

IMPACT REPORT 2020



 **FAMILY
LINKS**

The Centre for Emotional Health

 AT HOME  AT SCHOOL  AT WORK

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We are proud to share our Impact Report for 2019-20

At **Family Links the Centre for Emotional Health** we recognise that our impact comes not only from what we do, but how we do it. The feedback from those we work with consistently tells us that it is our nurturing and empowering approach that makes the difference. Our vision is for every child and adult to realise their individual potential, enjoy positive relationships, and live healthy and fulfilled lives.

Our approach is to provide training and resources to build the emotional health assets of the adults in children's lives. Parents benefit from attending Family Links programmes and workshops, practitioners and education staff benefit from our high-quality training and resources, and commissioners benefit from a consistent approach across their 0-19 services.

While the main focus of our work continues to be the development of emotional health in families and schools, we also recognise the importance of the workplace in enabling or disabling our emotional health. As a result of the impact this has on us as individuals and on our families, we are now working to promote the importance of emotional health at work.

This report demonstrates how Family Links creates change across a wide range of settings throughout the UK. We use our Nurturing Programme to reach all parents, including parents whose children are at risk of being taken into care, as well as parents who access the programme through their school, children's centre, family hub or mosque. Despite cuts to local authority and school budgets, we have maintained our reach to

over 14,000 parents with at least 28,000 children in the past year, and we are proud to have reached over 214,000 parents since Family Links began in 1997.

We are always keen to understand more about the implementation of our programmes and their impact; our partnership approach with local authorities helps us to do this. Our funders have also supported us to develop a whole school approach across a number of schools in Oxfordshire and in this report we are able to share our findings from the initial evaluation of this work. We are excited to be completing further research on this project over the next three years.

We are very grateful to all those who have supported the work of Family Links over the past year, working with us to continue to transform the lives of adults and children across the UK.



Sarah Darton, CEO



OUR VISION

For every child and adult to realise their individual potential, enjoy positive relationships, and live healthy and fulfilled lives.

OUR MISSION

To deliver training programmes, based on the **Nurturing Programme**, that build and sustain emotional health and relationships in families, schools and workplaces.

HOW WE DO IT

All of our training courses are underpinned by the **Nurturing Programme**, providing adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy and self-esteem, and maintain positive relationships.

Based on over 23 years of delivery, research and development, the **Nurturing Programme** is a cognitive-relational programme, understanding behaviour in the context of feelings and relationships.



WHAT IS EMOTIONAL HEALTH?

Our emotional health is our ability to look after ourselves, to manage ourselves in times of challenge, and to sustain healthy relationships with those around us. This lays the foundation for adults and children to thrive at home, at school and at work. We all contribute to the emotional climate of our families, schools and workplaces.

WHY IT MATTERS

-  Emotional health at age 16 [is] a stronger predictor of mental health and life chances at age 30 than either demographic or socio-economic factors.¹
-  The most important predictor of adult life-satisfaction is emotional health, both in childhood and subsequently.²
-  Two key aspects of positive parenting, parental warmth and responsiveness to distress, are shown to predict children's socio-emotional functioning.³
-  Social and emotional wellbeing predicts peer acceptance and positive peer relationships during adolescence.⁴
-  Better self-regulation is strongly associated with mental wellbeing, good physical health and health behaviours, and socio-economic and labour market outcomes.⁵
-  Children and adults with high resilience resources are half as likely to have a diagnosable mental health condition.⁶
-  Children with a diagnosed emotional disorder are four times as likely to have poor physical health compared to those without.⁷
-  Children who have externalising behaviour difficulties are more likely to leave school without any qualifications, become teenage parents and report troubles with their finances.⁸

OUR REACH

In 2019 we reached:

529 school staff

723 practitioners

6,900 pupils

14,056 parents

28,112 children

Since our work began in 1997 we have reached at least:

214,000 parents

450,000 children

We know that for the individuals we work with, and the complex systems that surround them, there are many factors that contribute to creating change. The Family Links approach provides an experience of nurturing relationships which, alongside our practical strategies, helps to empower individuals to create change within their own lives.



OUR IMPACT AT HOME

Parents attending Family Links programmes may lack confidence in their parenting, feel socially isolated, and experience stress or anxiety. Some simply want to gain new ideas and meet other parents, while others are attending because of more significant concerns about their parenting capacity. Most parents are consciously or unconsciously repeating the parenting approaches that they experienced themselves.

Family Links programmes provide an opportunity for parents to become more self-aware and to think about the relationship they want with their baby, child or teenager. The nurturing approach supports parents with their own emotional health and helps to repair the impact of damaging early relationships.

OUR PROGRAMMES

Our programmes provide a consistent approach across 0-19 services. All of our programmes are underpinned by the **Nurturing Programme** and develop self-awareness, appropriate expectations, positive approaches to discipline, and empathy. They result in increased parenting self-efficacy and improved emotional health in parents, and a calmer, happier home life for both parents and children.



8-week Welcome to the World Programme is an antenatal programme which supports expectant parents by improving their emotional wellbeing, increasing attunement and bonding with their baby, and developing knowledge and skills in breastfeeding and practical care.



