



# Parenting Strategy

## 1. Forward Wigan Partnership Parenting Strategy

Families come in all shapes and sizes, from diverse backgrounds, cultures and with different life experiences. We want to offer all parents, but particularly those with the greatest need, timely, effective support, so they can provide the kind of family environment where their children thrive. Evidence suggests that the quality of relationship between parents has a considerable influence on their parenting, as well as children's long-term mental health and future life chances.

We understand as a system and Early Help and Prevention Partnership, the importance of taking a strength-based approach to the delivery of effective prevention and early help by ensuring support is accessible, co-ordinated, and provided early enough, families can build resilience.

This Parenting Strategy is fundamental to delivering on the shared vision articulated in the Early Help and Prevention Strategy 2024 -27 and will be the focus for the delivery of a whole family approach over the next three years to ensure the delivery of even more effective and preventative support to parents and carers.

Whilst most children and young people in Wigan will live a happy and healthy life, this strategy recognises that an increasing number of children and families require help and support to address issues and challenges in their lives and to achieve their full potential as a family. This investment in supporting parents by providing the tools to early help and prevention not only provides support at the earliest stage it also reduces the risk of families requiring high cost, and more intensive, support at a later stage.

This strategy provides a framework for developing parenting support over the next three years, delivering evidenced based parenting intervention as a result of place based teams and partner-led integration.

Consequently, this strategy incorporates and integrates the vision for parent relationships and parenting support together, as both are key to improving family lives. Like families, parenting interventions come in many shapes and forms. This strategy focusses primarily on evidence-based programmes which can be delivered in an individual and group setting to support wider peer support and engagement. However, with a growing trend towards support online, the strategy also seeks to embrace these newer methods and test their application within Wigan.

Moreover, evidence suggests that parents most in need of parenting interventions are most impacted by barriers and factors such as venue, times and the lack of an initial relationship to the facilitator. To provide a responsive offer, we will balance

evidence-based interventions alongside testing new or innovative approaches to ensure the provision fits with the expressed need of parents and communities. By using approaches such as supporting ongoing casework with an evidence-based on-line programme, or training led by professionals to deliver a parenting intervention 1:1 as part of the family plan, the application of evidence-based programmes will continually develop and improve. Our Family Hubs will be central to the delivery and co-ordination of parenting support, with trusted non-judgemental relationships at the heart of everything we do.

Strategic oversight at a local level will be provided through the Early Help and Prevention Strategic Board. Who will ensure that building on our successful partnership approach to early help, including parenting support, the commitment and principles of prevention will further strengthen as a result of the delivery of this Parenting Strategy.



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## 1. Introduction

The relationship that a care giver has with their children are strongly linked to children's outcomes. When children and young people are parented in a positive way, they are likely to grow up feeling nurtured, safe and secure. Good parenting, however, has a substantial positive impact on a child's behaviour, educational attainment, emotional and physical health.

Factors such as unemployment, poor housing or poverty may negatively impact on a person's ability to parent well. However, good mental wellbeing and high levels of resilience can work as protective factors in these situations. Having good parenting support available from the very beginning of parenting, the antenatal period, up to adolescence and beyond, is essential to ensure people can navigate life's challenges and parent well at the same time.

Good parenting is defined as safe, warm secure home life, helping the child /young person learn the realistic expectations that are essential skills needed throughout life. Assertive discipline and parents having the ability to take care of themselves as parents / carers and their own emotional wellbeing plays a key role in preventing some of these issues from escalating and having a negative impact. This strategy focusses primarily on evidence-based programmes (and groups) delivered in a group format. However, with a growing trend towards support online, the strategy also seeks to embrace these newer methods and test their application within the Wigan Borough. Moreover, evidence suggests that parents most in need of parenting interventions, are most impacted by barriers and factors such as venue, times and the lack of an initial relationship to the facilitator. To provide a responsive, forward-thinking offer, local areas should balance evidence-based interventions alongside testing our new approaches such as Family Hubs to ensure their provision fits local capability and context.

## 2. Early Help Partnership Vision

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All partners want children in the Wigan Borough to be happy, healthy, and safe; to be listened to and to reach their full potential and thrive. Early Help is everyone's business. When children, young people or their families need help and support, together, we will provide that support at the right time, by the right people and in the right place, taking into consideration the needs of the whole family. To enable the Parenting Strategy to be embedded; a collaboration of partners aligned to the Family Hub Model collaborated to accurately reflect the parenting offer. It is of note that this strategy aligns with the Early Help and Prevention Strategy.

Devised from early intervention workshop with key partners 3 Nov 2022. Signed off by WSCP 21st Nov 2022.

