

Wirral Parenting Provision (July 2019)

Provider	Course/ service	Brief description of service	Age	Threshold/ referral criteria (general/ specific)	Capacity (number of courses and number of families) per year	Contact details
ADHD Foundation	Parent Skill Building Training	2 day intensive/ 5 week skills building course around understanding ADHD and some parenting support around managing a child with ADHD	0-18 years	Specific - ADHD CAMHS/WUTH only	up to 700 per year with current funding	Tony Lloyd 0151 2372661 tony.lloyd@adhdfoundation.org.uk
	Peer Support Workshop	follow-up support workshop for families who have attended parent skill building course	0-18 years	Specific - ADHD follow-on from parent skill building training	24 per year with current funding	
Autism Together	Parenting your child with Autism	5 week parenting course for families of children with a diagnosis of Autism Spectrum Disorder	0-18 years	Specific - ASD diagnosis, referred by CAMHS or community paediatricians	up to 300 with current funding	Karen Costain 01513347510 Karen.Costain@autismtogether.co.uk
Barnardo's	1-1/ Family Support for young carers	1-1 support based on the needs of the young carers and their families	n/a	Specific - young carers struggling to cope aged 5-18	approximately 120 cases per year	Paula Hume 0151 6787790 paula.hume@barnardos.org.uk
	Start Smart	1-1 support including parenting, education, living independently etc.	0-11	Specific - Care Leavers 16-24 who are pregnant or parents	2 part-time workers, case load of 8-10 families each at any one time	Aileen Alexander 0151 6787790 aileen.alexander@barnardos.org.uk
CAMHS	Emotional Regulation Group	6 week rolling programme for parents/ cares and their children aged 13+ who self-harm or have thoughts of self-harm and are within CAMHS or waiting to be seen	11-18 years	Specific - families within service (YP who self-harm)	rolling 6 week programme, families can join at any point	Caroline Ashdown 0151 4888111 caroline.ashdown@nhs.net
Caritas	Nurturing Programme, Triple P, Webster Stratton, possible ADHD specific support	various parenting courses depending on the needs of the schools	0-18 years	Specific - depending on schools buying in services, open to families within schools only	na	Trish Spencer 0151 6527281 trish.spencer@caritasshrewsbury.org.uk
Children's Centres (Early Childhood Services) - South & West	Nurturing Programme	10 week parenting course for families of children aged 0-5	0-5 years	families of children 0-5	1 per term - jointly delivered with FIS	Tanya Owings tanyaowings@wirral.gov.uk
	Nurturing Programme	10 week parenting course for foster families of children aged 0-5	0-5 years	Foster carers/ family members with special guardianship	2 per year over 3 locations	
	Gateway Programme	7 week programme women and men (separate groups) who have been subject of Domestic Abuse; jointly delivered with FIS	0-18 years	victims of DA with children 0-5	1 per term - jointly delivered with FIS	
Children's Centres (Early Childhood Services) - Wallasey	Nurturing Programme	10 week parenting course for families of children aged 0-5	0-5 years	families of children 0-5	1 per term - jointly delivered with FIS (from January 2018)	Hazel Pearson hazelpearson@wirral.gov.uk
	Gateway Programme	7 week programme to women and men (separate groups) who have been subject of Domestic Abuse; jointly delivered with FIS	0-18 years	victims of DA with children 0-5	minimum 1 per term - jointly delivered with FIS	

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Children's Centres (Early Childhood Services) - Birkenhead	Nurturing Programme	10 week parenting course for families of children aged 0-5	0-5 years	families of children 0-5	1 per term - jointly delivered with FIS	Tanya Owings tanyaowings@wirral.gov.uk
	Gateway Programme	7 week programme delivered to women and men (separate groups) who have been subject of Domestic Abuse; jointly delivered with FIS	0-5 years	victims of DA with children 0-5	minimum 1 per term - jointly delivered with FIS	
Cre8ing Careers	Youth Connect 5	5 week parenting course covering relationship building, resilience, promoting mental health, transition support	0-18 years	Open to all	Minimum 3 per year	Lynne Howe lynne.howe@crea8ingcareers.com
	Strengthening Families, Strengthening Communities	13 week evidence based parenting course for all parents. CANparent quality mark and Youth Justice Award early intervention	0-18 years	Open to all with particular emphasis on families/carers within Children's Social Care, Youth Justice, CAMHS and high risk/vulnerable groups	Minimum 2 per year	
	Rock Pool ACE Recovery Toolkit	For participants to better understand the impact that living with Adverse Childhood Experiences (ACEs) has had on them and on their children; For participants to develop strategies for building their resilience and that of their children; For participants to have increased understanding and implementation of healthy living skills	0-18 years	Open to all with particular emphasis on families/carers within Children's Social Care, Youth Justice, CAMHS involvement and high risk/vulnerable groups	Minimum 3 per year	
Children with Disabilities Family Support Team	Early Bird Parenting course	12 week parenting course for families of children with Autism Spectrum Disorder aged 0-5 years	0-5 years	Specific - families of children with a diagnosis of ASD with challenging behaviour or severe learning disabilities;	3 per year; jointly delivered with LD CAMHS	Bethan Eagles bethaneagles@wirral.gov.uk
Ferries Family Groups	Nurturing Programme	10 week parenting course for families of children aged 0-18	0-18 years	General – families living on Wirral	3x Nurturing courses per year (capacity for 36 places)	Helen Wade 0151 6431042 office@ferriesfamilygroups.org.uk;
	Talking Teens	4 week parenting course for parents of children aged 11+; ideally follow-on from nurturing programme	11-18 years	General - families of children aged 11+ living on Wirral	2x Talking Teens courses (capacity for 40 places)	
Friends of Freedom	Freedom Programme	12 week parenting programme for women who have experienced Domestic Abuse or are currently experiencing Domestic Abuse	0-18 years	Specific - victims of DA	rolling 12 week programme, families can join at any point	Barbara Lamb friendsoffreedom@hotmail.co.uk