10-week Nurturing Programme improves the emotional health of both parents and children, strengthens family relationships, and develops an authoritative approach to parenting, combining parental warmth with clear boundaries. It is a cognitive-relational programme, helping parents to understand behaviour in the context of feelings and relationships. Adapted versions of this programme are available for parents of children with additional needs, and for parents in prison. We also offer the **10-week Nurturing Programme with Islamic Values**. This considers the links between parenting and Islamic Values, bringing together Islamic religious teachings with the Nurturing Programme.



4-week Parenting Puzzle Workshops provide a shorter intervention for parents of children under 5. They provide parents with an increased repertoire of parenting strategies to support their young child's development and school readiness. They also increase the parents' understanding of their children's feelings and needs, and how their children communicate these.

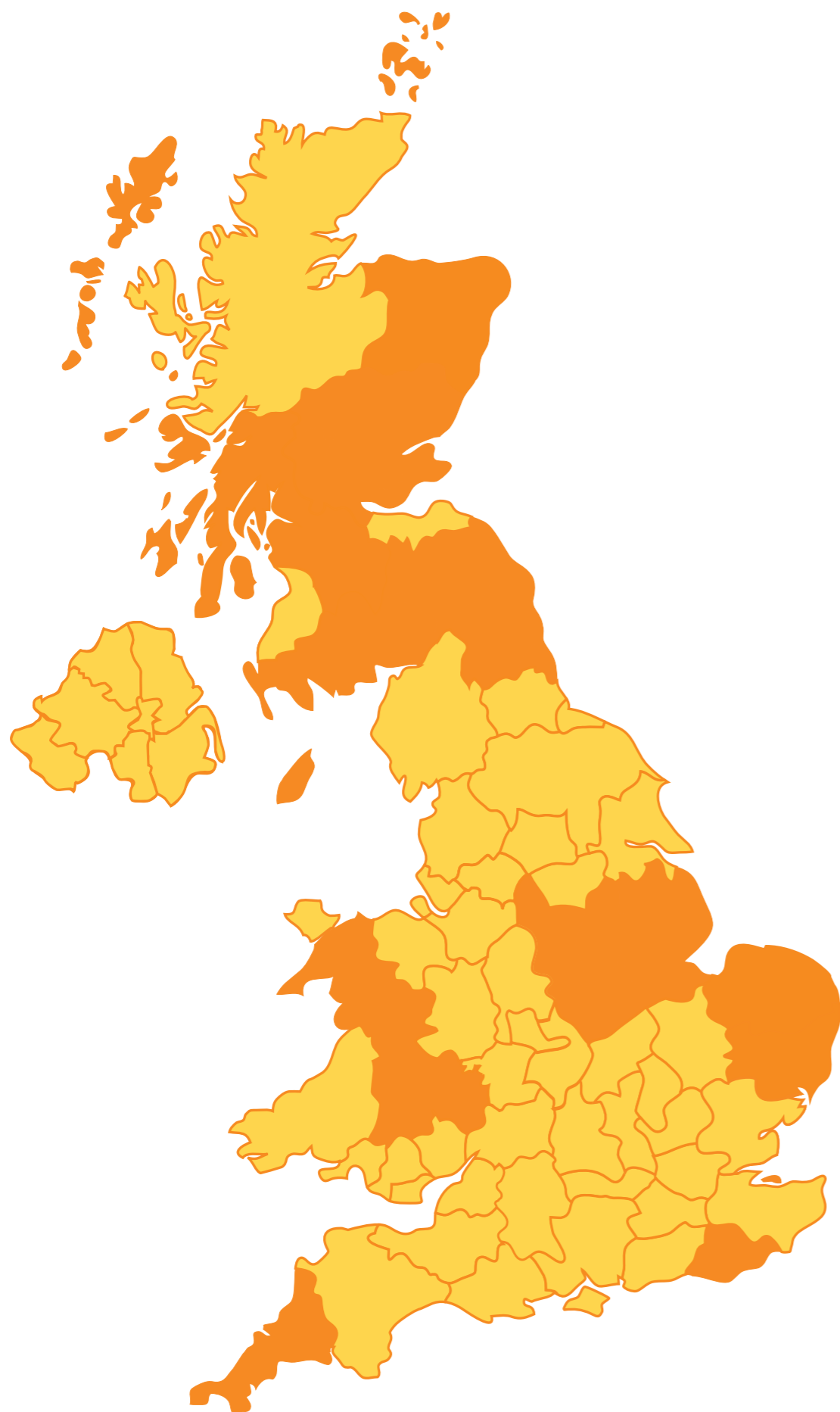


4-week Talking Teens Programme for parents of teenagers is based on recent research on adolescence and teenage brain development. It explores the importance of parents for teenagers and focuses on family relationships, communication, negotiating, decision-making, and strategies to reduce conflict.

"We have used behaviour management programmes before, but unlike Family Links' Nurturing Programmes, they do not focus on emotional regulation and wellbeing, which is paramount to changing behaviour."

