

**Re: The Parenting Project**

I'd like the opportunity to introduce you to the Parenting Project and the work we do with children, young people and families. We are a voluntary organisation, delivering support services for children and young people from 0-19 years (25 years SEND) and their parents/carers.

We have developed a Parenting in Mind Programme, within which there are a number of innovative and creative solutions to identify and meet the challenges families are facing. The solutions are mindful of enabling families to develop and improve their own lives. The support we provide is based on the needs identified by families.

We have an established highly regarded Mental Health team, through which we deliver 1-1 counselling for parents and also for young people. We run anxiety and mindfulness workshops for parents and parenting courses for expectant and new parents.

Some parents/carers access our Family Wellbeing Facilitators, who are able to offer emotional support, signposting and advocacy. We also have volunteer Parent Mentors who are able to offer ongoing support to parents who have accessed Family Support or Counselling.

We have a focus on Mental Health and recognize that: Mental ill-health is a growing concern for local and national agencies working with children. Research data tells us that 1 in 4 parents are experiencing mental ill health or emotional distress at any one time (MIND, 2015).

The emphasis of our project is to improve outcomes by securing family mental health and emotional wellbeing. We support and empower families to address personal and environmental issues which prevent them from good mental health.

The Parenting Project measures the impact of the Counselling programme with a strong emphasis and expectation to secure sustained improved outcomes in the long term for families.

Impact / Outcomes we are aiming to make through Counselling:

- Raised parental awareness of their mental health.
- Strategies to support and improve their mental health.
- Parents have processed their experiences and have improved mental health and wellbeing.
- Improved relationships, increased confidence.
- Increased emotional confidence to achieve 'good enough' parenting.
- Increased parental capacity, safer children.

There is no charge to access the Counselling service, if individuals are assessed as requiring additional sessions of counselling this could be provided.

It costs £3,163 per Counsellor for us to robustly recruit and induct the Counsellors and provide Parenting Project training, supervision etc. Each Counsellor, on average is able to provide counselling for 6 people over a year.