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Homestart	Home visiting support	Weekly visits, 2-3 hrs, for average of 6-12 mths	0-5 years	General - priority given to parents with low level mental health/isolation	30	0151 6088288 bevmorgan@homestartwirral.co.uk
	Breastfeeding Support (1-1 and groups)	drop-in breastfeeding support group x4 per week (might go up to 9) and 1-1 support (face-face or phone)plus breast pump loan service	0-5 years	General - any breastfeeding mothers across Wirral	ongoing, staffed by volunteers	
	Parental mental health (1-1 support)	home visits for parents with diagnosed mental health conditions	0-5 years	Specific - families with clinically diagnosed mental health condition	currently funded for 30 families per year; demand far outstrips capacity	
	Sunrise Project	Ante-natal home visiting support for mums-to-be or new mums with babies up to the age of 2 with mild to moderate mental health problems	0-5 years	Specific - families with mild to moderate mental health problems	New in 2019	
	Sunrise Group	Ante-natal group for mums-to-be or mums with babies up to the age of 2 with mild to moderate mental health problems	0-5 years	Specific - women with mild to moderate mental health problems	New in 2019	
Involve Northwest	Leapfrog	10 week course for children who have experienced/witnessed domestic abuse and their mums	5-11 years	Specific - children aged 5-11 (Primary school) who have experienced/ witnessed DA; mums must have left the abusive relationship	Morgan Foundation: 1 course per term (3 per year) and LA: 2 courses per term, 2 member of staff for 3 - 4 days per week, providing capacity for around 90 children plus their parents (around 63 families)	Jennie McLaren 0151 6444500 jennieleapfrog@gmail.com
	Talking Steps	1-1 work with parents who have experienced domestic abuse	0-18	Specific - families who have experienced domestic abuse; referrals through Early help locality teams	na	Justine Molyneux justine@involenorthwest.org.uk
Leasowe Nursery School and Family Centre	Nurturing Programme	10 week parenting course for families of children aged 0-5	0-5 years	0-5yrs in 10% areas of LSOAs	4 courses per year, 12 people per course	0151 6398923 tylerjvm@ley.wirral.sch.uk
Manor Primary School	Freedom Programme	12 week parenting programme for women who have experienced Domestic Abuse or are currently experiencing Domestic Abuse	0-18 years	Specific - victims of DA	rolling 12 week programme delivered 3x per year (morning sessions), families can join at any point; crèche provided	Chris Gill 07968943293; chrisgillworkplace@gmail.com

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Midwifery	Ante-natal parent craft	one-off sessions	antenatal	General - Parents-to-be (booked in at Arrows Park Hospital)	one-off sessions running continuously once a week	Community Midwives 0151 604 7682
	Ante-natal parent craft for under 19's	3 week block looking at labour, birth and infant feeding	antenatal	Specific - Parents-to-be up to 19	1 course per quarter (no waiting list)	Camilla Davies camilla.davies@nhs.net;
	Breastfeeding info session	one-off sessions	antenatal	General - Parents-to-be (booked in at Arrows Park Hospital)	one-off sessions running on a monthly basis	Community Midwives 0151 604 7682
	Hypnobirthing	one-off sessions	antenatal	General - Parents-to-be (booked in at Arrows Park Hospital)	one-off sessions running on a monthly basis	
	Ante-natal sessions for home births or birthing centre	one-off sessions	antenatal	General - Parents-to-be	One-off sessions running on a monthly basis delivered by home birthing team	Jo Hunt j.hunt4@nhs.net 07768 122215
1-1 Midwives	Ante-natal parent craft	Group session for up to 8 couples every month, one to one sessions available in the home	0-5 years	General - parents-to-be	1 course/ group session per month for up to 8 couples per course	Amanda Bennett amanda.bennett@121midwives.co.uk
Next Chapter	Growing Together (nurturing + parents' coaching), Nurturing Programme, Talking Teens, parents' coaching, Lego Therapy, Family Support Work)	depending on courses and needs of families	0-18 years	Specific - depends on organisations buying in services	can match capacity to commissioned services	Claire Owens Claire.NextChapterNWCIC@outlook.com