- Practice Lead, Targeted Early Help, Bradford

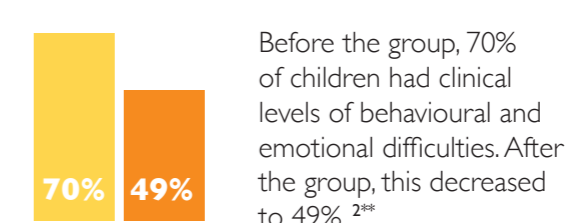
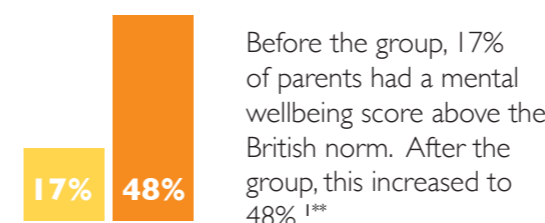
Our programmes are used in over 50 local authorities and councils across the UK - highlighted in yellow



OUR WORK WITH LOCAL AUTHORITIES

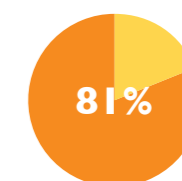
HAMPSHIRE COUNTY COUNCIL

We evaluated over 200 parent data sets from 34 **10-week Nurturing Programme** groups run by Hampshire County Council between September 2018 and July 2019. We evaluated pre- and post-measures of parental wellbeing, children's behavioural and emotional difficulties, and children's prosocial behaviour, and found that all three outcomes showed statistically significant improvements.



LUTON FLYING START

Luton Flying Start uses our **4-week Parenting Puzzle Workshop** with their parents to support their goal of improving outcomes for children under the age of 5. We evaluated data returned from 11 parent groups held in Luton between September 2018 and July 2019 and found that 81% of parents who completed the programme showed an improvement in their parenting self-efficacy.^{4**}



“ As a commissioner and a manager, I think Family Links provides a very powerful approach for families who haven't experienced nurturing in their own childhood. I feel that it's the best programme for parents under child protection measures, for example, because it gives them that opportunity for self-reflection: to think about things that have happened to them, to nurture themselves a bit more, and stop seeing the problem as their child.”

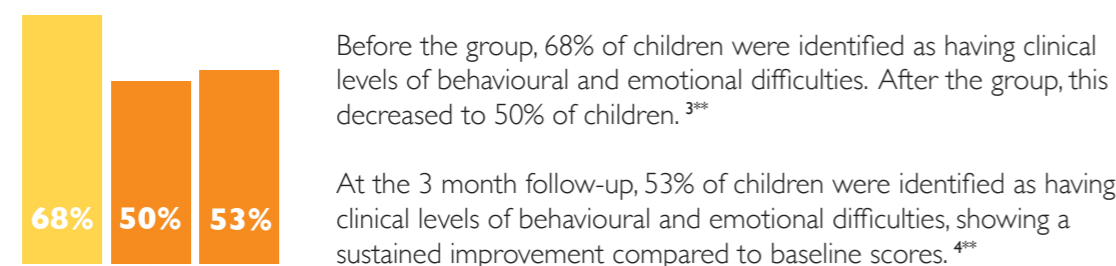
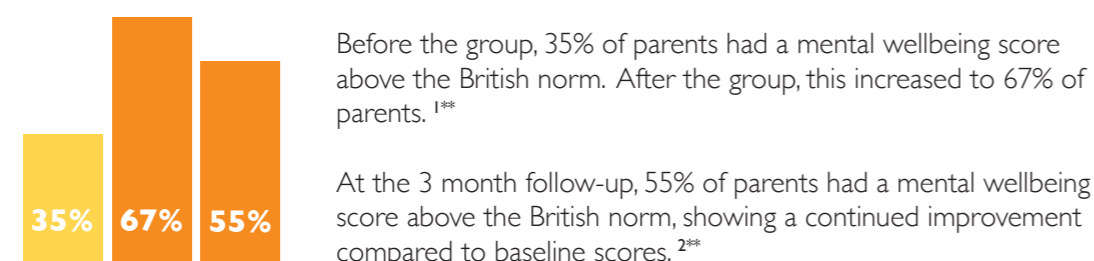
- Sue Bugden, Luton Flying Start Coordinator for Parenting

Based on ¹ WEMWBS data from 170 parents, ² SDQ data from 200 parents ³ 202 parents, ⁴ TOPSE data from 59 parents
 ** Highly statistically significant result p < .01

OUR WORK WITH LOCAL AUTHORITIES

LONG TERM IMPACT IN MANCHESTER

The local authority team we work with in Manchester collects follow-up data 3 months after parents have completed the **10-week Nurturing Programme**, in addition to our usual pre- and post-measures. This has allowed us to assess whether there is a longer term impact for parents after finishing the group. We evaluated data from five groups held between May and July 2019 and found statistically significant improvements both at the end of the group, and at the 3 month follow-up, supporting the long-term outcomes articulated in our Theory of Change.



HERTFORDSHIRE COUNTY COUNCIL

We have been working with Hertfordshire County Council on the **My Teen Brain Project** since 2014. Following the training, practitioners report improved understanding of adolescent brain development, risk and resilience. The training contributes to Hertfordshire's six outcomes for young people: Be Happy, Be Independent, Be Ambitious, Be Safe, Be Resilient, Be Healthy. In 2019 we trained a further 155 practitioners across health, social care and education; 97% of these rated the usefulness of the training as 4 or 5, with 5 being extremely useful.



