

Building Relationships for Stronger Families Programme

Programme Overview for Practitioners

The Building Relationships for Stronger Families programme offers interventions for parents who are experiencing distress in their relationship with their partner or ex-partner.

Interventions are delivered by relationship experts Tavistock Relationships along with local sub-contractors. Westminster Council is acting at the Referral Gateway for all areas taking part in the Programme and all enquiries and referrals should be directed to the Gateway.

Any practitioners who work with parents can refer. Parents can also self-refer. Please note that the interventions address parental conflict and are not suitable for anyone currently experiencing domestic violence or abuse.

Eligibility:

- Parents with at least one child aged 0-18, or a disabled child aged 0-25, or be expecting their first child
- Parents must live, work or access public services in one of our boroughs: Westminster, RBKC, H&F, Brent, Camden, Croydon or Lambeth
- Parents must be experiencing a level of distress in their relationship with their partner or ex-partner

'The course has really helped me understand not only my child's, but also my own reactions to certain situations. A worthwhile course tailored around my own time, in the comfort of my own home.'

Contact the Referral Gateway: rprefferrals@westminster.gov.uk

What is parental conflict?

Some degree of conflict in relationships is normal and expected but where it is **frequent, intense and poorly resolved**, this can have a significant impact on children, regardless of whether the parents are together or separated.

Parental conflict can present in different ways including:

- Resentment and / or the 'silent treatment'
- Regular disagreements with little or no resolution
- Cannot calmly discuss parenting or different approaches to parenting
- Unsupportive of each other
- Interactions that are hostile, critical or that lack affection



What support is available?

There are four parenting programmes – two for separated parents and two for parents who are together. There are different types of programmes to cater for those experiencing high levels of conflict or more moderate levels of conflict.

Programmes are delivered online and can be arranged flexibly around work or care commitments including early, late or weekend appointments.

The four programmes are:

Within My Reach

8 week group
Separated parents
Moderate conflict

Family Check-Up

4 weeks
Parents together
Moderate conflict

Family Transitions Triple P

8 weeks
Separated parents
High conflict

Enhanced Triple P

8 weeks
Parents together
High conflict

How to refer:

- Contact the Referral Gateway to discuss potential referrals or to request forms
- Parents complete individual Referral Stage Questionnaires and Participation Agreements (even if they are in a relationship)
- Tell us about any risks using the 'Additional Info' box on the last page of the questionnaire
- Return completed forms to rprefferrals@westminster.gov.uk

Don't wait until there is a crisis to address relationship problems. Supporting parents to improve the quality of their relationship with their partner or ex-partner can significantly improve outcomes for children and will support other interventions that you may be delivering.

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