### 3. Vision

In Wigan we want to ensure more children and young people are nurtured in a supportive family with the best possible chance of achieving their potential through positive parenting support accessed at the right time and at the right place.

This will be achieved through close links with our communities and partner agencies which will support the ability to identify emerging need for support and seamless processes for families to access the most appropriate type of parenting support available delivered by the right service.

### 4. Why do we need a parenting strategy?

The overarching aim was to develop this strategy using a Wigan wide approach, including voluntary organisations and statutory agencies, to understand where their support fitted into the overall parenting support system. The following objectives were used to achieve this:

- Collaboration between key stakeholders including statutory and non-statutory agencies as well as parents.
- Sharing of resources, knowledge, and experience to improve outcomes for children and families.
- Raising the level of awareness about the importance and impact of parenting on children's outcomes.
- Providing ongoing support and advice to Wigan parents, carers and families about parenting support.
- Review current provision and highlight recommendations for future parenting provisions which will be highlighted within this strategy's action plan.

The agreed core values that underpin the strategy recognise that this should be user led and based on the needs of parents. The views would be captured in a variety of ways including use of the Family Hub Parent Carer Panel's, Consultation with the Parent Carer Forum, use of data from a multi-service perspective and capturing parental feedback following receiving support. There is a recognition that the strategy needs to have a borough wide consistency whilst respecting the confidentiality of service users and that all aspects are sustainable and correctly resourced. Crucially the strategy should be inclusive and accessible to all.

## Our Partnership



## Core values of the parenting strategy:

- The Strategy should be User Led and based on the needs of Parents.
- Collaborative
- Inclusive and Accessible
- Respecting Confidentiality of service users
- Consistent offer across the borough
- Sustainable and correctly resourced

## Objectives of the strategy:

- To have an easily accessible directory for parents
- Ensure services are accessible for all parents.
- Establish clear guidelines on what services offer and what their inclusion criteria.
- Staff to be aware of the parenting offer so they can sign post to appropriate services.
- Breakdown any barriers to accessing services.
- Improved outcomes for families
- Parents to receive support to enable children to thrive

## Goals of the strategy:

- Create a clear consistent borough wide parenting offer that is accessible to all.
- A clear pathway should be established with clear timescales.
- Families to be thriving and managing family life with their network.
- Partnerships to be connected and working collaboratively to provide the right support at the right time to families.
- Universal offer to be accessible to all.
- Create a competent, confident workforce.
- Remove any inequalities and reduce stigma to accessing parenting services.

## 5. SWOT Analysis of current parenting support offered within Wigan

To understand the current offer in Wigan and where our gaps may be as a working group we undertook a strengths, weaknesses, opportunities, and threats analysis. Current offer is detailed in Table 1.



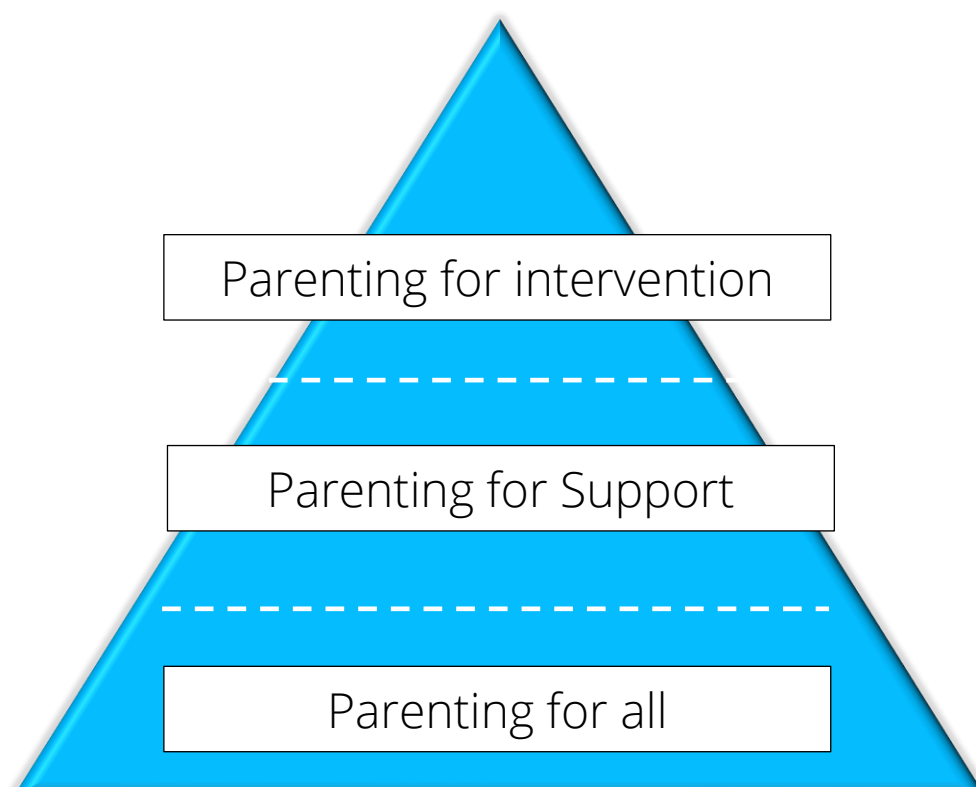
## 6. Engagement with parents and carers of Wigan