“ Parents in particular have found it incredibly helpful to further understand their teenager and behaviours within the family home, and the training has helped discussions with parents around how risky is risky behaviour and how to promote resilience.”

- Practitioner, Hertfordshire County Council

OUR WORK WITH LOCAL AUTHORITIES

EDGE OF CARE CASE STUDY

Edge of care teams across the UK respond to children and families in crisis, enabling them to address and overcome the difficulties that have led to the family being at risk of breakdown, and prevent further escalation and referral to care proceedings. These teams work tirelessly to limit the risk of children being moved into care, to address complex multiple needs across a family unit, and support the reunification of families post care order.

A commissioner at an edge of care team discusses the impact of the Family Links approach within an edge of care setting:

“ We work with families in crisis situations that are placing a child at the edge of care and there is a high potential for that child to become looked after. We use the Family Links programmes alongside practical family support to bring them out of that crisis or to reduce the crisis and risk. Other programmes may not allow you to do that because there is an emphasis on stability within the family before you deliver.

What drew me to the Family Links programmes was the growing theory base behind it, and the focus on developing parental empathy; to get parents to walk in the child's shoes and understand what it's like to be parented in that way. Although we have a range of parenting interventions, I would say that in 90% of families we can use the Nurturing Programme - the same couldn't be said for others.

The Nurturing Programme is my go-to parenting plan and every member of my team is trained in it - it's one they are confident in, and that goes back to the quality of the training; it's accessible to the practitioners as well as to the parents.

It would be difficult for me to say anything negative about commissioning Family Links programmes. It's straightforward and there's good communication, good venues, the quality of the training delivery is good. I think the fact that I've come back to you time and time again tells you that.”

- Commissioner, Edge of Care Team



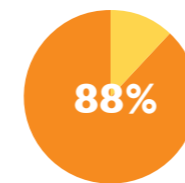
OUR WORK WITH MUSLIM FAMILIES

Between 2016 and 2019 we trained volunteers from the UK Islamic Mission to deliver our **10-week Nurturing Programme with Islamic Values**. The volunteers facilitated parent groups for mothers and fathers within their local mosques in 21 different locations across England.

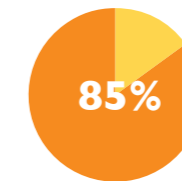
We evaluated data returned from 43 parent groups delivered during this period, which involved 418 parents and at least 992 children. Impact was assessed using a pre/post design, measuring changes in parental mental wellbeing and parental protective factors. Both outcomes showed statistically significant improvements after parents completed the programme.



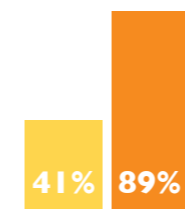
Before the group, less than a quarter of parents felt confident they could set limits for their children without smacking them. After the group, over two thirds felt confident they could.^{2**}



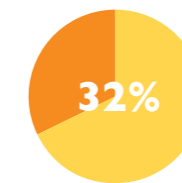
88% of parents who completed the programme showed an improvement in their mental wellbeing.^{1**}



85% of parents who completed the programme showed an improvement in their protective parenting behaviours.^{2**}



Before the group, 41% of parents had a mental wellbeing score above the British norm. After the group, this increased to 89% of parents.^{1**}



32% of parents said they wouldn't have been likely to attend a parenting programme **without** Islamic Values.³



Before the group, less than 1 in 5 parents reported that they were showing kindness and affection to their children most of the time. After the group, this increased to 3 in 5 parents.^{2**}



100% of parents said they would recommend the programme to other Muslim parents.³



The inclusion of Islamic Values in the programme was rated as 'very important' by 9 out of 10 parents who attended.

Based on ¹ WEMWBS data from 327 parents, ² Protective Factor Scale data from 392 parents, ³ Feedback from 390 parents
 ** Highly statistically significant result $p < .01$

OUR ANTENATAL WORK

Parents-to-be are often unprepared for the emotional aspects, as well as the physical responsibilities, of becoming a parent. This has an impact on their own emotional health and on their relationships with the baby and with each other.

In 2016 **Family Links the Centre for Emotional Health** commissioned the Faculty of Health and Social Care at the University of Hull to examine the impact of our **8-week Welcome to the World Programme**. The research included 131 participants who completed questionnaires and attended focus groups. It concluded that parents who engaged with the programme experienced: positive communication between each other; an understanding of their baby's needs, an understanding of their own emotional health needs, a greater understanding of their roles as parents, and an increased understanding of the benefits of breastfeeding. The researchers published the focus group data in the *British Journal of Midwifery*.¹ The focus groups included 36 parents and explored their experience of the programme and its effect on the early postnatal period.

Research Findings:



The programme increased couples' mutual empathy and their understanding of the importance of good communication and spending time together.



Many parents who attended said that learning about infant development and communication had a profound impact on how they related to their baby.



