

SEPARATED PARENTS RESOLUTION, INFORMATION, NAVIGATION, GROWTH

SPRING is a bespoke support intervention programme that helps co-parents improve child arrangements and their communication and reduce conflict through a Parenting Plan. Parents work together with a Family Practitioner to improve things for their child/ren by offering conflict resolution. When conflict is not resolved and arrangements do not work well, it can have a negative impact on children.

What are co-parents and child arrangements?

Co-parents are parents who parent their children separately when they are not in a relationship with each other. Child arrangements are the plans co-parents make as to what time child/ren spend with each parent and where this takes place.

What is the referral criteria?

In order to be eligible for this free programme parents must meet the following criteria:

- One parent or child lives in Blackburn with Darwen.
- One child is under two years of age*.
- Parents cannot attend if there is active or recent domestic abuse or a risk of harm to children.
- Parents agree to work together in the best interests of their children and to be child centred.
- Parents agree to meet together to work on a Parenting Plan.
- Parents agree to complete tasks in between sessions.
- Parents agree to communicate with each other respectfully.
- Parents need to be available to do sessions on Tuesday between 09.30-13.00*.

* this criteria can be reviewed if needed.

What does SPRING achieve?

Spring aims to try and prevent families having to go to court over child arrangements or needing professional involvement due to parental conflict.

Spring focuses on five key outcomes:

1. Establish an effective communication method.
2. Establish an effective handover method.
3. Establish effective child arrangements.
4. Review arrangements to act as a safety net.

Does Spring support Family Time?

Spring does not directly supervise or support Family Time arrangements. However, it does offer guidance to parents to support them to improve their child arrangements.

How do you refer to SPRING?

Professionals supporting families can make a referral through the Spring service request form or parents can refer themselves. If parents refer themselves, both parents must complete a referral.

When & where does SPRING happen?

Spring runs on Tuesdays from 09:30 - 13:00 from BwD Family Hubs. Parents can attend the Family Hubs or join video calls. Spring is run with parents together and children cannot attend the sessions. There can be some flexibility with the time of the programme if required due to working arrangements.

- Darwen Family Hub - BB3 0HD
- Little Harwood Family Hub - BB1 5PE
- Livesey Family Hub - BB2 4NU
- Shadsworth Family Hub - BB1 2HR



What happens during SPRING?

Spring is tailored to meet the individual needs of the family; however a typical intervention programme is:

Session One - Prepare - Separate face to face or video call introduction session with each parent to agree key goals followed by a 15 minute joint video call with both parents present. Tasks are set for both parents to complete before the next session. Goals are agreed.

Session Two - Plan and Try – Parenting Plan session with both parents, working on parenting skills relating to child agreements and setting tasks to try e.g: new form of communication, new handover arrangements, a change in child arrangements.

Session Three - Review and Try – Parenting Plan session with both parents, reviewing how things are going and working on agreements and setting tasks to try over the next week e.g: new form of communication, new handover arrangements, a change in child arrangements.

Session Four - Agree and Do – Parenting Plan session with both parents, reviewing how things are going and making final arrangements, including a mechanism of how parents will review things themselves in the future.

Session Five - Review and Do – Taking place about one month after session four to support both parents to review how things are going and making final arrangements, including agreeing a mechanism of how parents will review things themselves in the future. Goals are reviewed.

Who delivers SPRING?

Spring is commissioned by Blackburn with Darwen and run by the children's charity Child Action Northwest (CANW). CANW's ProContact service supports separated parents and their children and has various services. Family Practitioners support the parents who access Spring.

Find more information about ProContact/CANW:

<https://canw.org.uk/what-we-do/support-families/pro-contact/>

How is SPRING evaluated?

The impact of Spring is captured and reviewed through Goal Based Outcomes. Parents set individual goals and agree joint goals. These are worked on during the programme and how close to achieving these is reviewed at the end of the programme. There is also a feedback form for both parents to complete and children to complete if appropriate. This demonstrates the impact of the programme on improving child arrangements.

For more information:

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