To ensure we are meeting the needs of Wigan's families we have asked parents and carers what they want and need. These conversations highlighted the need for consistent information to be available to parents and carers. These conversations also highlighted a number of common barriers experienced by parents and carers across Wigan, such as working hours, availability of programmes and availability of alternate support. Others find there can be too much information on certain subjects, much of it conflicting and therefore adding to the confusion. Not knowing where to turn for help many parents said they don't know where to go or who to ask, leading to feelings of isolation and being left to cope alone.

## 7. Locally defined parenting support:

A local definition of parenting support was agreed as 'an intervention or programme that provides support to improve the child and parent relationship'.

A tiered approach of parenting support has been developed. These tiers are 'Parenting For All', 'Parenting For Support' and 'Parenting For Intervention'. Initial scoping of parenting support already offered in the borough has been completed with the support aligned to the tiered approach. This will be reviewed and updated on a quarterly basis by the Parenting Working Group.





Service:	Maternity	Level of Intervention: Parenting for all
Description: Antenatal and postnatal care		
<p data-bbox="174 308 2024 563">Offer: Routine antenatal care, from receiving patient's referral, to include booking appointment, dating scan, routine antenatal care within community locations or GP practices or our antenatal clinics. Alongside this, following a risk assessment at booking, an enhanced level of care to be provided to people with additional risks. This enhanced care will include shared care with an obstetrician or suitable specialist, and additional investigations and scans if required according to our protocols and guidelines. Homebirths are offered and available, this is facilitated by our community midwives. Routine postnatal care will then also be provided to women following their birth, up to 28 days of age.</p> <p data-bbox="174 611 2024 818">All women when pregnant, will have a risk assessment booklet completed. As part of this, mental health is considered and assessed, with a RAG rating. Those that are assessed as amber or red, will have the relevant special circ's form completed, and our PNMH midwife will assess these and cascade appropriately. This may include referral to the GMEC PNMH team for involvement with a psychiatrist, appointments with a consultant within the trust who has an interest in PNMH, or an appointment with our PNMH if required and appropriate.</p> <p data-bbox="174 866 2024 986">For our type 1 and 2 diabetic patients, they will be seen in our combined diabetic and obstetric clinic with the relevant consultants and specialists and receive additional care via our specialist midwife for diabetes and with our diabetic nurse. Any women who develop gestational diabetes during their pregnancy will also be referred into these clinics.</p> <p data-bbox="174 1034 2024 1114">For women who have experienced a pregnancy loss (set criteria), we also have a bereavement midwife who runs a separate clinic with an obstetrician to provide care to these women alongside their community midwife's care.</p> <p data-bbox="174 1161 2024 1201">There are 4 sessions spread over the month and they are multi professional.</p> <ul data-bbox="241 1241 1843 1358" style="list-style-type: none"> <li data-bbox="241 1241 1843 1281">• The 1st session is antenatal wellness delivered by a midwife in conjunction with a staff member from be well.</li> <li data-bbox="241 1281 1843 1321">• The 2nd session is Breast feeding delivered by the community Infant Feeding Team.</li> <li data-bbox="241 1321 1843 1358">• The 3rd session is Labour and delivery delivered by a midwife.</li> </ul>		

- The 4th session is bringing baby home and delivered by the Health Visitors.
- Aquanatal classes are offered once a week.

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- The 4th session is bringing baby home and delivered by the Health Visitors.

Aquanatal classes are offered once a week.

Service: WWL – Health Visiting HV Duty – 0300 7071243

Level of intervention: Parenting for all

Description:

Health Visiting as part of the 0-19 Service offer a duty phone line Monday – Friday 9-5, parents can speak to Health visitor for support and advice. Antenatally parents will be allocated to a named health visitor that will provide continued support to the child and family up to school age. The health visiting service will assess level of need and interventions will be offered as appropriate to according to need.

The Health Visiting Service are committed to the roll out of the Essential Parent Platform, a digital offer which contains clinically approved information and guidance for families, on health and wellbeing, including aspects of parenting.