Parents felt that they benefited from the inclusion of expectant fathers in attending the programme.

“ It definitely made me feel more involved with the pregnancy, coming to this. Like I was part of it as well. And it weren't just like doing the carrying and stuff. When I came to the group I came as her partner.”

- Dad, **Welcome to the World Programme**

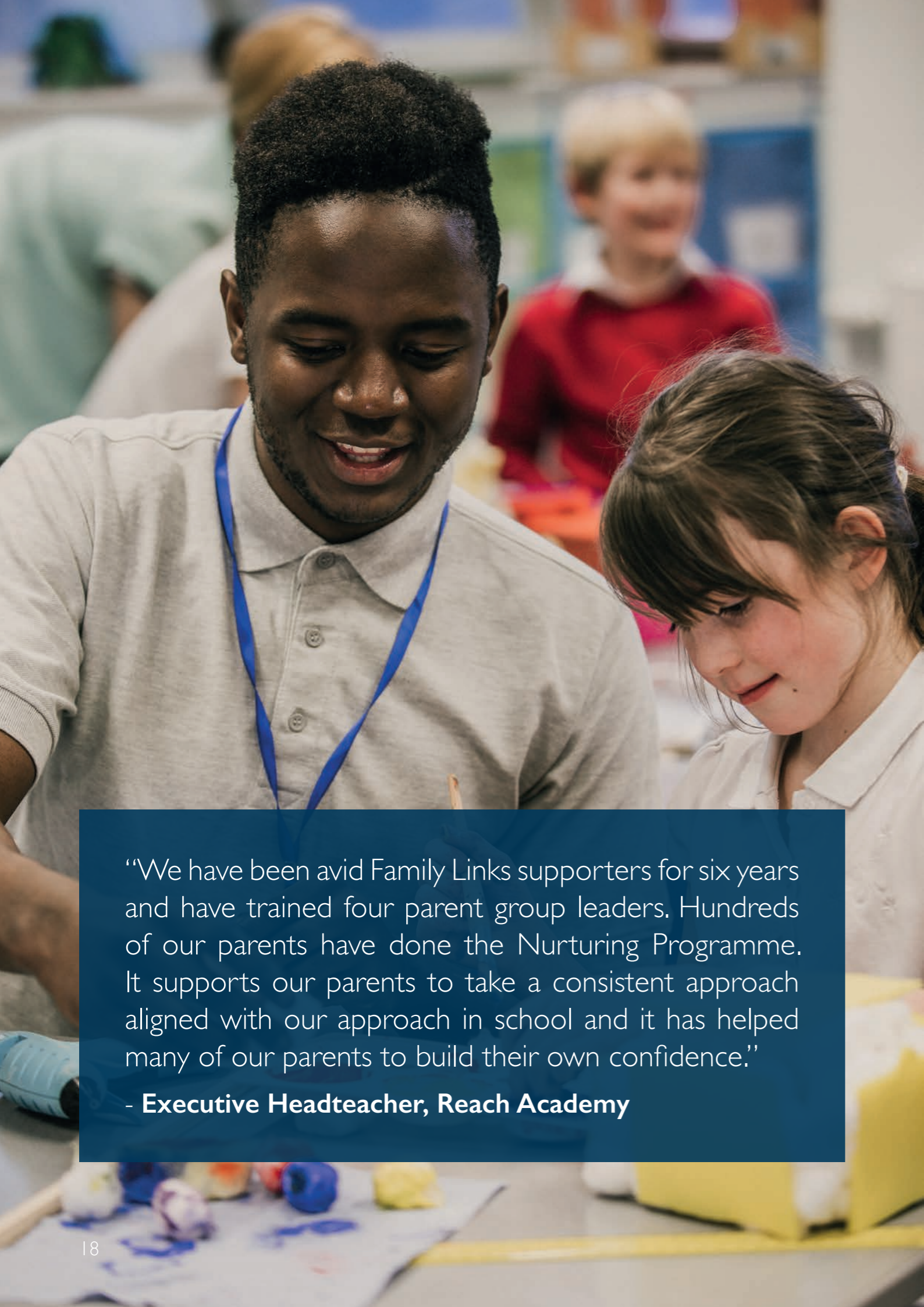
“We've been told a thousand times by our parents, 'You're spoiling that baby, you can't be picking her up.' But at the nurturing group they told us that you can't love your baby too much, and they do need you all the time, so don't think you're spoiling them.”

- Mum, **Welcome to the World Programme**

“Through discussions around feeding, fears and our judgements in the Nurturing Programme it reduced my anxiety about breastfeeding and for this I am extremely thankful.”

- Mum, **Welcome to the World Programme**

¹ Wadehul, Jones & Jomeen (2019)



OUR IMPACT AT SCHOOL

With increasing pressure on other family and community services, schools have become the central provider for supporting children and their parents and carers in a range of different ways, and it can be hard to manage all these needs.

Family Links the Centre for Emotional Health offers a whole school approach to developing the emotional health and wellbeing of pupils, staff, senior leadership, governors, parents and carers. We deliver parallel programmes for the whole school community through practical, interactive workshops and resources for staff, a social-emotional learning curriculum for pupils, and training to deliver our parenting programmes.

