

Walsall

RIGHT FOR CHILDREN

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Walsall Council

PROUD OF OUR **PAST** OUR **PRESENT** AND FOR OUR **FUTURE**

Walsall Right for Children vision

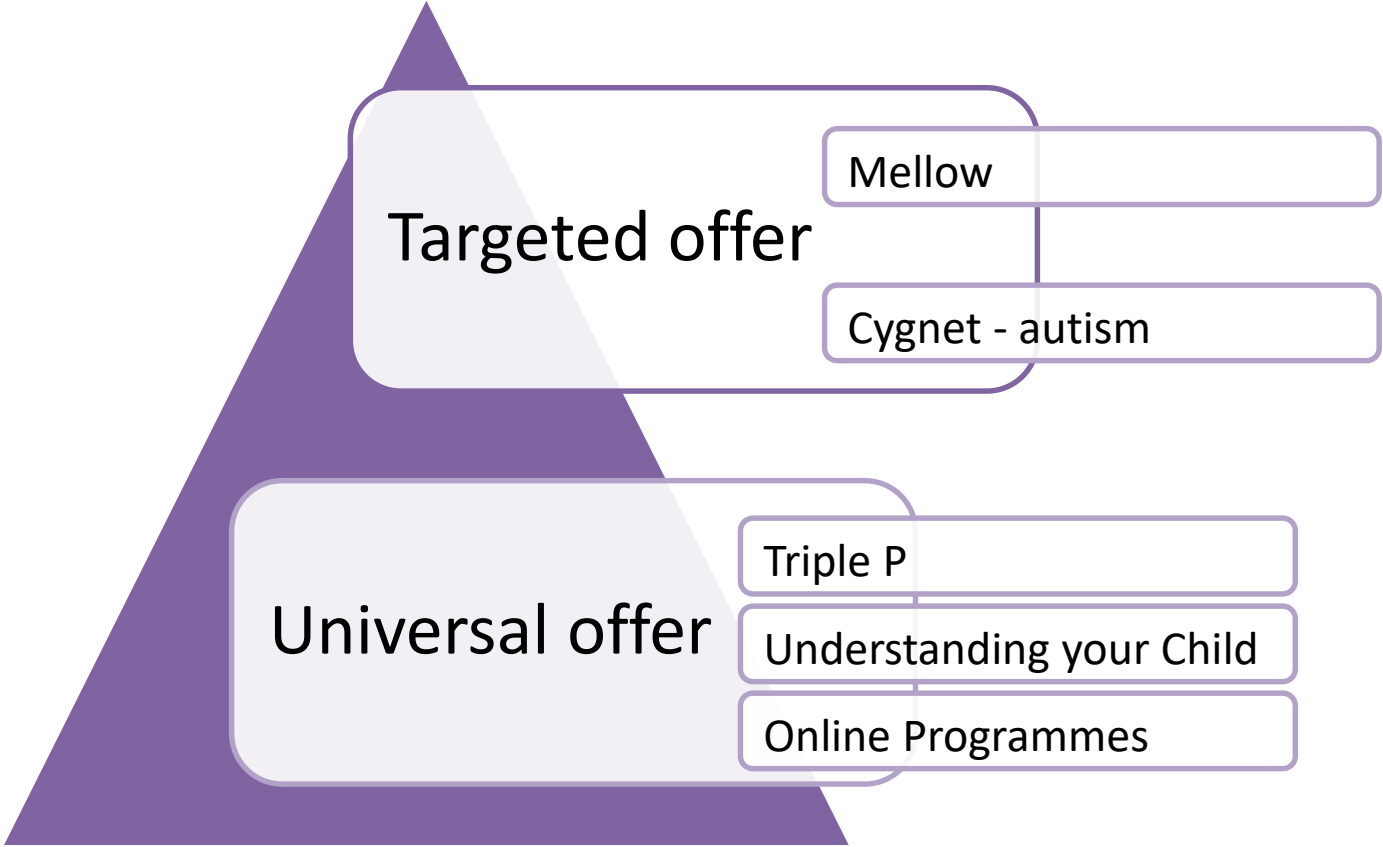


- **Right children**
- **In the right place**
- **At the right time**
- **For the right amount of time**

We have developed a suite of evidence based parenting programmes because:

- Parents are the most influential factor in a child and young person's life
- We want to provide opportunities for all parents to access support when they need it
- We want to provide a graduate response that met individual parents needs

