

KINGS HEDGES FAMILY SUPPORT PROJECT THEORY OF CHANGE

Needs we meet	Lack of knowledge and confidence in parenting	Being isolated and disconnected from local community	Poor mental well-being and being overwhelmed	Having housing problems	Having poor family relationships	Being abused	Wanting or needing to be in employment	Not ready to begin school/nursery	Affected by financial hardship
Our values	<p>We believe that confident parenting makes for happier children. We aim to help parents to feel confident to make the choices that are important to them. We work in a welcoming and non-judgemental way. Our staff are kind, approachable and knowledgeable. We help to reduce feelings of isolation and increase a sense of community and offer a high quality, safe place to play, relax and talk. We work actively with partners and connect families to them, ensuring they have access to relevant information and advice.</p> <p>We engage families by providing fun, learning and new experiences for children, and positive, consistent peer support spaces for parents/carers. We make sure everyone knows about us and can access us by promoting ourselves widely, having good relationships with our partners and by making sure groups are welcoming and accessible. Our team are skilled at building relationships and understanding the everyday needs of families and are sensitive and responsive to those that need extra help.</p>								
What we do	<p>In play: We model good parenting, give parenting tools, praise positive parenting and transfer parenting skills in bite-size, appropriate ways.</p> <p>In family support: We explore parents own experience of parenting, work in more depth on parenting issues, share parenting strategies, monitor progress and make referrals for more support.</p>	<p>In play: We give space for children to meet and socialise in a safe way.</p> <p>In family support: We build trusting relationships and listen to parents' needs. We provide high quality information about services and projects in a number of ways. We recommend, sign-post and refer. We encourage friendship, support and involve parents in helping each other.</p>	<p>In play: We provide a positive experience for babies and children and model positive attachments.</p> <p>In family support: Our space is safe and confidential and we provide a warm welcome from consistent staff. We give time to building trusting relationships, talking through feelings and recognising emotional difficulties. We have knowledge of and can refer on to specialist services. We make home calls to check on well-being.</p>	<p>In play:</p> <p>In family support: Through trusting relationships we are able to establish problems and offer solutions. We can provide budgeting support to help plan for the short term and long term future. We provide practical support in terms of housing support letters, grants for household items, Homelink and benefit applications.</p>	<p>In play: We model positive reinforcement, praise and encouragement in play</p> <p>In family support: We provide opportunities to meet other families and recognise diversity in family life. Our non-judgemental ethos means that we can support parents to recognise barriers to healthy relationships and understanding their feelings, thoughts and behaviours in communicating with others. We model positive relationships between staff.</p>	<p>In play: Children are provided with 'normality' and positive experiences in a safe environment</p> <p>In family support: Our space is safe and confidential and we provide a calm approach from consistent staff. Building trusting relationships we support parents to recognise abuse and help them make plans for their families safety. We can do this both reactively and preventatively. We have knowledge of and can refer to specialist support and attend professional meetings.</p>	<p>In play: We encourage parents in their skills and in actively participating in activities.</p> <p>In family support: We are knowledgeable about local opportunities, can help parents explore their interests, provide volunteering opportunities and have information available on training, volunteering and CV writing. We can access grants to remove barriers to training and employment. We help parents understand childcare and benefits options in relation to work.</p>	<p>In play: We have consistent and predictable structures to our activities. We model how to share and be kind. Our activities promote the development of vocabulary, early speech, hand-eye coordination, fine and gross motor skills, colour and number recognition.</p> <p>In family support: We create an environment that fosters friendship and community, allowing the school transition to be easier for parents. Practical skills such as toilet training, sitting down to eat and trying new foods are encouraged. We are knowledgeable about the education system and options.</p>	<p>In play: We provide low cost, high quality play activities which can be replicated at home.</p> <p>In family support: Through trusting relationships we can explore the causes of debt or hardship and help identify solutions. We can support with budgeting, benefit applications, bill reductions and Foodbank referrals. We provide children with a healthy, low cost meal and advise on how this can be replicated at home.</p>
Our partners:	Child and Family Centres, Early Help, Social Care	Health teams, local projects, volunteering providers	Social care, children's centres, GP, IAPT, Inclusion	Environmental health, Homelink, Housing Associations, CAB, Cambridge Re-USE, CAF, Credit Union	Child and Family Centres, Mediation, Relate, counselling, IAPT, Law clinic	Freedom, Law Clinic, Housing, social care, IDVA/ISVA, GP, Police, Hospital, school	CCVS—supported volunteering, careers advice, colleges	School—visits to home and pre school settings	Child and Family Centres, Foodbank, Little Bundles, CAB, CAF, Food Poverty Alliance, FareShare
Short term outcomes	Doing activities with child, using child-friendly language, negotiating calmly with child, sharing parenting ideas with others.	Meeting with friends outside groups, accessing other projects, accessing support from projects, able to advise peers, having a say in group	Repeated attendance, first appointment with GP, parents feeling less overwhelmed and anxious.	On Homelink, in temporary accommodation, family kept together, financial security, budgeting advice taken on board	Friendships made, feeling part of a community, enjoying children's company, parents understanding of barriers to healthy relationships	Family feels supported through the process. Financially secure. Children feel safe and 'normal' at group.	Increased confidence and self worth, increased skills. In training, volunteering, employed	Understanding of structure and routines, developed social awareness, ability to make needs known. Friendships fostered.	Better able to save money and budget, less stressed about money, benefits maximised and better understanding of debts.
Long term outcomes	Confident and skilled as a parent	Feeling connected and knowledgeable about the community	Mentally healthy and resilient	Securely and appropriately housed	Good relationship skills	Safe from abuse	Achieving employment goals	Ready for school/nursery and happy at school/nursery	Financially stable