OUR PROGRAMMES

-  **Developing Emotional Resilience.** In this practical and interactive training for all school staff, strategies are explored and practised by working through examples from daily life in school.
-  **Staff CPD sessions** throughout the year, covering a wide variety of topics including staff wellbeing and emotional health, managing difficult feelings, and responding to challenging behaviour.
-  A **10-week Social-Emotional Learning Curriculum** to deliver in primary schools based on the Nurturing Programme, covering topics such as managing difficult feelings as well as choices and consequences.
-  An online module in **Mental and Emotional Health in Schools: Effective Strategies and Support.** This course covers how to recognise and respond to signs of poor mental health, understand boundaries and professional responsibilities, and provides strategies to support the emotional health of staff.
-  Training for relevant staff to deliver our **10-week Nurturing Programme** to parents. This programme provides parents with new skills in listening and communicating with their children and developing an understanding of behaviour in the context of relationships.
-  Additional training to deliver our **4-week Parenting Puzzle Workshop** for parents of early years children, to increase parents' repertoire of strategies to support their child's development and improve school readiness.
-  Additional training to deliver our **4-week Talking Teens Programme** for parents of teenagers. The programme explores the importance of parents for teenagers and focuses on family relationships, communication, negotiating, decision-making, and strategies to reduce conflict.

“We have been avid Family Links supporters for six years and have trained four parent group leaders. Hundreds of our parents have done the Nurturing Programme. It supports our parents to take a consistent approach aligned with our approach in school and it has helped many of our parents to build their own confidence.”

- **Executive Headteacher, Reach Academy**

OXFORD SCHOOLS PROJECT

Since September 2018 we have been working intensively to embed our whole school approach in three primary schools within Oxford. In each of the schools we have provided practical, interactive workshops and resources for staff, a social-emotional learning curriculum for pupils, staff CPD, and training to deliver our parenting programmes.

How we assessed our impact in year 1 of the project:



Start and end of year measures to assess staff wellbeing, staff social-emotional competence and staff perceptions of relationships and school culture.



Pre- and post-measures of parental mental wellbeing, parental self-efficacy and parental engagement for parents who attended a **10-week Nurturing Programme** run by members of school staff.



Focus groups with school staff and parents to explore in more depth their experiences of the Family Links whole school approach.

“ I've certainly seen a change in the parents in my class that have been going to the parent group - that their interactions with their children have changed, which means the difficulties that I was having have either lessened or improved.”

- Teacher

“Even though in our parent group [the facilitators] were the class teachers of our children... that helped rather than being in the way... I think if anything it helped them as well, to see our children a bit differently in class. It felt like working together rather than having two separate things.”

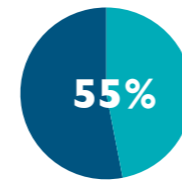
- Parent

“I think that's really positive in that the children are getting a consistent message right from when they are four to when they are eleven and it's also being backed up by those parents who came along to a parenting course. And it feels safer for them because they know that the reactions are the same.”

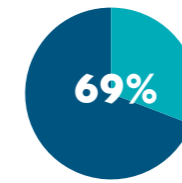
- Senior Leader

KEY FINDINGS

After a year of working in partnership with Family Links:



55% of staff showed an improvement in their mental wellbeing.¹



69% of staff showed an improvement in their social-emotional competence.^{2**}

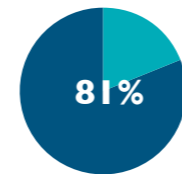


Staff felt the Family Links workshops provided a space to acquire new skills and learn strategies which had a tangible impact on their interactions with pupils.

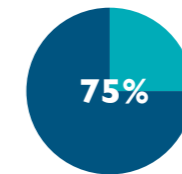


Staff observed positive changes to pupils' emotional health, with children more able to reflect on and describe their emotions in challenging situations.

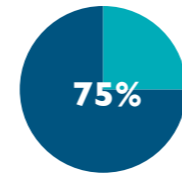
After attending a Family Links parent group:



81% of parents reported an improvement in their mental wellbeing.^{3*}



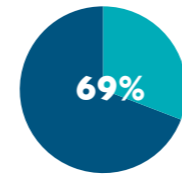
75% of parents reported a decrease in the amount of anger and shouting at home.⁶



75% of parents showed an improvement in their parenting confidence.^{4**}



100% of parents said they would recommend Family Links parent groups to other parents.⁶



69% of parents reported an improvement in their engagement with the school.^{5*}



100% of parents said the group exceeded their expectations.⁶



Parents felt the group facilitation skills of the class teachers were excellent and helped to improve both the parents' and teachers' understanding of the children.



The focus group highlighted the importance of the parent groups in providing a safe space for parents to share and connect with others.

Based on ¹ WEMWBS data from 67 members of school staff, ² SECTRS data from 62 members of school staff, ³ WEMWBS data from 16 parents, ⁴ BPSES data from 16 parents, ⁵ Parental engagement data from 15 parents, ⁶ Feedback from 18 parents
* Statistically significant result p < .05 ** Highly statistically significant result p < .01



MADRASSAS

Family Links the Centre for Emotional Health has worked with the UK Islamic Mission to train teachers working in Islamic religious schools (madrassas). Many teachers volunteer from the local community and don't have a professional teaching background. Our madrassa training, like our schools training, focuses on developing an emotionally safe and positive learning environment. The Family Links approach and principles have been matched to Islamic religious teaching.

