



Changing childhoods.
Changing lives.

PARENTING WELLBEING SERVICE

The Surrey Wellbeing Partnership is made up of 12 different charities and organisations working across Surrey. All coming together to support children, young people, and their families to thrive.



Parenting Wellbeing Service

The Parenting Wellbeing service supports parents/carers and their families to thrive giving young people and their parent/carers a central voice in decisions about their care and recovery.

Young people and their parents/carers will have greater choice about their options and more opportunities to access a range of services in a variety of different ways.



What we offer

The Parenting Wellbeing Service offers support to parents or carers whose children are experiencing difficulties with their mental health and wellbeing such as anxiety, depression, stress, self-harm and eating disorders.

The service will enable parents and carers to be a protective factor for their child/young person in their wellbeing recovery. Increasing their confidence to support their child/young person.

Practitioners will meet with parent/carers to help them identify their goals and how they can achieve positive change for them and their family. This could be through:

- Meeting with a practitioner for 1:1 support
- Meeting with a parent support volunteer
- Getting advice, guidance, and information
- Accessing phone or online support
- Finding other support in the local community
- Befriending other parents/carers going through similar difficulties

Support

Parent/Carers may feel it would be useful to meet with a member of the Parenting Wellbeing Service for 1:1 support.

The service will support parent/carers in deciding whether this will be useful and how many sessions they will need.

Practitioners use an outcomes-based approach to help parent/carers understand their family strengths and how they can use them to achieve their goals.



Practitioners will meet with parent/carers where they feel comfortable. That could be at home, online or out in the local community. The service works across the whole of Surrey.

The Parenting Wellbeing Service works within the i-THRIVE framework.



Referral Process

Our service works closely with MindWorks and referrals can be made via the online portal or through:

- 🌈 Surrey Access and Advice Team
- 🌈 Professionals working with the family (School, GP, Social Care)
- 🌈 Parents or Carers themselves



How to contact us

Parenting Wellbeing Service

 PWS@barnardos.org.uk

Surrey Wellbeing Hub

216

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Proud to be part of

Mindworks
Surrey

The children and young people's emotional wellbeing and mental health service

BARNARDOS