



Relationships Matter

Information for parents

Relationships can be difficult for everyone at some stage, particularly when life is stressful and especially for parents. Whether you and your partner are together or separated, disagreements in your relationship can affect your child's behaviour, emotions and feelings, both now and in the future. The 'Relationships Matter' programme can give you free support and 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. Relationships Matter could be for you if you:

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

You can take part if:

- your child is aged 0-18 years (or 0-25 years if they have a disability), or
- you are expecting your first child, and
- one parent lives in the North East Region.

How to take part

You will need to talk to a professional you are already working with, such as a health visitor, school or nursery, or any other professional you may be working with.

You and your worker will complete a short questionnaire to help us understand more about your relationship and what support we can offer.

Your worker will securely forward your information to our Referral Gateway. We will check whether you are eligible for the programme and you will be contacted by a worker about which programme best matches with your needs.

You will be visited at home to discuss where and when you can access support.

If you are not eligible, your worker should be able to help you get alternative support.

If you are not working with a professional and feel unable to approach your child's health visitor or school/nursery, please contact The Referral Gateway on 0191 433 3355 who will explore this with you.

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).

Durham
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Using 'what works'

Each programme will be delivered by a trained relationship professional from Relate, Action for Children or Changing Futures North East. They will use evidence-based approaches to understand the impact of your relationship on your child and to develop skills and strategies needed for a more stable family life.



Programme information

Programme	Group or Couple	Programme Information
Parenting Under Pressure	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.
Incredible Years - Advanced Programme	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).
Parents Plus - Parenting When Separated	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.
Family Check Up	Group	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 address domestic abuse. If your relationship makes you feel scared or unsafe in any way, you should contact your local domestic abuse service 03000 20 25 25 or clientservice@myharbour.org.uk 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.