



Parenting
Project

Warwick Family Wellbeing Programme

Warwick Town Council

April 3rd 2023

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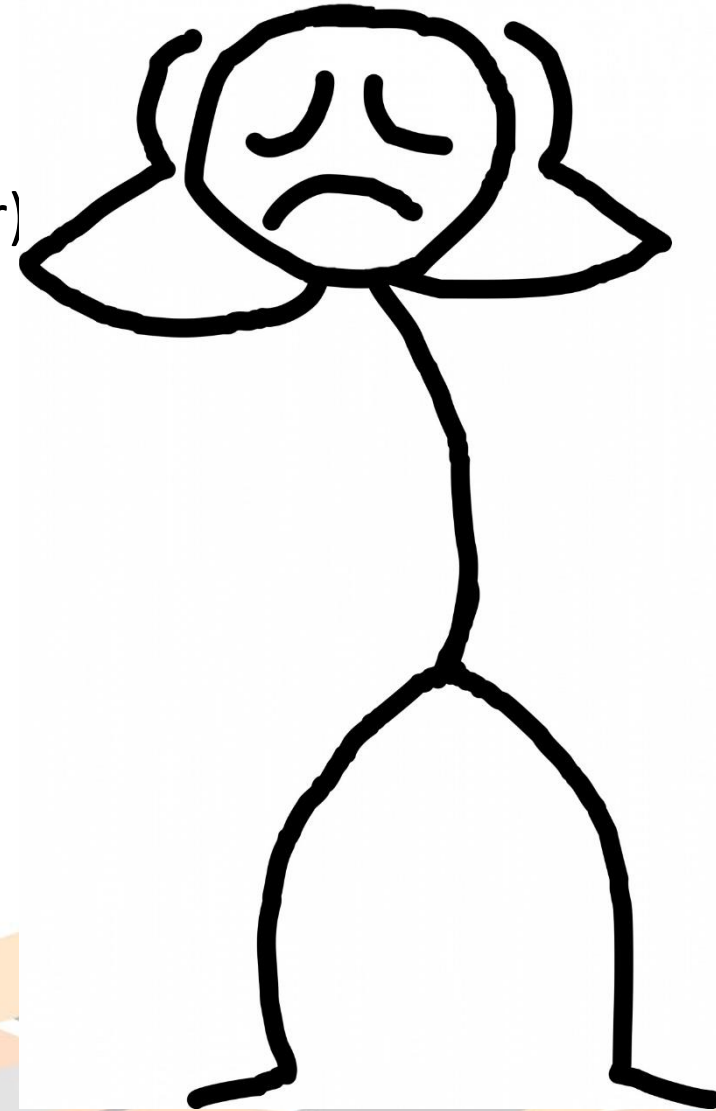
Family Wellbeing Pathway Overview

- The Pathway delivery in Warwick commenced in September 2020.
- The level of demand has continued to be much higher than anticipated, both in terms of numbers of referrals and the complexity of need within families.
- Domestic abuse continues to be high in the area.
- In March 2023, 47% of parents in counselling have current or historical ideation of suicide.
- Unprecedented levels of poor mental health in 25% of poor mental health in children and young people.
- Difficult situations and mental health has worsened because of the pandemic and the current cost of living crisis.

Family Wellbeing Pathway

Examples of reasons for referral (in no particular order)

- Behavior Issues
- Housing concerns
- Debt and access to Food Banks
- Relationship breakdown
- SEND
- Drug/Alcohol Abuse
- Loneliness/Isolation
- Anxiety/Depression
- Domestic Abuse
- Mental Health Issues
- Child Arrangements
- Suicide ideation



Family Wellbeing Pathway

The Pathway includes:

Counselling for parents; delivered over 18 sessions through a trauma informed and person centred approach.

Family Wellbeing Support; families are supported within areas identified by them, to improve the families lived experience and outcomes.

Group work in schools; Bricks (previously Lego based therapy), friendship groups, feelings groups delivered in Primary schools and we have developed a Positive relationships group to deliver in secondary schools.

Volunteer Parent Mentors; matched with parents and are able to offer emotional and practical support.

People supported in Warwick

In total between April 2022 and March 2023, through the Family Wellbeing Pathway we have supported:

- Counselling; 29 parents accessed our counselling service
- Group Work in Schools; 130 Primary aged children have accessed groups
- Parent Mentors; 34 Parents have had a parent mentor
- We have reached 245 individuals, impacting and improving opportunities for 245 families in Warwick

Comments from parents who have accessed our service:

- **Counselling Feedback** "It has really helped me through a very difficult and traumatic period in my life. It has helped me make better decisions, feel less alone, and far more equipped to deal with whatever happens next!"
- **Family Wellbeing Support Feedback** Our FWF was amazing all of the way through. She worked with both my son and myself and helped us massively. I have learnt lots of different techniques on how to manage different situations and they have proven to help greatly with mine and my son's relationship and understanding of each other. She has also brought my two sons closer together by recommending activities which would enable them to bond. All in all, our house is a much happier place and the FWF has played a huge part in this. Thank you so much for all of your help.
- **Parent Mentor Feedback**
My PM has been a Godsend for me. She has helped in so many ways that I needed... From just talking to filling in forms, guiding me and helping me to be my self in a long time. I'm so grateful for this charity in helping me to find my way. I am now at the place where I'm not doubting myself or need reassurance for anything I need to do.

We are thankful to Warwick Town Council and the following local grant funders for their support in enabling us to increase the delivery of the Family Wellbeing Pathway during 2022/23 financial year in Warwick:

- Thomas Oken and Nicholas Eyffler
- King Henry V111 Endowed Trust
- County Councillors Grant
- L&Q Foundation Grant

Without their financial support we would not be able to deliver the vital and life changing support with vulnerable and disadvantaged families in Warwick.



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Thank you for listening

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