

# Relationships Matter

Information for parents



Relationships are difficult for everyone at some stage, particularly when life is stressful and especially for parents - regardless of being together or separated.

Relationship challenges for parents can affect your child's behaviours, emotions and feelings, now and in the future.

The 'Relationships Matter' programme provides access to free support and a space to talk about your relationship and how family disagreements can impact on your child.

Arguments are a normal part of family life, but when we constantly argue it can be a sign that disagreements are not being solved in the best way.

- Do you feel that you argue all the time?
- Do you struggle to talk about how you feel?
- Do you find it difficult to listen to the views of your partner / ex-partner?

## Who can take part

Parents must have at least one child aged 0-18 years or a child with a disability aged 0-25 years or be expecting a first child. The programme is also available to young parents who are under the age of 18 years. One parent must live within the North East Region.

Interventions will be provided by Relate, Action for Children or Changing Futures North East.



## Referral process

Your worker will support you to complete a short questionnaire to help us understand more about your relationship and what support we can offer. The worker will securely forward your information to our Referral Gateway.

Your eligibility for the programme will be checked and you will be contacted by a worker from Relate or Changing Futures North East about which programme best matches with your needs.

The worker will arrange a home visit with you to discuss where and when you can access support.

If you are not eligible, your worker should be able to advise on alternative support.

## Help to attend your programme

All programmes are free and provide funded childcare and travel costs for up to 90 minutes of journey time to and from where sessions will take place.

Interpretation costs are also funded, including for parents using British Sign Language (BSL).

## Using 'what works'

Each programme will be delivered by a trained relationship professional, using evidence-based approaches to understand the impact of your relationship on children and to develop skills and strategies needed for a more stable family life.

# Programme information

Specialist Intervention	Intensity Level	Group or Couple	Programme Information
<b>MBT – Parenting Under Pressure</b>	High	Couple	For couples and separated co-parents with children of all ages. Helps parents to focus on their feelings and how challenges in your relationship impact on the other parent and the wellbeing of your child. Duration of 9 sessions.
<b>Incredible Years - Advanced Programme</b>	High	Group	For couples with children aged 4-12 years. Focus on parents' and children's communication and problem-solving skills, learning to understand and use positive parenting techniques and strategies. Parents will need to complete a pre-school or school-age programme (14 weeks) before moving onto an Advanced course (9 weeks).
<b>Parents Plus - Parenting When Separated</b>	Moderate	Group	For separated couples. Supports separated parents to re-focus on the needs of children, helping them to manage the stress of separation and to improve communication between co-parents. Duration of 6 sessions.
<b>Family Check Up</b>	Moderate	Couple	For couples and separated co-parents of children aged 2-14 years. Supporting parents to communicate more effectively and develop a positive relationship with their child/ren. Duration of 3-4 sessions.

These programmes do not aim to address domestic abuse. If your relationship makes you feel fear or unsafe in any way, you should contact your local domestic abuse service or speak with professionals already working with your family on how to access advice and support.

Women can call the 24-7 National Domestic Violence Helpline on 0808 2000 247.

Men's Advice Line (Mon – Fri, 9am – 5pm) 0808 801 0327.

Call 999 in all emergency situations.

