------|--------------------------|---|------------|
| <input type="checkbox"/> |  | 1 GREEN LEAF | <input type="checkbox"/> |  | BIRD |
| <input type="checkbox"/> |  | 1 BROWN LEAF | <input type="checkbox"/> |  | A WEED |
| <input type="checkbox"/> |  | 3 STICKS | <input type="checkbox"/> |  | BUTTERFLY |
| <input type="checkbox"/> |  | SPIDER WEB | <input type="checkbox"/> |  | TREE |
| <input type="checkbox"/> |  | BUG | <input type="checkbox"/> |  | CLOVER |
| <input type="checkbox"/> |  | WATER | <input type="checkbox"/> |  | FEATHER |
| <input type="checkbox"/> |  | SMOOTH ROCK | <input type="checkbox"/> |  | BEE |
| <input type="checkbox"/> |  | ANTS | <input type="checkbox"/> |  | PINECONE |
| <input type="checkbox"/> |  | FLOWER | <input type="checkbox"/> |  | GRASS |
| <input type="checkbox"/> |  | CLOUD | <input type="checkbox"/> |  | TREE STUMP |

Free Holiday activity ideas:

Severn Rivers Trust - Mizuiki are running Family workshops on the river bank at St Nicholas Park, Warwick. The sessions are: Eco Detectives, Wildlife and Wonderful Water. Suitable for children aged 5-10 years old accompanied by an adult.

Sessions are running on 27th, 29th May and 1st June, places must be reserved in advance.

Cut and paste this link to book your

place: <https://www.eventbrite.co.uk/e/mizuiku-family-workshop-eco-detectives-tickets-811532444387>

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Leamington Spa Art Gallery & Museum , Jephson and Pump room gardens
Treasure Trail of Leamington's Leisure Gardens. For all the family!

They have created a colourful Treasure Trail of Leamington's leisure gardens suitable for the whole family to enjoy together!

The trail will take around an hour to walk, and takes you through the Jephson and Pump Room Gardens, drawing your attention to things you may not have noticed before, alongside activities, and interactive features, all beautifully illustrated in an easy to follow booklet.

The Treasure Trail is FREE!

Collect a free printed colour copy from the Royal Pump Rooms Visitors Information Desk any time from Monday - Sunday 10am - 3pm, you can go back to the Desk to be rewarded with a sticker!



Other ideas:

Warwick Market place museum, open Tuesdays - Saturdays 10am - 5pm, entry is free

Greenway Walk and cycle track in Stratford upon Avon

Fathers Day 16th June

Every Day is Fathers' Day

and society? The media portrayal of fathers can often be negative, caricatured by out-dated stereotypes about fathers being bumbling, absent, non essential, unreliable or inadequate. Further to this, some men are labelled as predators, perpetrators or paedophiles rather than seen as providers, protectors or partners.

Decades of research evidence has shown that fathers have an equal and essential yet different role to mothers in the lives of children. From the moment at which a child is conceived, hormonal changes take place in men as well as women which support the expectant couple relationship. Through the earliest years and beyond, fathers have a lasting impact on the wellbeing of children, spending quality time with babies and infants in bonding, playing, reading, learning, building emotional health and resilience.

Despite this evidence base, many 'family based' organisations don't fully understand or value fathers, assuming their role to be secondary in importance when compared to mothers. This perspective is problematic when it comes to reducing parental conflict, which can only be resolved by taking a holistic view of co-parenting and intervening early to increase protective factors. With this perspective in mind, Fatherhood Institute is developing 'Family Foundations' which is offered to professionals to support both expectant parents. It's aim is to strengthen the couple relationship before the baby is born by supportive co-parenting to reduce family breakdown. Whilst the 16th June will be a good day for fathers, there is so much more to do to change attitudes towards fatherhood in organisations and society.

For more information and resources please take a look at:-

www.fatherhoodinstitute.org.uk

Graham Lowther- Trustee.

.....

A great activity idea for Fathers Day, hunt for small rocks, clean and dry them, then paint and personalise or add special messages for Dad's in your family.



Action for Happiness Calendar - Joyful June

The mission of Action for Happiness is to help people create a happier world, with a culture that prioritises happiness and kindness.

Here is the calendar for June, we hope you find some of the suggestions thought provoking and helpful to explore.

Joyful June 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	
3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	
10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	
17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	
	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)

ACTION FOR HAPPINESS

Happier · Kinder · Together

🎵

🌿

Grant Funding

We are pleased to share information on funding received the MOJ through Warwickshire PCC:

counselling for victims of domestic abuse or sexual violence.

Without grant funding we would not be able to deliver our services and support families in Warwickshire, we are grateful and thank our funders for their support.

Parenting Project Crowd Funder and Just Giving Campaign and QR Code



We urgently need financial support in order to be able to continue to provide vital lifesaving support for parents. 47% of parents in our counselling present with current or historical suicide ideation or self-harm. We support them to understand and overcome their thoughts and feelings and move forward with their lives.