The HV Service utilise a Facebook page which hosts links to recognised evidence-based resources to support with parenting, this includes providing access to parenting and child health information and guidance e.g., telephone helplines, websites, NHS Direct, etc, direct to The Little Orange Book.

The health visiting service provides support to families with at all levels of the Threshold of Need, providing Universal care to all and additional support at Universal Plus and Universal Partnership plus when needed. HV service engage in Community activity

which promotes and allows for face-to-face interaction and support with parents/carers and families at public events along and the delivery of the HCP.

The Health Visiting service provides advice and support about public health matters, health and development and behaviour management, such as toileting and sleep issues. Safe sleep is discussed at all core contacts, where advice and support is offered in line with Lullaby Trust recommendations and WSCB Safer Sleep.

When appropriate domestic abuse is discussed with a parent/parent and they are supported to understand what a healthy relationship looks like, the impact of adult interactions and conflict on babies and children. The HV service screens for domestic abuse using evidence-based tools, supports parents and carer to keep their children safe, acts upon concerns and refers to appropriate services.

Antenatal offer- Targeted offer from 28 weeks gestation. 1:1 contact, as a home visit or clinic contact from 28 weeks gestation, support to prepare for parenthood is offered at this contact, parent may be enrolled onto the Care of the Next Infant scheme (CONI) which provides support to parents who have experienced the loss of a previous child through sudden infant death syndrome (SIDS).

The HV service contributes the Bump Baby and You course, a series of workshops delivered by the Partnership on pregnancy birth and parenting. This is a series of 4 workshops on a rolling program, the HV service are responsible for delivering 'Bringing Your Baby home' and 'Infant feeding' sessions, the workshops are available to all parents to be residing in Wigan Borough.

Health Visitors are trained and skilled in delivering the Brazelton Centre - Newborn Behavioural Observations (NBO), they use this tool at New Birth Visit and 6/8-week reviews which are mandated contacts. The NBO promotes strong attachment and positive attuned parenting for mothers, fathers and carers resulting in improved social and emotional wellbeing and supporting parent and baby relationship. NBO is a strength-based approach tool designed to demonstrate the abilities of the newborn baby. It highlights to parents how their baby uses their behaviour to communicate to those around them, promoting and

building attachment and bonding, the NBO can help identify when there are concerns or difficulties for families referring on to appropriate services such as BABS.

The service supports parenting by provide parents with information about bonding and attachment and the type of developmental difficulties that they may encounter (e.g. Anxiety about being separated from one particular parent or carer). This may be accessed at a routine contact, WBC, or via the HV duty service.

The HV service use techniques to promote a trusting relationship with both parents and to help them develop problem-solving abilities within the family including motivational interviewing techniques and The Solihull approach, these are embedded into support and guidance offered to parents and families with behaviour management.

Health visitors recognise impact of perinatal mental health on parenting and are skilled in using screening tools EPNDS and GAD (NICE guidelines) to assess need and provide early individual care, such as listening visiting or refer and signpost to partner service. eg GP and Family Welfare. Health visitors would sign post Dads to supportive services such as Dads matters if need identified.

The Health Visiting Service are rolling out Young Parents groups in line with all Family Hubs, these are for parents 25 years and younger, this is a rolling programme which allows parents to complete the full course or drop into session. The group provides support to parents on a range of public health matters and aspects of parenting.

The community Infant feeding team offer support to parents of babies who have feeding issues using evidence based infant feeding advice, the team sits within the 0-19 service and work closely with Health visitors. They offer telephone contact, home visits, clinic contacts, infant feeding drop-in sessions and Specialist infant feeding clinics across the borough. The Infant feeding team promote the value of connecting with a baby in utero, value of skin-to-skin contact and the importance of responding to a baby needs for comfort and feeding.

HV service offers Well baby Clinics, parents book an appointment by ringing the health visiting service or are scheduled to attend by the HV during a contact. The WBC offers an assessment of growth (Head circumference and weight) to ensure that

Infant is thriving and following appropriate centile, some babies or children have health concerns or conditions which require monitoring by a health professional, HVs are trained and skilled in recognizing when a infant's growth is faltering or exceeding a healthy weight, they will offer parents/carers advice and support and refer to specialist services when needed.

The HV service deliver 'Introducing Solids' sessions which is available to all parents and carers in the Wigan Borough. The sessions provide parents and carers with information about recognizing signs, firsts foods, safety, dental hygiene, healthy plates, quality, and portion sizes etc.

Early recognition of any disability and/or developmental need may trigger a multi-agency response to support the child and family from as early as birth, HV service will be active in this support.

