

STRONGER FAMILIES

Building a future together

During the COVID19 crisis Stronger Families continue to provide valuable support to families. We have adapted our approach and are achieving great outcomes for families, placing their needs at the center of all our work. Below is an example of the support we can offer:

Mary is a single mum of Molly aged 5, Kara aged 4 and Bill aged 1 year

Stronger Families had just started working with Mary before the Covid19 lockdown restrictions. Her mental health was very fragile, with anxieties around parenting and financial worries impacting greatly on her sleep. She was feeling so hopeless she had considered taking her own life.

Her Key Worker was able to do an assessment by phone and identified her nurturing approach to parenting as a key strength. Mary was very isolated with no family, so the reassurance her Key Worker provided gave her self-esteem a boost.

After ensuring she had emergency contact numbers Stronger Families put in place some 121 telephone support sessions around mental health, developing a range of coping strategies. Mary started a daily walk in the sunshine with her children and had a medication review. Her Key Worker encouraged her to listen to relaxing music and they shared some poetry and cartoons which helped with stress levels.

To ease some financial worries her Key Worker negotiated with the DWP and arranged a Trussell Trust foodbank delivery, plus a treat of some Eater Eggs and made sure Mary was receiving vouchers from school for lunches for her children.

Mary has told us that she now feels like the crisis around her mental health has passed. Knowing her Key Worker was there to support her made a real difference and the support through phone sessions and online resources has proved effective.