Walsall Right for Children Parenting Offer



Walsall Mellow offer

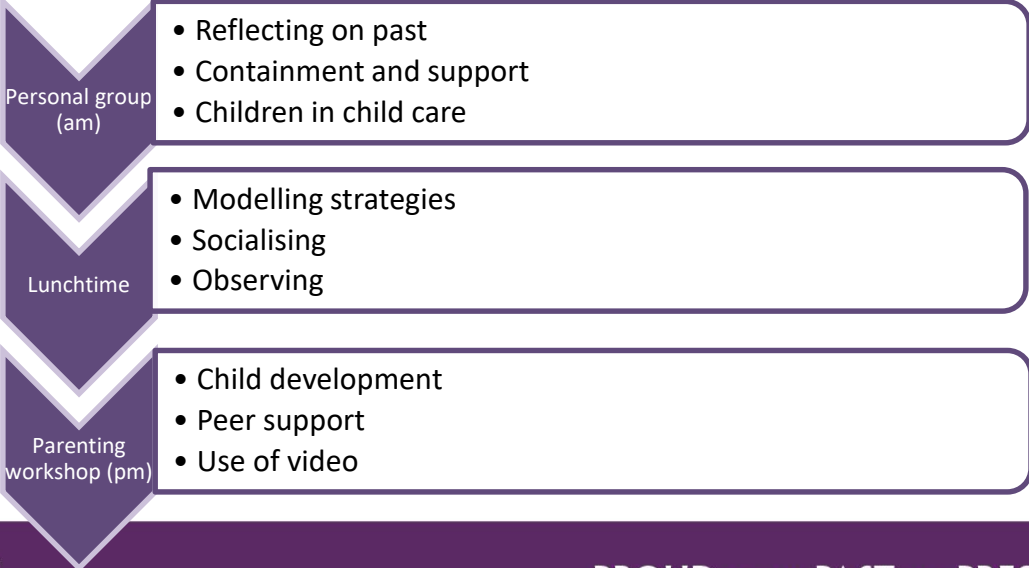
Mellow Bumps

- 6 week programme
- For pregnant vulnerable woman (mellow dads to be is being developed)
- Targeted at care leavers, parents who have children on CiN or CPP, where issues around DA, mental health and or substance misuse are identified

