View results

Respondent

19 Anonymous

11:58
Time to complete

Title and contact details

1. Title of Initiative (please ensure this is a good description of your initiative in no more than 90 characters) *

The Parental Wellbeing Programme: Empowering Parents Through Health and Wellbeing Coaching

2. Name of organisation and region (please state context, ie general practice, community care etc) *

Family Assessment and Support Services (FAASS), based in Taunton, Somerset, is an independent, social work-led organisation providing residential family assessments within a supportive environment. Working alongside Family Courts and Local Authorities, FAASS supports families to remain together where it is safe to do so. Its purpose-built facility accommodates up to eight families, providing a safe and nurturing environment over a 12-week assessment period for parents to develop and demonstrate their parenting skills. FAASS specialises in supporting families with children aged 0–6 years, including parents experiencing significant vulnerabilities and challenges.

3. Name of person or team involved in the self-care initiative *

Emily Boyle (Independent Health and Wellbeing Coach specialising in parental wellbeing, behaviour change and strengths-based practice), in partnership with the Family Assessment and Support Services (FAASS) team, including Kelly Berglund (Registered Manager), social workers and support staff.

4. Timeframe and dates of initiative *

The programme was introduced in January 2025 and has been delivered continuously since its introduction. The initiative remains active and ongoing.

5. Contact name for entry *

Emily Boyle

6. Contact email for entry *

emily@happihealth.co.uk

About your self-care initiative

7. Describe the problem you were facing and your objective(s) in tackling this. (1200 characters max) *

Within residential family assessment services, parents navigate a complex process focused on parenting capacity and child outcomes. Many experience significant stress and uncertainty whilst caring for their children and navigating assessment, leaving little opportunity to prioritise their own wellbeing. Evidence highlights that supporting parents' wellbeing benefits both caregivers and children, with evidence-based interventions supporting positive outcomes for families (UNICEF, 2023). Despite this, discussions with parents and staff identified an unmet need: no established parental wellbeing support model existed in this setting. The Parental Wellbeing Programme addressed this gap by embedding self-care support alongside existing family interventions. Its objectives were to improve wellbeing by increasing parents' knowledge, confidence, self-efficacy and ability to develop sustainable wellbeing practices. Using evidence-informed health and wellbeing coaching and a strengths-based approach, the programme provides a psychologically safe space where parents recognise their strengths, develop coping strategies and build sustainable wellbeing habits beyond assessment.

Please enter at most 1200 characters

8. Outline your initiative, explain your planning and execution of the project. (1200 characters max) *

The programme was designed collaboratively with staff and informed by parents' experiences. Planning involved understanding wellbeing needs, creating a flexible delivery model and establishing a safe environment where parents could engage openly. Weekly one-to-one online sessions were delivered by an independent health and wellbeing coach from a private wellbeing space, providing protected time for parents to focus on their own wellbeing. A coaching and strengths-based approach was intentionally chosen to provide a future-focused intervention. While acknowledging parents' experiences, sessions focused on strengths, what mattered most to parents and achievable goals for change. This supported parents to build confidence, increase self-efficacy and regain a sense of control during an uncertain assessment process. Through personalised conversations, parents developed practical strategies to support their wellbeing, such as recognising stress responses, identifying what was within their control and developing sustainable coping tools. Feedback from parents and staff continues to shape delivery, with impact evaluated using the WHO-5 Wellbeing Index alongside participant feedback.

Please enter at most 1200 characters

9. What were the challenges and how did you overcome these? (1200 characters max) *

A key challenge was introducing a new wellbeing programme within a residential family assessment setting where no established model for parental wellbeing support existed. The programme needed to be flexible and responsive, with parent and staff feedback shaping delivery. A further challenge was the complexity and diversity of parents' wellbeing needs. Many had experienced trauma, mental health challenges, domestic abuse, substance misuse or additional support needs. A standardised approach would not have met individual needs, so support was delivered using a trauma-informed, personalised approach, adapting communication, pace and strategies to create an inclusive intervention. Another challenge was helping parents prioritise their own wellbeing while caring for their children and navigating an intensive assessment process. Many felt under scrutiny and were concerned about outcomes, including the possibility their child may no longer remain in their care, meaning self-care was often placed last. Through protected time and personalised coaching, parents were supported to identify capabilities, focus on what was within their control and develop sustainable self-care strategies.

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10. Did you collaborate with other local partners, if so, who and why were they chosen? *

Yes. The programme was developed and delivered through a partnership between Family Assessment and Support Services (FAASS) and Emily Boyle, an independent health and wellbeing coach specialising in self-care, behaviour change and parental wellbeing support, with significant experience delivering Personalised Conversations and Health Coaching Skills training programmes across NHS and voluntary and community sector services. FAASS identified a gap in dedicated parental wellbeing support alongside existing parenting and assessment interventions and recognised the need for specialist expertise to address this. The Registered Manager, social workers and support staff were key partners due to their direct involvement with families and understanding of the challenges parents experienced within the residential assessment setting. Their insight helped identify wellbeing needs, shape the programme and ensure it complemented existing support. Regular communication and feedback enabled the programme to remain responsive to the needs of families and the wider service. The partnership combined specialist coaching expertise with the team's understanding of families, creating a psychologically safe, trusted and non-judgemental space where parents could speak openly without concern that discussions would influence assessment outcomes. Ongoing collaboration ensured the programme became embedded within the wider family support approach.

