

## Case Study 1

### From Isolation to Connection



This family moved to a Northern inner city area from a different part of the UK two years ago. They had no family members living close by. Integration hadn't been easy and isolation had become part of their daily life.

Their school was aware of how isolated the family members were, and the school's family worker encouraged the parents, who had two children, to come along to the 'It's Your Child's Life' parental engagement programme which was being run in their school on Friday mornings.

The family's isolation for the last two years had taken its toll on their mental health and emotional wellbeing. Neither parents were in work and longed for other adult company and conversation. This led to feelings of loneliness and low mood.

Both parents attended our Friday morning sessions which provided the opportunity to connect with other families. They discovered that many other adults in the room faced similar challenges. This new-found interaction with others gave them great companionship and happiness. They shared their experiences, challenges and provided emotional support for others in the group.

At the heart of our programme is the sharing of practical tools and activities which help parents to support their own learning and that of their children. The gaining of new skills for the family did wonders for their confidence, mental health and wellbeing. Working together with other families in a fun and relaxed environment meant bonds developed and parents from different families became good friends. As a result of this, their children also found new friends, meaning the whole family felt like an integral part of a community where they had once felt lonely and isolated. They went from isolation to being part of a supportive community, fostering social connections, learning new skills and personal growth.

This Mum told us "The 'It's Your Child's Life' parental engagement programme was the lifeline that we needed, and we can't thank you enough for giving us the opportunity to be a part of it."

This family's journey illustrates the power of running community projects to enhance the quality of life for isolated families.