We provide parents, young people and families mental health support at a time when it is most needed. Our parent and carer counselling service offers up to 18 free counselling sessions. With enough funding we are able to support parents struggling with extremely poor mental health, many of who have feelings of suicide.

The long-lasting effects and strain of Covid-19 and the cost of living crisis continue to greatly impact families, making already challenging circumstances unmanageable.

Since 2020 we have seen an unprecedented increase in referrals from statutory NHS teams such as Health Visitors, GPs and IAPT. Unfortunately we do not have any statutory funding. We rely mostly on raising funds ourselves. Our grant funding has not only decreased inline with referrals, it has reduced due to the current financial climate. We are now at risk of not being able to support all of the families in crisis that are being referred to us.



Family Wellbeing Pathway

We are delivering the Pathway in the following areas:

Warwick, which includes: CV34 postcodes and Warwick postal addresses, for example Barford, Hampton on the Hill, Hampton Magna, Heathcote.

Also in the town of Stratford upon Avon: CV37 postcodes, Snitterfield and Shottery

The services included in the pathway are:

Counselling: We provide 1-1 counselling for parents/carers of children aged 0-19/25 SEND. Counselling is accessed following an assessment session. We provide zoom or face to face sessions.

For information about our Counselling service and funded areas, please go to our website: www.parentingproject.org.uk.

Family Wellbeing Facilitators: Working with parents and individual children aged 0-19 (25 SEND), providing individually tailored support, to enhance and support the mental health and wellbeing of the whole family.

Examples of need include: behaviour management strategies, low mood, anxiety, isolation, loneliness, transitional changes, family relationships and dynamics.

Group Work Delivery: Through Family Wellbeing support, children may be identified as benefitting from group work opportunities. The child's school will be contacted to support in setting up the wellbeing group and identifying peers

MHISC groups in Primary Schools - these well-being groups can be accessed through the Targeted Support Officer, for children who have a multi-agency, Early Help plan.

Schools can also purchase wellbeing group's directly from the Parenting Project, where they have identified group work would be beneficial for children's social and emotional development.

Wellbeing groups include:

Brick Club (Lego Based Therapy): The aim is to develop social communication skills in children, such as sharing, turn-taking, following rules, building confidence, self esteem and problem solving.

Nurture/Friendship Groups: The focus is around social and emotional development and building resilience, common topics covered are; Friendships, Bullying, feelings, worries and anxiety, however the groups are bespoke and developed around the individual needs of the children.

Parent Mentoring: Parent Mentors are trained volunteers, who provide friendly, informal support, encouragement and guidance with families in a non judgemental way.

Examples of need include: LOW LEVEL; emotional wellbeing, confidence, isolation, loneliness, aspirations for the future.

For more information and to request a referral form, please contact; Manjit Kaur Evans, Family Wellbeing Lead: familywellbeing@parentingproject.org.uk



Parenting Project contacts:

www.parentingproject.org.uk

Counselling: counselling@parentingproject.org.uk

Family Wellbeing Team and Parent Mentoring: familywellbeing@parentingproject.org.uk

CEO, Elaine Johnston: elaine.johnston@parentingproject.org.uk

Support organisations and contacts:

- Police 999
- NHS helpline 111
- Warwickshire children and families front door (MASH) 01926 414144
- FIS 01926 742274
- Family Support Line 01926 412412
- EDT (social care out of hours emergency duty number) 01926 886922
- RISE crisis team (child/young people) 08081 966798 (option 2)
- Child Line 0800 1111
- Young Minds 0207 0895050
- Mental Health access hub (adults) 0300 200 0011 (open 24/7, 365 days)
- Samaritans 116 123 (open 24/7, 365 days)
- Dear Life website www.dearlife.org.uk
- Safe line 0808 8005008
- Refuge 0800 2000 247 (open 24/7)
- National Centre for Domestic Violence (NCDV) 0800 970 2070

Cost of living crisis - useful contacts:

- Help for Households website: www.helpforhouseholds.campaign.gov.uk
- [Act On Energy](http://www.actonenergy.org.uk) on 0800 988 2881
- Warwickshire Local Welfare Scheme 0800 408 1448 or visit: www.warwickshire.gov.uk
- Citizens Advice: www.citizensadvice.org.uk
- p.h.i.l. (Preventing homelessness, Improving lives) in Warwickshire: www.warwickshirephil.org.uk
- Warwickshire Cost of living web page: <https://www.costoflivingwarwickshire.co.uk/>
- Warwickshire Food Banks:

warwickdistrict.foodbank.org.uk

stratforduponavon.foodbank.org.uk

rugby.foodbank.org.uk

nuneaton.foodbank.org.uk

For more information about the Parenting Project please see our website -
www.parentingproject.org.uk, our facebook page or email
headoffice@parentingproject.org.uk



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