11. Would you describe your initiative as "innovative", if "yes" please tell us why. (800 characters max) *

Yes. The programme introduced a dedicated parental wellbeing intervention within a residential family assessment setting, where the primary focus has traditionally been parenting capacity and assessment outcomes. It recognised that supporting parents' wellbeing is fundamental to positive family outcomes. A key innovation was establishing wellbeing as a standalone programme, delivered by an independent health and wellbeing coach separate from the assessment process and existing assessment team. The coaching approach complemented existing therapeutic and assessment support by focusing on strengths, self-efficacy and future-focused goal setting, creating psychological safety and empowering parents to build practical skills and sustainable wellbeing strategies beyond assessment.

Please enter at most 800 characters

12. Did you use any of the Self-Care Forum's free resources as part of your initiative? Provide details *

Yes. The programme incorporated principles from the Self-Care Forum's resources, particularly the Five Ways to Wellbeing, which informed wellbeing education and coaching conversations with parents. These principles helped parents identify realistic, achievable self-care strategies that reflected their individual circumstances, such as rebuilding supportive connections, creating small daily wellbeing routines and recognising opportunities for mindfulness during everyday parenting. The resources complemented the programme's wider aim of empowering parents to take an active role in their wellbeing through increased self-awareness, confidence and sustainable behaviour change.

Impact, outcomes, and evidence

13. Who was the initiative directed at and what were the benefits to the targeted group or individuals? (1200 characters max)

The initiative was directed at parents living within a residential family assessment service. Many were navigating significant stress, uncertainty and reduced confidence whilst balancing parenting responsibilities with an intensive assessment process. Parents presented with diverse wellbeing needs, requiring flexible and individualised support. The programme provided protected time for parents to focus on their own wellbeing, often representing their first dedicated opportunity to prioritise themselves. Through personalised coaching, parents were supported to reflect on their needs, identify achievable changes and develop practical ways to care for themselves during a challenging period. Reported benefits included improved emotional wellbeing, increased self-awareness, confidence and stress management. Parents described becoming more aware of their needs, developing self-compassion and feeling better equipped to manage challenges. By supporting parents' wellbeing and confidence, the programme helped them feel more able to care for themselves and their children, with strategies they could continue using beyond the programme.

Please enter at most 1200 characters

14. Please quantify the impact of your initiative. (e.g. cost improvement, numbers of people helped, time saved) ((1200 characters max))

The programme was accessed by 40 parents within the residential family assessment service between January 2025 and July 2026. Of these, 25 completed the programme, with 20 completing pre- and post-programme wellbeing measures using the WHO-5 Wellbeing Index. Evaluation demonstrated improved wellbeing for 17 of 20 participants (85%). Average wellbeing scores increased from 14.7 to 19.5 out of 25, an average improvement of 4.8 points. Individual improvements ranged from 1 to 13 points, with several participants achieving increases of 9–13 points. Qualitative feedback demonstrated meaningful personal impact. Parents reported improved emotional wellbeing, confidence, self-awareness and stress management. They described developing practical self-care strategies, becoming more compassionate towards themselves and feeling better equipped to manage challenges beyond the programme. Parents also described feeling more able to prioritise their wellbeing and make positive changes that supported both themselves and their families. Outcome data continues to be collected from parents participating in the ongoing programme.

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15. Do you have formal or anecdotal evidence of success? (e.g. qualitative, quantitative, informal feedback?) (1200 characters max)

Formal evaluation was undertaken using the WHO-5 Wellbeing Index before and after participation in the programme. Of the 20 participants completing both measures, 17 (85%) demonstrated improved wellbeing following participation. Qualitative feedback provided further evidence of impact, highlighting increased confidence, self-awareness, emotional wellbeing and improved stress management. Parents described developing practical self-care skills, recognising their needs and feeling empowered to make changes. Feedback included: "I learnt that my wellbeing is just as important as the baby's, as I need to be good to look after the baby." "I now speak to myself and everyone in my life with more compassion and understanding." "I've learned to focus on what's in my control and let go of the things I can't change." "The sessions helped me understand more about my feelings so I can empathise with my child more." These outcomes demonstrate that the programme not only improved immediate wellbeing but supported parents to develop lasting changes in self-awareness, confidence and their ability to manage future challenges.