Assessment of a child's development is undertaken at key times in the child's life, in line with HCP. The child's physical, emotional, and social needs assessed in line with the Ages and Stages 3 and Ages and Stages Social and Emotional 3 questionnaires. The HV service will discuss with parents/carers the importance of play, reading and stimulation regarding their baby's continued brain and social development. Health visiting service supports parents to understand child development, provide early intervention, signposting to appropriate group-based programmes, HV service will monitor and review health and development and refer to specialist service if required, this is a key time to provide parenting support.

The HV Service promotes school readiness, i.e., speech, language and literacy and encourage access to 2-year funded places at early year's providers if applicable, this involves discussion of early years provision, benefits to the child accessing early years provision and transition to formal education.

Service: WWL – School Nursing SN Duty – 0300 7071091	Level of intervention: Parenting for all
Description:	
<p>School Nursing as part of the 0-19 team offer a daily duty service, which runs Monday to Friday, for issues relating to children age 5-19 years of age and their families. This duty line provides a daily support from qualified school nurses who can offer support, advice, action planning and signposting parents as part of parenting. Social media messages are delivered regularly via facebook and twitter with evidence-based links to support and advice for the specific age group and families.</p>	
<p>The School Nurse Service are committed to the roll out of the Essential Parent Platform, a digital offer which contains clinically approved information and guidance for families, on health and wellbeing.</p>	
<p>School Nurses as part of the healthy child programme provide health information, health assessments and a range of public health programmes to children attending primary, secondary, alternative, and special schools in Ashton, Wigan and Leigh and to children educated at home and living in the Borough. Additionally, school nurses attend a variety of events offering public health messages, professional liaison, advice and referral where they can eg SEND events, new intake, careers events as examples</p>	
<p>Specific health assessments by qualified nurses are completed as part of the safeguarding process, each child on a Child Protection Plan or Child In Need is offered a Health Assessment. This gives the opportunity to identify needs, for a discussion about parenting around health matters, enabling the School Nurse to give appropriate advice and referral to appropriate services where required.</p>	
<p>Specific screening for primary school age children includes height and weight as part of the National Child Measurement Programme this completed by school nursing service. Where children who are not of a healthy weight, support can vary from an advice letter to a qualified nurse conversation on healthy living lifestyle along with a referral onto services eg Let's Get Movin' for a full family approach. Hearing screening at year 1 can lead to a conversation with parents around health-related issues and how to manage them.</p>	

School Nurses can support the transition starting school and between Primary and Secondary school to assist with the continuity of health care for children with medical conditions, support children and their families eg liaising with specialist services.

In high school the National immunisation programme in academic Years 8 and 10 are delivered by the School Nursing Integrated Immunisation Team, where they gain consent forms for these year group cohorts of young people's parents, parents are contacted by the team to clarify any issues. This process enables a School/ Immunisation Nurse to have a one-to-one conversation with a parent, if assessment identifies need for further support further signpost them to appropriate services eg Start well, health appointments, support with anxiety etc.

High schools offer a school nurse Drop In/ Enhanced Offer. This provides face-to-face contact with children and young people which, with consent from the young person this may lead to a conversation with a parent. School Nurses will always encourage children and young people to talk to their parents about all issues, however, there are specific times when a School Nurse can advocate for the young person and begin the conversation with the parent. This will lead to advice and support along with sign posting to other agencies. As public health nurses school Nurses can advise on topic areas, such as puberty, mental health and well-being, risk-taking behaviours, smoking, healthy lifestyles, sexual health and support with referral and signposting to other services in Health, Local Authority and Voluntary Sector.

Young People with SEND will remain on the school nurse caseload up to the age of 25, Support for the young person and parents/carers is available on request.

School Nurse service has a practitioner trained in Riding the Rapids, a quality evidence based course for parents and carers of a child or young person who are autistic or have significant learning disabilities.

