

# FAMILY LINKS

The Centre for Emotional Health



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

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

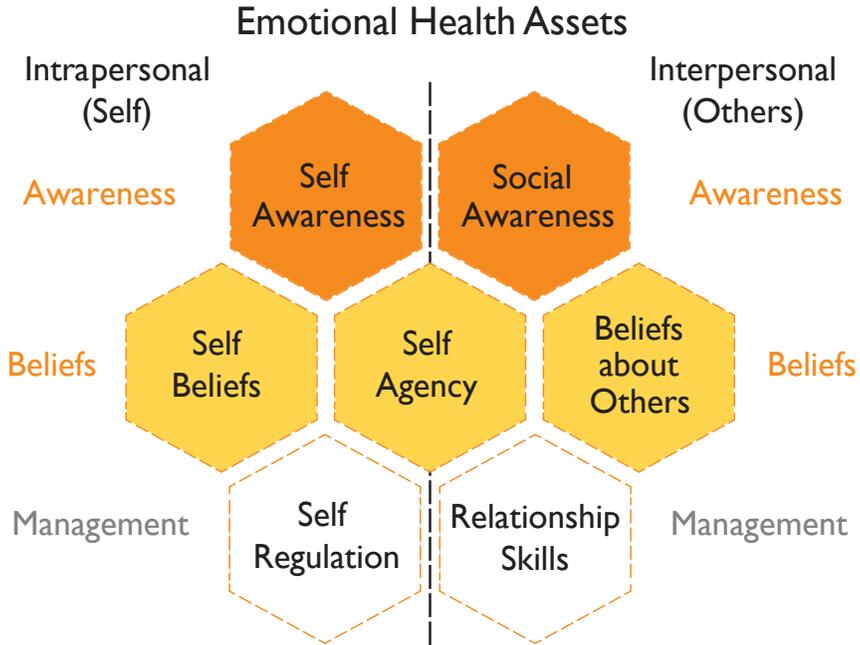
*“As a mum myself I think it is very important to share emotions”*

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



Photo: Charlotte Knee 2018

# EMOTIONAL HEALTH – WHAT IT IS AND WHY IT MATTERS



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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.

**Goodman, A., Joshi, H., Nasim, B. & Tyler, C. (2015)**

**Social and emotional skills in childhood and their long-term effects on adult life**

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

**R, Layard, R, A E Clark, F Cornaglia, N Powdthavee and J Vernoit (2014)**

**‘What Predicts a Successful Life? A Life-course Model of Well-being’,  
Economic Journal 124: F720-738**

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.

“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.

Working with Families with Complex Needs

Working One-to-One with Parents

Parenting, Culture and Religion

Understanding Teenagers

### 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 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 VANKER 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

### 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

Initial Teacher Education

E-Learning Module for Staff – Mental and Emotional Health in Schools

“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.

Parenting Sessions

Full or Half-day Workshops

Webinars

### 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

# 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 **Madrasahs** (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 Armstrong*      *Hannah Armstrong*

Alexander and Hannah Armstrong  
Family Links Patrons

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