To date, we have trained over 70 individuals across the UK in our madrassa training. Below are some examples of how using the Family Links approach has impacted the teachers and students at the **Neeli Mosque and Islamic Centre in Rochdale:**

“ In my personal experience, I feel that the greatest benefit of using the Family Links principles has been to what I would describe as our most difficult learners. Those students that may have been expelled from school, are in special schools and their parents have brought them to the masjid for guidance. Initially their behaviour is the same, however with a plan of rewards, effective use of choices and consequences, and behaviour to ignore we have made inroads and both the children and parents are seeing improvements.”

- **Headteacher**

"The Family Links principles are applicable to both young and old, teacher and non-teacher and provides a source of motivation for a wide array of scenarios. I enjoy delivering the Family Links content as it's so simple to follow."

- **Teacher**

"We had a young boy who moved from Spain to the UK and didn't speak a word of English. His whole demeanour meant he didn't want to be in class as he struggled to fit in and didn't contribute much. He had been labelled as someone who didn't know much and his confidence dipped. Through using the principles of praise and personal power he slowly began to open up and talk about his interests, of which one was the Rubik's cube. He was encouraged to show his talents in class and overnight he became very popular which resulted in him being more engaged in lessons."

- **Teacher & Education Committee member**



OUR IMPACT AT WORK

The financial and business costs associated with poor mental health are well documented¹ and we know that across a number of factors UK employees report lower levels of emotional health compared to other economies across Europe.²

We know that emotionally healthy teams work more collaboratively, build trust and communication, and support each other well during periods of challenge. Our **Emotional Health at Work** workshops are a recent addition to our programmes and we continue to collect evidence of their impact.

In collaboration with the Institute for Public Policy Research, we commissioned the *Emotional Health at Work* report which proposes a new framework for employers in support of emotional health.

The report found that:



One-fifth of UK employees report low self beliefs.

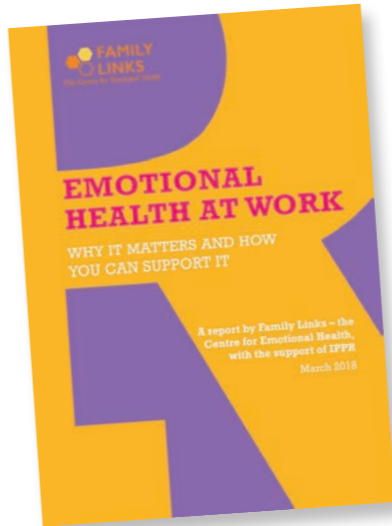


Two-thirds of UK employees feel that they don't deal very well with important problems in life.



Over one-fifth found that after something goes wrong it takes them a long time to get back to normal.

"Taking this short amount of time to reflect well, and with the support of a clear framework, has given us the opportunity to begin to transform our organisation into the one we really want to be"
- Senior Leader



There is a growing understanding of and interest in wellbeing in the workplace. With the benefit of our experience in delivering and developing our Nurturing Programme in a variety of settings, we continue to expand our work to support adults in the workplace. We recognise that home life and work life are interdependent, and that the skills that we learn in one of these settings can be very helpful in the other.

It is our mission to build and sustain the emotional health and relationships of people wherever they are, and our **Emotional Health at Work** workshops support both individuals and teams to develop healthy habits of relating to others as well as healthy habits of managing themselves.

Read the full report online: bit.ly/EHatWReport

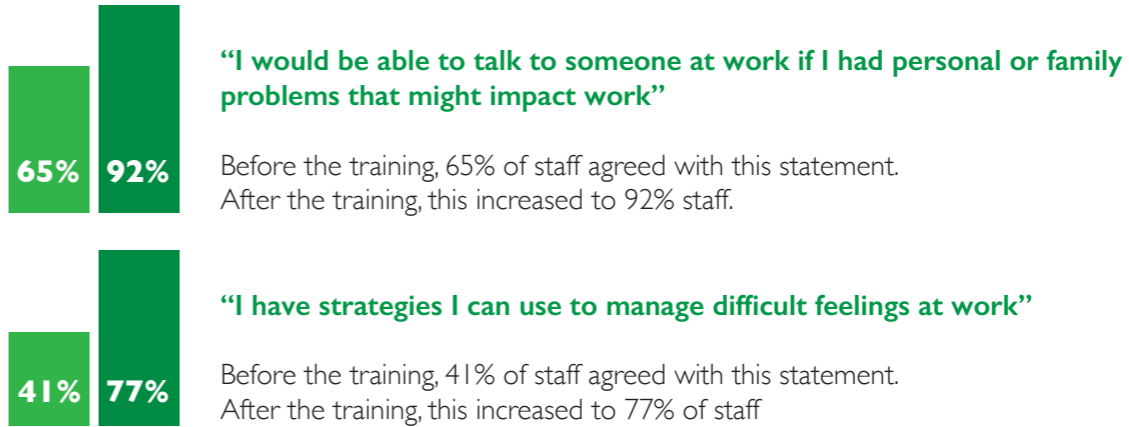
¹ Hampson et al. (2017) ² Family Links the Centre for Emotional Health (2018)



EMOTIONAL HEALTH AT WORK

A number of organisations use our practical, interactive workshops to improve their communication and relationships, support staff work-life balance, and promote trust and collaborative working in their teams. After attending our workshops staff report feeling more engaged, motivated, and confident in using strategies to support the emotional health of themselves and their teams.