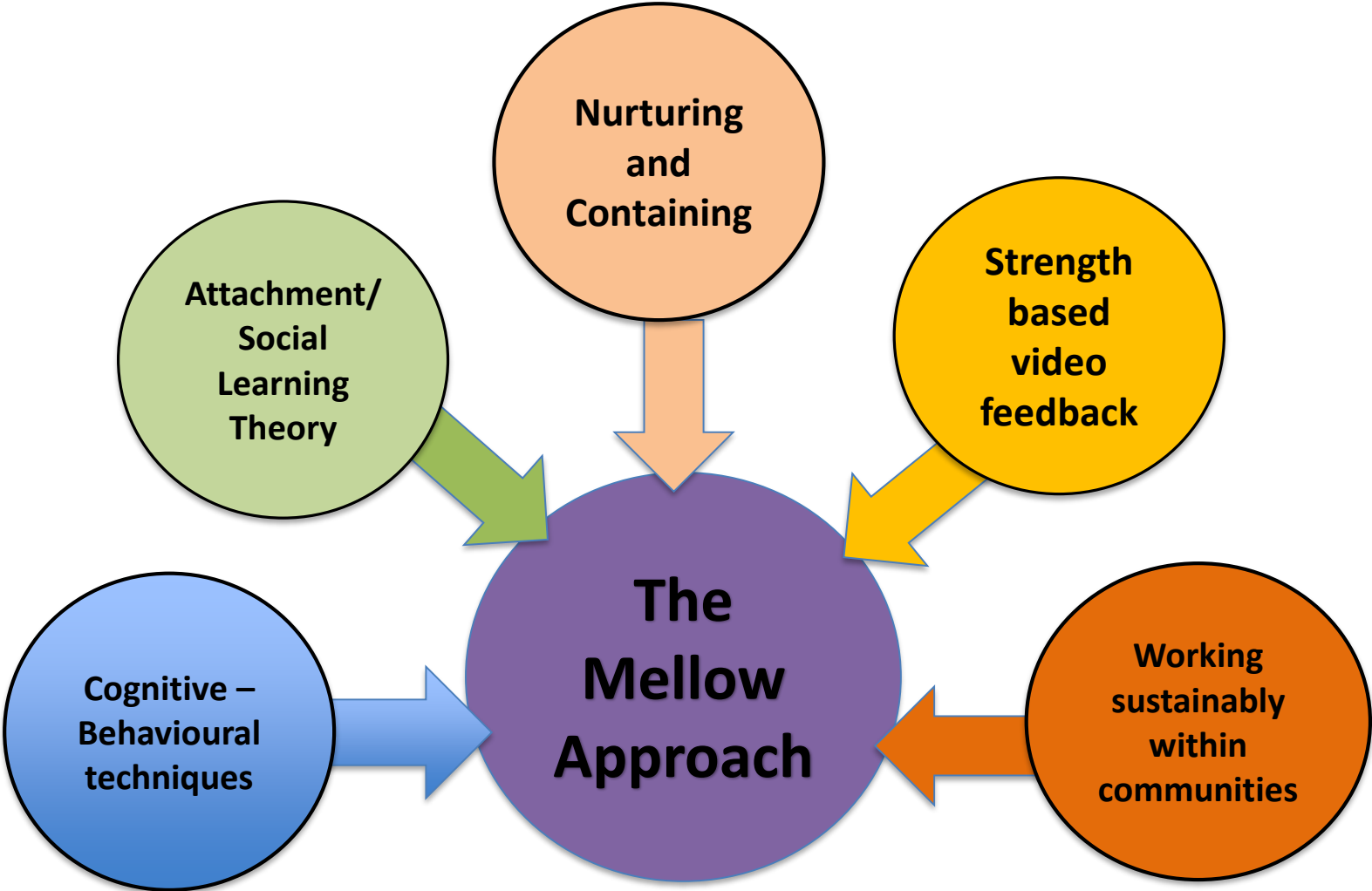
Mellow Dads

- 14 week intensive therapeutic programme
- Delivered in single sex groups
- Targeted at parents who have children under 7 on a CiN or CP plan or where reunification is planned

Mellow Moms



Mellow Programme



Mellow in practice – key learning from practice that makes mellow effective

One programme that addresses everything:

How we deliver:

- **Building rapport and making a connection**
- **Trust: Group agreement is clear**
- **Strength based approach**
- **Self-Reflection**
- **Remove barriers for practitioner and parent**

Mellow in practice – key learning from practice that makes mellow effective

One programme that addresses everything:

Through delivery, we cover:

- ACE factors
- Toxic trio
- DV
- Assertiveness
- Anger
- Depression
- Self esteem
- Friendships
- Pregnancy and birth
- Sex and relationships
- Parenting
- Child protection
- The future

Mellow impact

- Questionnaires before and after parenting programme show positive progress in relation to:
 - Children's behaviour
 - Depression, Anxiety and stress Scale
 - Positive parenting

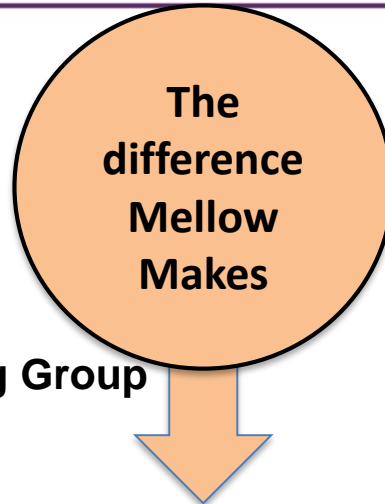
At first I was nervous and felt I had no choice to go on. I'm so glad I went on the course, I've made some great friends.

Mellow is something I will never forget; great staff, great group discussions and I am now a different father to my three kids.

I used to shout at the kids when they ran rings around me; Mellow helped me be more calm.

For me it wasn't just a change in my parenting but a change in the way I think and the way I am every day in life!

Mellow Impact



Statistics for mellow Parenting Group

May – August 2018

- 1 family were on a CP plan but were Stepped Down to Early Help
- 1 family had three children returned home in April 18 whilst on Mellow Parenting
- 1 mother had her baby returned home in July 18 whilst on Mellow Parenting
- 1 family were on an Interim Care Order but were Stepped Down to CP plan; then Stepped Down to CIN and will hopefully be off any plan by December 2018
- 2 Families were Stepped up to PLO then Stepped Down to CP Plan then Stepped Down to a CIN plan and whilst attending Mellow Parenting were Stepped Down to Universal Services
- 2 Families were on a CIN plan and whilst on Mellow Parenting stepped Down to Universal Services

Invisible fathers - MELLOW DADS: HMP OAKWOOD

- Walsall council delivered the group in partnership with HMP Oakwood prison officers
- Social work MSc student from University of Birmingham independently evaluated group and published findings using peer led researchers.
- 7 dads took part in programme at HMP Oakwood

Relationship with children	“When we’re on a normal visit now and say she’s upset, she always used to go to her mum for the hugs and stuff, whereas now she’ll come to me.”
Acquiring new skills	When he’s crying and stuff, sometimes I’d say ‘stop being a girl and stop crying’, whereas now he needs to know crying is alright and that’s a normal emotion.”
Confidence	“It’s given me that little bit more confidence. Not with my kids, but within myself.”

Lets hear it from parents



<https://www.youtube.com/watch?v=qvydK0vNCFY>