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RASA	Protecting your children course	8hr course usually delivered over 4 x sessions for parents and caregivers. This course explores attitudes and beliefs, communicating with our young children and teenagers, warning signs in children who may have been subjected to sexual abuse, warning signs displayed by abusers, development of family safety plans, child sexual exploitation, trauma, relationships, dealing with disclosures and resilience building.	0-18 years	open to anybody	courses currently run on an ad hoc basis with no funding; we try where possible to deliver this to groups but it is sometimes requested that we deliver work on a 1-1 basis due to level of concern; courses are usually for 8-10 parents	Sarah Wood sarah.wood@rasamerseyside.org 0151 6500155
	Parent Protect	90 minute workshop for parents and caregivers providing a brief overview of issues relating to child sexual abuse. This workshop looks at the definition of child sexual abuse, who abuses, why abuse takes place, warning signs in children and in potential abusers and how to access support.	0-18	open to anybody	courses currently run on an ad hoc basis with no funding; we try where possible to deliver this to groups but it is sometimes requested that we deliver work on a 1-1 basis due to level of concern; courses are usually for 8-10 parents	Sarah Wood sarah.wood@rasamerseyside.org; 0151 6500155
Safe Families for Children	1-1 support to families in crisis through volunteers	Short-term hosting for children and befriending support for parents.	0-11 years	specific - referrals only taken through Integrated Front Door	commissioned for 60 families for 2019/20	Integrated Front Door cadtsocialcare@wirral.gcsx.gov.uk.
ThumbsUp	Cognitive Behaviour Therapy based support: Work with groups of pupils; 1-1 work with pupils; parenting work;	children in yr 4-6 ideally extending into yr 7 to continue transition support but no services currently bought in; support available based on individuals' or school's needs; group work, 1-1 work, parenting work; work focusing on self-esteem, resilience, mindfulness, tackling anxiety and behaviour problems; group work with children 4-5 weeks, work with parents 1-2 weeks	5-11 years	depending on schools buying in services	1 FT and 1 PT staff, currently no waiting list but up to capacity	Sue Mason 07708 969932 suemason@thumbsupprogramme.co.uk
Tomorrow's Women Wirral	Happy Healthy Homes (Youth Connect 5)	5 week parenting course covering relationship building, resilience, promoting mental health, transition support	0-18 years	Open to all women living on Wirral	Courses delivered on a rolling programme	Karen Horner Karen@tomorrowswomen.org.uk

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WCFT/ Health Visitors	Solihull Programme	9 week course for families with children aged 0-5 ; covering bonding and attachment, child development, containment and reciprocity; sometimes done as first parenting course to explain principles of positive parenting and understanding of child development	0-5 years	families of children aged 0-5 (except families under CSC)	1 per term across Wirral	Toni Shepherd toni.shepherd@nhs.net
	You in Mind	no description	0-1 years	mums with low mood with babies up to 1	1 per term across Wirral	
	Antenatal Parentcraft	2 week courses for parents-to-be covering transition into parenthood and responsive feeding	antenatal	Generic – open to any parent-to-be	1 course per term per locality	
	Family Nurse Partnership	1-1 support for teenage mums aged up to 18 (and their partners) from 12 weeks pregnant until the first child's second birthday	0-5 years	specific - 1-1 support for first time mothers/ mothers-to-be aged up to 18 until the child's 2nd birthday	8 staff with caseloads of 23-25	Jayne Price jayne.price5@nhs.net
Youth Support Service/ Barnardo's	Kids Time	Monthly drop-in session offering support to parents with mental health problems and their children	0-18 years	parents with mental ill health and their children	monthly sessions	Jamie Greer 0151 6663718 Greer jamiegreer@wirral.gov.uk
Youth Connect 5	23 organisations across Wirral	5 week parenting course covering relationship building, resilience, promoting mental health, transition support	5-16 years	open to families of school age children from across the Wirral, booking through YC5 website	n/a	To find out more information or to book on available courses, please go to www.youthconnect5.org.uk or contact Isabell Sutherland isabell.sutherland@nhs.net or phone 07393 760564