BBC CHILDREN IN NEED

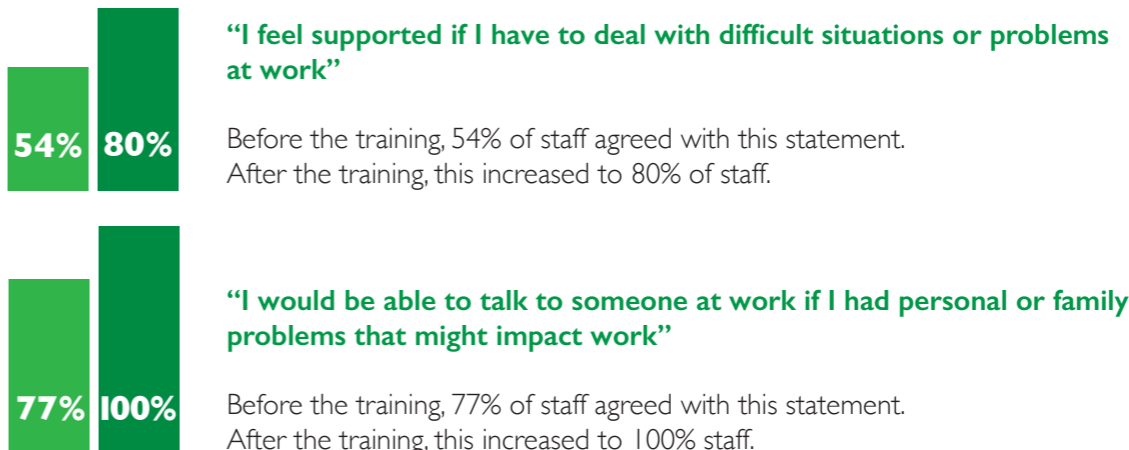


“ Since attending the workshop, I’ve realised that being able to show empathy is hugely powerful for strong, positive working relationships - not everything needs to have a solution thrown at it, sometimes it is more helpful to understand how people feel.

The advice and tips were delivered in a way that gave me hope and confidence in the workplace. Just having the time and space and care for this session was a gift. I couldn’t thank Family Links enough.”

- Employee, BBC Children in Need

PEABODY





OUR PARTNERSHIPS

We are influencing policy and practice in collaboration with:



1001 Days Movement (Parent Infant Foundation)

We belong to this movement of organisations and professionals, working together to drive change by inspiring, supporting and challenging national and local decision makers to value and invest in babies' emotional wellbeing in the first 1001 days of life.



Early Years Digital Partnership (Best Beginnings)

We work with a group of organisations in the early years sector that have come together to provide digital content on a range of issues that affect parents and children up to the age of 5.



Fair Education Alliance

We provide support and guidance as part of the steering group for the Fair Education Alliance, an alliance of over 150 members working towards equality in education.



Families Alliance (The Centre for Social Justice)

We are a Centre for Social Justice award winner and part of their alliance, working to influence family and education policy and practice.



Maternal Mental Health Alliance

We are part of this coalition of UK organisations whose collective vision is to see all women across the UK get consistent, accessible and quality care and support for their mental health during pregnancy and in the year after giving birth.



Parenting Programmes Alliance

Along with other parenting programme developers in the UK, we work to influence policy and practice in the development, commissioning and provision of parenting programmes.



Family Stability Network FASTN

We have been working with the Family Stability Network alongside other relationship charities and educationalists to shape the Principles of Excellence in Relationship Education. These are based on research and practice and are being used to influence how relationship education will be delivered across England.



The Partnership for Wellbeing and Mental Health in Schools (NCB)

As part of the steering group, we support the national partnership work of 50 member organisations from the education, health and wellbeing, and children's sectors. The Partnership works to improve the wellbeing of all children in education.

WHO WE WORK WITH



THANK YOU

Our work is supported and guided by the following funders, patrons and advisors, to whom we are extremely grateful

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It is with sadness that we record the death in September 2019 of our long standing patron Lord Northbourne. He was a stalwart supporter of Family Links and will be greatly missed.

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The Nurturing Programme for the first time in my life has really made me realise that in order to nurture my children, I needed to nurture myself and I needed to make positive changes. I have now come through this course and I feel different, I feel I am a good Mum and I know what type of parent I want to be. I talk to my children and now I praise their efforts with encouragement and rewards. I have let go of the weight bearing down on my head and I feel confident that as a family we were not off the rails, but needed the help of the programme to bring to the front all the good things in our family.

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The Centre for Emotional Health

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