



Speedwell Family Support

Speedwell Trust Ltd.

Registered charity NI 108645

Company Number NI682767



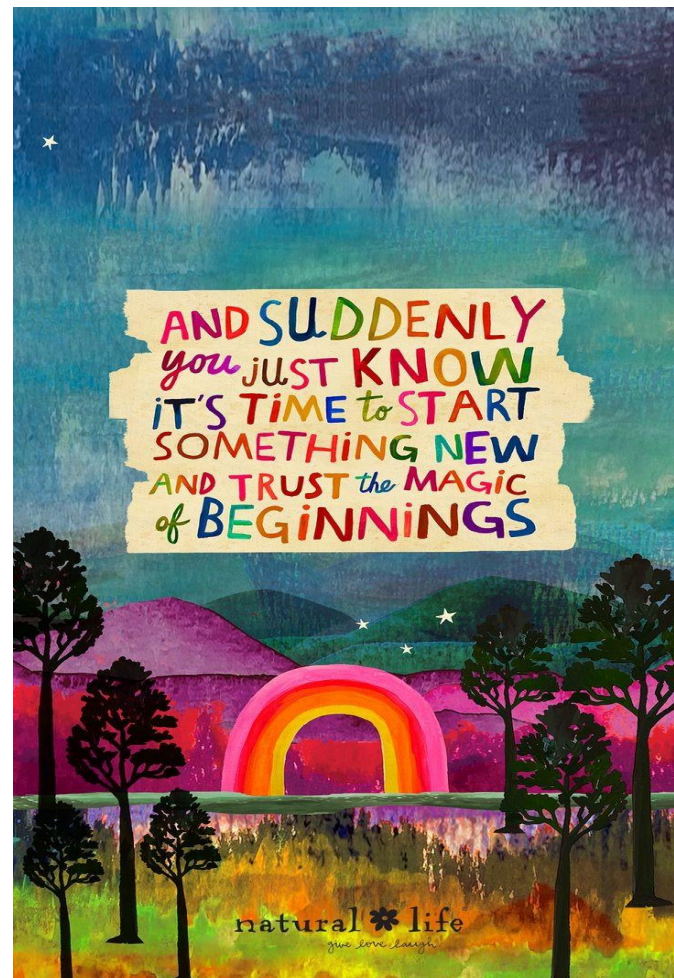
About Speedwell Trust

Our four Key areas of focus are:

- **Family Support** – working with families & children aged 4-12 living in mid-ulster. Helping them to develop the skills, confidence & resilience to nurture better long term mental & emotional health.
- **Wellbeing** – Nature-based approach to wellbeing programs helping children & young people to understand how to look after their physical health & wellbeing.
- **Shared Education** – helping to break down barriers & create a more inclusive society.
- **Eco-education** – educating children about the natural world & equipping them with the skills to play an active role in safeguarding the world around them.



Development of our Family Support Service:





The challenges facing children and young people's emotional wellbeing and mental health:

- Emotional & Mental Health
- Impact of COVID 19 & the lockdowns on their child's development.
- Isolation & loneliness
- Managing challenging behaviors at home.

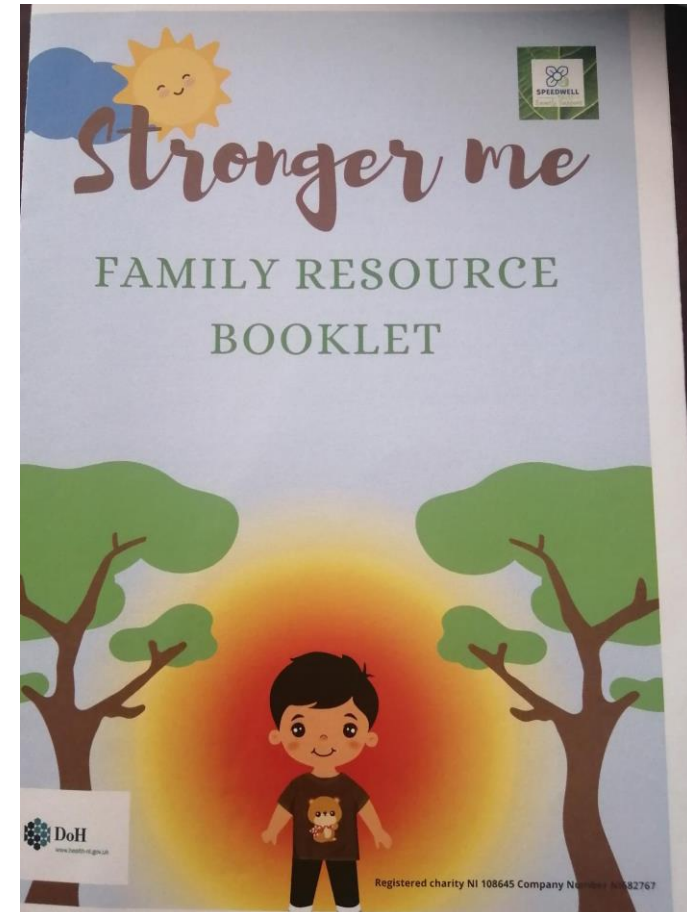
Children and young people's emotional wellbeing and mental health:

10 Families

4 session program:

2 in-forest sessions for young people: developing self-care strategies, understanding what good mental health looks like for them & developing their own support plan

2 online parents' sessions: sharing the learning so that families can continue this work with the children at home, safety support from community PSNI and links to community support organisations.



Impact of our support so far this year:

- **All 10 families completed the full programme.**
- **8 /10 reported significant improvement** in their mental well-being & the family felt more confident implementing a new family wellness plan at home.
- **The remaining 2** engaged with further counselling support through Speedwell Family support having identified further support needs.
- **1900** Children & their families between now and January 2023

What did our families say?

- *"X has learnt to use words from the programme to explain how they are feeling, and the family are now helping to make a calm spot for our own use at home."*
- *"X really enjoyed the group & has been using the strategies at home and we are working on a family plan- I am very interested in parents programmes to develop my own learning moving forward."*
- *"Thank you for this course, and for letting X be a part of it. She has realised that other people feel anxious / worried / scared about things as well, and that its part of life. She has stopped calling herself names and berating herself for being emotional or angry about things. She is also happier to talk to us about things that are in her head, instead of just saying it doesn't matter. To see her more contented and relaxed and open about things, is fantastic."*

What Support can we provide?

Depending on the needs of the families, the services offered from the Speedwell Family Support Team may include:

- One-to-one support Planning: from a named worker to agree steps in a targeted family support plan.
- Group support: Themed groups for parents & young people aged 4-12 years old around: parenting skills, behaviour support, resilience & wellbeing incorporating nature & the outdoors wherever possible.
- Tailored Workshops or programmes: to build positive family communication, develop problem solving skills, to improve mental & emotional wellbeing for parents & young people.
- Family Bonding events: bringing families together in a fun and positive way, strengthening family relationships.
- Specialist Signposting: Where further specialist support is required; we can help families to make additional connections within our wider community.

How do I refer families for support?



- No wrong doors!
- Schools, community supports, family Hubs, health professionals or providers can call or email us with the family's permission to share.
- Parents can just call email or text a member of our team directly- **this is how we get most of our support requests***

Appropriate referrals:

Criteria- Families of young people aged 4-12 living in mid-ulster only at this time. Tier 2- early intervention Mental & emotional well-being support.

If the family's needs fall under the categories of:

Statutory level support, emergency intervention, specialist health service requirement or self-harm we are not the right service to meet the family's needs.

Thank you!

