Our programmes and resources provide a universal framework for good mental and emotional health at home, at school and at work.

<table>
<thead>
<tr>
<th>At Home</th>
<th>At School</th>
<th>At Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enhances the emotional health of parents and children from 0-19</td>
<td>Whole school framework for developing an emotionally healthy learning community</td>
<td>Develops and enables emotional health assets for all employees to thrive</td>
</tr>
<tr>
<td>Promotes parent infant / child / teenager relationship</td>
<td>Supports the building of responsive relationships</td>
<td>Improves relationships at work, supporting collaboration and innovation</td>
</tr>
<tr>
<td>Improves social and emotional development of children</td>
<td>Promotes mental and emotional health of staff, pupils and parents</td>
<td>Enhances communication skills</td>
</tr>
<tr>
<td>Enhances the couple relationship</td>
<td>Improves whole school community motivation for learning</td>
<td>Reduces stress and improves employee wellbeing</td>
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<td></td>
<td>Supports parental engagement</td>
<td>Supports parents in the workplace</td>
</tr>
</tbody>
</table>

**Research**

**Evaluation**

**Quality**

HRH The Duchess of Cambridge visited a school in Oxford to see Family Links work in action.

“It is pretty unusual and absolutely fantastic to have this ingrained approach with the whole school involved”

“As a mum myself I think it is very important to share emotions”

“I have not seen this type of holistic approach working before”

Photo: Charlotte Knee 2018
Emotional health at age 16 (is) a stronger predictor of mental health and life chances at age 30 than either demographic or socio-economic factors.


“By far the most important predictor of adult life-satisfaction is emotional health, both in childhood and subsequently.”


Our work is based on the Nurturing Programme, a cognitive relational model that thinks about behaviour in the context of feelings and relationships. Based on over 23 years of delivery, research and development, it develops the emotional health of individuals in the home, at school and at work, and enhances the relationships between them.
A 4-week programme for parents of under 4s that promotes attunement, play, empathy and introduces practical strategies for positive, constructive relationships and calm, confident parenting.

The 10-week parent groups empower parents to build positive relationships, encourage co-operative behaviour, and develop resilience, empathy and self-esteem in themselves and their children.

The 4 sessions for parents of teenagers include the science of teenage brain development and strategies for maintaining boundaries, motivating and supporting young people.

Welcome to the World
Welcome to the World is an 8-week programme for expectant parents that improves attachment, parental wellbeing and the couple relationship.

Parenting Puzzle Workshops
A 4-week programme for parents of under 4s that promotes attunement, play, empathy and introduces practical strategies for positive, constructive relationships and calm, confident parenting.

10-week Nurturing Programme
The 10-week parent groups empower parents to build positive relationships, encourage co-operative behaviour, and develop resilience, empathy and self-esteem in themselves and their children.

Talking Teens
The 4 sessions for parents of teenagers include the science of teenage brain development and strategies for maintaining boundaries, motivating and supporting young people.

“We have used behaviour management programmes before, but unlike Family Links’ Nurturing Programmes, they do not focus on emotional regulation and wellbeing, which is paramount to changing behaviour.”

EVE REMINGTON – PRACTICE LEAD, TARGETED EARLY HELP, BRADFORD.

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**Welcome to the World**

We work in partnership with schools to create an emotionally healthy culture for the whole school community: parents, staff and pupils. In consultation with SLTs we offer a variety of training sessions and resources for all staff, which can include the Nurturing Programme for parents as well as a Circle Time curriculum for primary aged children.

This training day looks at adolescent brain development and its effect on behaviour. It includes ideas and strategies for school staff to maintain boundaries, motivate and support young people in an emotionally healthy context.

**Whole School Framework**

We work in partnership with schools to create an emotionally healthy culture for the whole school community: parents, staff and pupils. In consultation with SLTs we offer a variety of training sessions and resources for all staff, which can include the Nurturing Programme for parents as well as a Circle Time curriculum for primary aged children.

**Practical Strategies for developing an Emotionally Healthy Learning Environment**

Training is delivered in an interactive, workshop style and explores strategies to create an emotionally healthy and resilient classroom learning environment. This enables trusting relationships to be built, challenging behaviour to be managed, pupil’s self-regulation skills to be developed and to enable staff and young people to feel safe, supported and ready to learn.

**Continuing Professional Development:**

Workshops can include: Staff Wellbeing, Delivering RSE, Feelings Drive Behaviours, Working Successfully with Parents, Promoting Good Emotional and Mental Health in School, Managing Challenging Behaviours and more.

**Understanding Teenagers in School**

This training day looks at adolescent brain development and its effect on behaviour. It includes ideas and strategies for school staff to maintain boundaries, motivate and support young people in an emotionally healthy context.

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**We have been avid Family Links supporters for six years and have trained four parent group leaders. Hundreds of our parents have done the Nurturing Programme. It supports our parents to take a consistent approach aligned with our approach in school and it has helped many of our parents to build their own confidence.**

ED VAINKER EXECUTIVE HEADTEACHER, REACH ACADEMY

“We continue to invest in Family Links, because quite simply it works. It creates an arena where it is safe to learn” HEAD TEACHER

www.familylinks.org.uk
"Taking this short amount of time to reflect well, and with the support of a clear framework, has given us the opportunity to begin to transform our organisation into the one we really want to be"  SENIOR LEADER

We provide practical, interactive workshops, enabling managers and their teams to embed an emotionally healthy culture across the workplace. Our expertise in working with parents means we are able to provide workshops for parents to enhance their family relationships and reduce difficulties that may impact on them and their work.

What we help you to do
- Build effective and healthy relationships at work
- Manage stress and conflict, individually and as a team
- Increase motivation, engagement, retention and wellbeing
- Support parents at work with strategies for managing family and work life

How we work with you
- Consult with you to hear your strengths, concerns and identify your training needs
- Deliver practical interactive workshops, presentations and webinars
- Evaluate to identify the impact of the training and any further needs

The benefits
- Reduce emotional and mental health problems
- Increase employee engagement and productivity
- Create a culture where your team thrives
- Support employee retention
- Reduce absenteeism

www.familylinks.org.uk
OVERVIEW

Over **14,000** parents and **31,000** children reached annually

**35,000** parents followed the online course offered in partnership with Netmums

**215,000** parents and **423,000** children reached since Family Links was founded

So far we’ve worked with over **15,400** school staff

**1,500** mothers and fathers attended *Islamic Values* parent groups

Lead partner in the Fair Education Alliance

Over **1,600** practitioners trained to deliver *Talking Teens* parent groups, working with over **11,000** parents

We are working with teaching staff in *Madrassas* (Islamic schools)

**6,500** parents have attended a *Welcome to the World* antenatal programme since 2015

Member of the steering group of The Partnership for Wellbeing & Mental Health in schools

Over **19,000** practitioners trained since 1997

Online module – Mental and Emotional Health at School: Effective Strategies and Support

We have worked in **12** male and female *prisons* throughout the UK

We train sports coaches to help them to support emotional health for young people
To our minds, Family Links – the Centre for Emotional Health, does some of the most important work in the charity sector. It rolls up its sleeves and gets stuck in at the most fundamental level. By showing children and adults not just how to cope with life, but how to enjoy it and how to share its challenges with others, it kick starts so many other benefits that ripple out to the wider community. Most charities are there to help mop up after disaster, Family Links doesn’t even allow disaster to get its toe in the door. It has changed the outcomes of so many life stories and with your help can continue to do so.”

Alexander and Hannah Armstrong
Family Links Patrons

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