Service: WWL – DAISY Community Midwives Daisy  
Team 01942 822772

Level of intervention: Parenting for Intervention



<p>Description:</p> <p>Offer: Specialist service offering tailored support either in the home or in their local SWFC                  These consist of 6 faces to face sessions:</p> <ol style="list-style-type: none"> <li>1) Breastfeeding support</li> <li>2) Safe Sleep with practical demonstration</li> <li>3) Making up a formula feed and sterilising bottles and equipment</li> <li>4) Bathing baby – practical demonstration</li> <li>5) Certified course delivery on Bonding and Attachment</li> <li>6) Routines and realities</li> </ol> <p>These are delivered by the Midwifery Support Workers and have been recognised by the Courts as valuable – contributing to Social Care Assessments.</p>	
<p>Service: EARLY HELP DEVELOPMENT TEAM  <a href="mailto:parentingsupport@wigan.gov.uk" style="color: white;">parentingsupport@wigan.gov.uk</a></p>	<p>Level of intervention: Parenting for support/ Parenting for intervention</p>
<p>Description: A team supporting staff and partners in the Early Help Process and providing services in Early Intervention and prevention to improve outcomes for families providing the right support at the right time in the right place for the family</p>	
<p><b>Solihull Understanding Your Child course. -Appropriate for level 1-3 families:</b> Face to Face Nine-week course. Training is available for all staff and partners in the Solihull Approach and Group Facilitator training.</p> <p><b>Ride the Rapids course</b> Available for SEND children who have received a diagnosis or on the pathway course is run for nine weeks and is jointly delivered by council, health, and community groups.</p> <p><b>Family Transitions</b>                  A course for separated parents experiencing Parental conflict currently being delivered evening online and face to face in a group, staff trained can deliver this one to one. The course runs for five weeks please ensure that consent is gained from parents for checks with the Domestic Abuse team to ensure parents are receiving the correct level of support.</p>	

**Youth Connect 5**

The programme aims to give parents the skills to help support the children’s mental health it aimed at parents of children of year 5 upwards and involves some support around the transition from primary to high school.

To refer to the above courses please complete a parenting intervention referral and return to [parentingsupport@wigan.gov.uk](mailto:parentingsupport@wigan.gov.uk)

**ONLINE TRIPLE P**

Teen Triple P – For Parents of Teens up to age 16

Triple P -For Children Up to 12 Years

Fearless- A cognitive-behavioural parenting intervention delivered online that supports parents to help children manage their anxiety more effectively.

This is a Targeted Intervention for Parents with a Early Help Plan or a Social Care Plan Parents will need face to face support from a practitioner to access the course a referral pathway has been developed and we will shortly be arranging briefings to share this with staff.

**One Plus One Digital Intervention** – Parental Conflict Courses

Parents can complete these courses independently or with full or partial support from a practitioner online training is available for practitioners who would like to support parents with the courses there is no need for a referral for Parents to access the course:

Me You and Baby To – For new and expectant Parents

Arguing Better- For all Parents experiencing Conflict

Getting it right for children – For separated Parents

**Service:** Essential Parent

**Level of intervention:** Parenting for all

Description: ESSENTIAL PARENT offers an online platform providing ‘expert-led, evidence-based written and video content for parents on a range of physical and mental health and wellbeing topics from pregnancy to adolescence.’ Essential Parent also offers an e-Care delivery system which allows digital content to be electronically delivered to parents and carers from health and care professionals they may see at key contacts on their journey though parenthood. Practitioners can choose to send

standard resources created by experts and professionals or send personalised bundles of videos, leaflets and articles that they have created on key subject matters or for a particular parent/ or set of parents. Bundles can be created using both GM and local resources and these may be issue specific or cover a broad topic. The parent or carer will receive an email with a tailored welcome message and a link to access the resources in their own time.

Offer: Topics included on Platform :

- Twins and Multiple Births
- Feeding
- Parent Mental Health
- Emotional\Cognitive & Physical Development
- Sleep
- Nutrition
- Behaviour
- Safety
- Neurodiversity
- Special Educational Needs
- Education
- Puberty
- Bereavement & Grief

Service: Early Years parents training offer regarding Special Educational Needs & Disabilities

Level of intervention: Parenting for intervention

Description: Early Years Parent Partnership in collaboration between

- Early Learning and Childcare – Inclusion Team
- Early Years Health and Development Team
- Early Years specialist speech therapist

[ELCCInclusion@wigan.gov.uk](mailto:ELCCInclusion@wigan.gov.uk)

Service for targeted families of children who are known to inclusion service.

Offer: 3 sessions booked in a block of three delivered to parents:

Session 1 of 3 – Supporting your child’s communication needs.

During this session we cover.