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Learning and sustainability

16. What was the cost of this initiative in time, money, and other resources? Please be as specific as you can. (1200 characters max) *

The programme was intentionally designed as a sustainable intervention using existing service infrastructure and requiring minimal additional resources. The primary investment was the specialist time and expertise of an independent health and wellbeing coach, who designed, delivered and evaluated the programme. Since January 2025, 267 one-to-one wellbeing coaching sessions have been delivered. Sessions typically required approximately one hour of practitioner time, including coaching, preparation, record keeping, outcome monitoring and communication with the wider service. FAASS contributed staff time during programme development through planning meetings, service discussions and collaborative design. As the programme became embedded, staff input reduced to minimal administrative support, including referrals, liaison and printing resources. No additional staff posts, premises or significant infrastructure were required. The programme complemented existing family support provision rather than creating a separate service structure, demonstrating that dedicated parental wellbeing support can be delivered in a practical, low-cost and sustainable way.

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17. Were there any learnings from the initiative, if so what were they? (1200 characters max) *

A key learning was that parental wellbeing requires dedicated attention within family assessment settings, rather than being viewed as an additional element of existing support. Many participants had not previously had protected time to reflect on their own wellbeing, highlighting the importance of creating space for parents to recognise and prioritise their own needs. The programme demonstrated that independence from the assessment process was fundamental in building trust, engagement and openness, allowing parents to discuss their experiences without concern that conversations would influence assessment outcomes. Another important learning was that personalised, strengths-based coaching enabled parents to engage more effectively than a standardised approach, as support could be adapted to individual circumstances, goals and existing strengths. The initiative also reinforced that meaningful wellbeing change can begin with small, achievable actions that build confidence, self-awareness and long-term self-care practices.

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18. Are you continuing to implement the initiative, please give details. (1200 characters max) *

Yes. The Parental Wellbeing Programme continues to be delivered as an established part of Family Assessment and Support Services (FAASS) provision. Since its introduction in January 2025, the programme has remained available to parents undertaking residential family assessments and continues to receive referrals from within the service. The programme remains delivered by an independent health and wellbeing coach, maintaining separation from assessment processes and ensuring parents have access to a trusted and confidential space focused on their wellbeing. Outcome monitoring continues through the WHO-5 Wellbeing Index alongside participant feedback, enabling ongoing evaluation and continuous improvement. The programme has become embedded within routine service delivery and reflects a shared commitment to supporting parental wellbeing alongside parenting and family outcomes.

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And finally .....

19. How easy will it be to replicate your initiative and do you have top tips to share? (1200 characters max)

The programme is highly transferable and could be implemented across residential family assessment services, family hubs, and wider family support settings. The model requires minimal infrastructure, uses simple outcome measures and can be adapted to local needs while retaining principles of personalised support, self-care, empowerment and behaviour change. Delivery could be supported through training practitioners in personalised health and wellbeing coaching, with ongoing supervision to maintain quality, consistency, and safe delivery. Successful implementation requires dedicated wellbeing provision, protected time for participants and separation from assessment processes. A key learning for replication is that parental wellbeing should be a dedicated intervention rather than an additional element of existing support. Creating a psychologically safe space, focusing on strengths, self-efficacy and achievable goals, using outcome measures and involving staff and participants in development supports effective delivery. The flexibility of the model allows adaptation across settings while maintaining principles of personalised coaching, empowerment and behaviour change.

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20. Please let us know the social media addresses of those involved in the initiative.

The initiative was delivered by Emily Boyle through HappiHealth (website: https://happihealth.co.uk) in partnership with Family Assessment and Support Services (FAASS) (website: https://faass.co.uk/). No professional social media addresses are currently available for this initiative.

21. Why do you think this initiative deserves to win the award? (800 characters max)

This programme filled a critical gap in family assessment services by introducing dedicated parental wellbeing support within a residential assessment setting. Through independent, strengths-based coaching, parents developed the confidence, resilience and self-care skills needed to navigate a highly stressful period. With 85% of participants reporting improved wellbeing and evidence of lasting personal change, the programme has demonstrated measurable impact, sustainability and innovation. Now embedded in practice, it offers a scalable, evidence-informed model that supports vulnerable families and has the potential to improve parental wellbeing support nationwide.

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22. Do you have an image, materials or weblinks to supplement your application? Please supply no more than 2 images which may also be used to promote your application if successful. Ensure images are square (ie height and width dimensions are the same). Please email information to selfcare@selfcareforum.org including the name title of your initiative (as in Q1).

Yes. Supporting images and materials will be provided separately by email.

23. Your application may be chosen to be uploaded to the "best practise" page of the Self-Care Forum website to share self-care excellence with others who might want to use the learnings in your application. We will also include your email address so that people may get in touch with you. Please confirm your preference below. *

- (●) I am happy for the Self-Care Forum to add our entry to the website **with** my email address
- ( ) I am happy for the Self-Care Forum to add our entry to the website **without** my email address
- ( ) I would rather our entry was not included on the Self-Care Forum website

24. Would you consider becoming a self-care champion? *

- (●) Yes
- ( ) No
- ( ) Maybe, I'd like to know more