- Partnership with parents
- Visuals – how to use them, why we use them, different types of visuals
- Visual routine, timelines, now and next boards
- Strategies to help effective communication in early years
- Intensive interaction
- Practical demonstration, modelling of strategies (The bucket activity, special time box)

Session 2 of 3 – Supporting your child’s sensory needs

During this session we cover;

- What is Sensory processing
- Sensory processing difficulties
- 8 sensory systems
- Under responsive/over responsive sensory needs
- Practical advice & demonstration around vestibular & proprioceptive input – how to incorporate activities at home

Session 3 of 3 – Supporting your child’s Social, Emotional & Mental Health needs

During this session we cover;

- What is behaviour?
- Brain development

<ul style="list-style-type: none"> <li>• Regulation – coregulation</li> <li>• Emotional validation</li> <li>• Practical demonstration – grab &amp; go bags</li> </ul>	
<b>Service: A Team HUB 01942 316072</b>	<b>Level of intervention: Parenting for support</b>
<p>The A-team Hub part of the Leigh Community Trust's core delivery, supporting children and young adults with Neurodevelopmental issues such as autism, ADHD, Cerebral Palsy and other SEND conditions; their families, and carers in the Wigan Borough and also Northwest.</p> <p>We focus on pre &amp; post-diagnostic support and life-changing early intervention with autistic children and young people.</p> <p>Offer: The A-Team are a licensed Early Bird Training Centre. The Early Bird program helps parents of newly diagnosed children 5 and under and carers to learn more about autism, and discover new ways to support their child, following a diagnosis. Topics include:</p> <ul style="list-style-type: none"> <li>• Improving communications and interactions with children under five.</li> <li>• Using structures to support their child in a range of settings and situations.</li> <li>• Developing basic play and social skills.</li> <li>• Understanding and supporting child's behavior</li> </ul> <p>An Early Bird parent book will be provided to each family attending the sessions</p>	
<b>Service: Embrace – Wigan and Leigh 01942 233323</b>	<b>Level of intervention: Parenting for support</b>
<p>Description: Embrace is a user-led charity dedicated to supporting disabled people and their families. They have a range of projects that aim to enhance the lives of the people they support</p> <p>Offer: Embrace run regular online training that is free to attend on Responding to Behaviour, Understanding ADHD and Sleep Issues.</p> <p>Embrace also runs the regular support groups:</p> <p>Wigan SENDIASS Service (SEND Information, Advice &amp; Support Service)</p>	

<p>Our SENDIASS service provides information, advice and support to families of children and young people 0-25yrs who have Special Educational Needs or Disabilities (SEND):</p> <p>Community Cafe and Sensory Room Hire Regular Drop In's at the Family Hub</p>	
<p>Service: WIGAN PARENT CARER FORUM 07719330602</p>	<p>Level of intervention: Parenting for support</p>
<p>Description: Collective voice of parent carers of children and young people aged 0-25 in Wigan Borough with Special Educational Needs and/or Disabilities (SEND). Working independently, but in partnership with, our Local Authority, Health, and other partners to reflect the voice &amp; impact change on SEND services</p>	
<p>Offer: A variety of training opportunities throughout the year that are advertised on the WPCF webpage and newsletter throughout the year. Including the Parent Empowerment programme and regular Peer support drop in sessions across the borough</p>	
<p>Service: TALK FIRST MEDIATION 01942 243620</p>	<p>Level of intervention: Parenting for support</p>
<p>Description: Conflict Resolution and Mediation for Families</p>	
<p>Offer: Appointment or drop-in sessions across SWFC's and Family Hubs in the borough.</p> <p>Support offered:-</p> <ul style="list-style-type: none"> <li>• We adopt a needs-led, holistic approach to family life offering support on the following areas:-</li> <li>• Divorce and separation</li> <li>• Problems at home</li> <li>• Understanding behaviours</li> <li>• Understanding development (physical and emotional milestones)</li> <li>• Family relationships and conflict</li> <li>• Contact with your children.</li> <li>• Co-parenting &amp; communication (for families both together and apart)</li> </ul>	

- Special Guardianship relationships
- Family mediation:
- Free clinics (To understand what family mediation is and how it can support your family)
- Accredited Family Mediation
- (Includes access to Government Mediation Voucher Scheme unlocking 2 free TalkFIRST mediation sessions)
- Child Inclusive Mediation (Listening to the voice of the child)
- Family law advice signposting
- Signposting / referring to other relevant support services
- Direct support for young people may also include: -
- Problems at home
- Problems at school
- Contact with a parent / grandparent / sibling / carer.

Direct support for Grandparents may also include: -

- Separating parents
- Contact
- Rights
- Family Relationships
- Toucan Programme
- Supporting parents and carers during perinatal phase and children's early years
- Conflict & You Workshop
- Our Conflict & You workshop (up to 5 hours) can also be commissioned for delivery on a bespoke basis to Parents / Children or Family groups.

Service: DIAS 01942 311365

Level of intervention: Parenting for intervention

Description: Specialist Provider of Support Advice and Counselling for those effected by Domestic Violence and Abuse

Offer: Support offered:

- Drop-in support
- Advice and Support
- Counselling
- Recovery Toolkit
- Freedom Programme
- Family Support

Service: 0 – 19 SWFC Parenting Offer

Level of intervention: Parenting for all, support and intervention

Description:

Start Well Family Centres

- Atherton Start Well Family Centre  
01942 879012
- Ince Start Well Family Centre  
01942 767503
- Platt Bridge Start Well Family Centre  
01942 487764
- Westfield Start Well Family Centre  
01942 4888000
- Westleigh Start Well Family Centre  
01942 777705

Start Well Family Centres are at the heart of Wigan borough community's and where families can access support at the right time, and when they need it most. SWFC's are the primary focus for access to integrated children's services, especially for early years learning and parenting support. SWFCs offer a way of delivering services in a community setting that makes them more



visible and accessible to families that may be less inclined to access traditional services. Multi-agency teams in SWFC's have been able to offer new and innovative services that are designed around the needs of the child and the family. They also have a strong track record of community engagement and user participation

- Offer:
- Parenting support Drop-in sessions across the borough covering all 5 SWFC's. No referral needed.
  - Solihull 'Understanding Your Child's Emotions' The School Years course
  - Courses to promote bonding and attachment i.e. Baby Massage/ Importance of including fathers/ dads group
  - Reducing Parental Conflict course
  - Evidence based parenting programmes
  - Essential Parent
  - Baby Friendly Organisation – Infant Feeding Support
  - Early Years support visits – 1 to 1 support
  - Peer to peer support through sessions

Service: Wigan Educational Psychology Service 01942 486238

Level of intervention: Parenting for support

Description: Drop-In sessions with an Educational Psychologist are now available for parents and carers of children at some Wigan Start Well centres. The consultation will take place in a confidential space at the Start Well Centre.

- Offer: Parents/Carers offered consultations at local centres. These last approximately 45 minutes, they are:
- A way of listening to concerns and working through ideas together.
  - A way of exploring what's going well and building on this.
  - A way of looking for positive change in a situation.
  - A way of developing an achievable plan to work towards your goals

Service: We Are With You – 01942 487578

Level of intervention: Parenting for intervention

Description:

Offer: Family workers working with both adults and young people. The criteria is that there is child protection or children in need status and cases tend to be referred via the social care team.

For the adults we offer structured PSI work to address substance misuse and to explore the impact of substance use on the ability to parent. We also offer detox, substitute opiate prescribing and access to the group work programme at With You. This is alongside offering Triple P for substance misusing parents.

For the YPs we offer hidden harm sessions, covering building resilience, safety planning, emotional wellbeing and basic substance awareness. We also offer family sessions, which include time at Greenslate Farm - donkey experience, food and mood and field to fork to support healthy eating.

Service: Homestart – 0161 8654222	Level of intervention: Parenting for intervention
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Description: Home-Start in Wigan offers individually tailored family support for families who are struggling to cope

Offer: We can accept referrals for families who are living anywhere in Wigan and Leigh. The families must have at least one child in the family under the age of 5yrs. We are best placed to support families in the perinatal period with a low to moderate parental mental health need and that are at level 2, however we can support at the higher levels if part of a planned exit strategy

There are currently 2 x types of Home-Start support available to refer into it's the same referral form for both. up to 4 months support from a paid Family Support Worker this is for families who are often closer to crisis and/or where we don't have any volunteer support available; and our core traditional offer of coordinated volunteer weekly support visits - that we aim to offer for up to 6 months where there is child in the family under the age of 2yrs. For More Information email [admin@hsts.org.uk](mailto:admin@hsts.org.uk), or call the manager Kathryn on 07590 182494.

Service: CAHMS \School Link Team	Level of intervention: Parenting for intervention
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Description: The School Link Team aims to prevent mental health difficulties developing for children and young people. Our school link practitioners support schools and educational staff in Wigan to develop knowledge, skills and confidence in identifying and supporting mental health in schools.

Offer: For young people the service can be accessed through their school or college, who can support by making a referral into the CAMHS School link Team.

Every referral made to the team is triaged by a telephone call to parent/carers, where we will gather information and also offer strategies and signposting at this point. Further to this following a school consultation we will offer a further parent consultation if felt appropriate to raise awareness of self-help support and self-management strategies for children and young people. We can then also offer an assessment to the young person and/or onward referrals to THRIVE partners.

In the family hubs we will be offering a monthly drop-in service so families can talk to us in private about any queries they have around mental health. We do not require a referral into the team for families to use this service as part of the family hub. We will offer parent drop ins and workshops as requested by schools within school settings within Wigan.

There are two online silver cloud programmes:

- Supporting an anxious teen and
- Supporting an anxious child.

These programmes are free for all parents\carers. Parents can sign up using the code below

<https://gm.silvercloudhealth.com/signup/>