



REQUEST FOR FUNDING FOR SPECIFIC PROJECT

FINANCIAL YEAR 2025 - 2026

DATE: 5/1/26

TO: KENILWORTH TOWN COUNCIL / FINANCE & GENERAL SERVICES COMMITTEE.

Please read the Project Support Grant Criteria before completing this form

NAME / GROUP & MAIN CONTACT	The Parenting Project
PROJECT TITLE	Family Wellbeing Pathway – Counselling for parents
TOTAL SUM REQUESTED	£9,600
COSTING OF PROJECT WITH FULL DETAILED BREAKDOWN	We are seeking funding towards the cost of a qualified Associate Counsellor, to provide counselling for parents. £40 per hour 5 hrs a week (48 weeks) including on costs = £9,600. <i>A smaller grant would still enable us to provide the project, but to fewer parents.</i>
DETAILS OF OTHER SOURCES OF FUNDING APPLIED FOR AND NAMES OF PARTNER ORGANISATIONS IF PROJECT IS JOINT/ MULTI GROUPS AND DETAILS OF FUNDING SUPPORT REQUESTS MADE BY THEM	We have been successful for funding within the Warwick District through: Thomas Oken and Nicholas Eyffler Trust, King Henry 8th Endowed Trust, Warwick Town Council and Leamington Town Council. The funding has enabled us to support vulnerable families in Warwick and Leamington through our Family Wellbeing Pathway, which includes: Family Support, Group Work, Volunteer Parent Mentors and Counsellors. In September 2024 we received a 2 year grant from HS2, towards our Family Wellbeing Pathway delivery in areas affected by the HS2 construction in Kenilworth and Leamington Spa. This funding comes to an end in August 2026. We are seeking funding from Kenilworth Town Council in 2026 to ensure that we are able to continue to specifically provide counselling for parents in Kenilworth. The face to face sessions will be delivered within our Head Office, at St John's Family Wellbeing Centre, in Kenilworth. Since receiving specific funding in Kenilworth through the Town Council and HS2 and our promotion of the service in the town, we are now receiving increased levels of referrals from professionals and parents in Kenilworth. In 2025 we received 30 referrals in Kenilworth compared to 19 referrals in 2024. We are anticipating a further increase in referrals in 2026, through our increased working relationships and networks with schools,

	health providers and local authority staff in Kenilworth and our outreach work through the recent events we have attended.
PLEASE CONFIRM THAT YOU HAVE ENCLOSED YOUR MOST RECENT AUDITED BALANCE SHEET OR EQUIVALENT.	I have attached our most recent audited accounts and annual report.
TIMESCALE / DATE OF EVENT	12 month period from confirmation of the grant
NUMBER OF KENILWORTH RESIDENTS TO BENEFIT	This funding would enable 15 Kenilworth Parents, whose Mental Health is impacting their parenting, to access 1-1 trauma informed and person centred counselling. Each parent would be able to access 18 sessions of counselling. (additional sessions can be provided when identified as required) Monitoring information, from our 2025 report: Referrals received 30 Number of assessments completed 19 Clients Currently in Counselling 9 Clients Completed Counselling 10 We now have 3 counsellor based at St John's Family Wellbeing Centre on Tuesdays and Wednesdays, for face to face counselling, parents are also able to access counselling via zoom or online. This has been an increase from 1 counsellor in 2024, and enabled more parents in Kenilworth to access local face to face counselling. The opportunity to access online or telephone counselling is still available. Over 2025 there has been an increase in requests for face to face counselling, which we have been able to provide in Kenilworth through the Town Councils grant.
OTHER INFORMATION IN SUPPORT OF THE APPLICATION	Mental ill-health is a growing concern for local and national agencies working with children and families. Research data continues to inform us that 1 in 4 parents are experiencing mental ill health or emotional distress at any one time. Since the Covid 19 Pandemic and the ongoing cost of living crisis the impact on mental health has increased and it is having a detrimental effect on parents and their children. We are a Warwickshire charity, developed through consultation with parents and carers. Our base is in Kenilworth at St John's Family Wellbeing Centre. Our values are: Empathy; <i>carefully holding families so they can connect with the resources they have to move in their own way, toward the goals they set for themselves.</i> Strengthening

Relationships; *building trusting relationships with families and others well placed to support them, facilitating choice, confidence and self-belief. Persistent Conviction;* *a sure and certain commitment to families means we perceive to do what serves families and individuals best, even if it is not the easiest or usual thing to do. Openness to Opportunity;* *being ready and willing to evolve, adapt to conditions and explore the potential of the new. Creative Collaboration;* *working with others to spark individual or collective endeavour that can be strengthened and sustained.*

As an organisation our objective is; to support, enhance and improve the mental health and wellbeing of families. We support this by being alongside parents and enabling them to recognise and work through reducing the impact of trauma and mental health on themselves and also importantly to improve and support outcomes of children and young people.

We have developed a Family Wellbeing Pathway, within which there are a number of innovative and creative solutions to identify and meet the challenges families are facing. The solutions are mindful of enabling families to develop and improve their own lives. The support we provide is bespoke and based on the needs identified by families.

Through the Kenilworth Town Council grant we will focus on the mental health and wellbeing of families in Kenilworth, through the delivery of 1-1 trauma informed, person centred counselling for Parents of children aged 0-19/25 SEND.

The funding will enable us to continue to directly provide counselling for parents in Kenilworth. In 2025, through Kenilworth Town Council funding, we were able to specifically provide counselling for 19 Kenilworth parents. We have been able to establish 3 counsellors at St John's Family Wellbeing Centre on Tuesdays and Wednesdays, to see parents face to face. If further funding is agreed we will be able to sustain this level of face to face counselling at St John's Family Wellbeing Centre.

Counselling can help people to achieve a sense of agency which is essential for people to feel in control of their lives and to believe in their capacity to influence their own thoughts and behaviour and build confidence in their ability to handle a wide range of tasks and situations.

We take pride in robustly, ethically and sensitively supporting people from the first point of contact through to the allocation of a counsellor and the completion of counselling. Clients meet with a counselling coordinator for an assessment which includes an assessment of risk, and data collection, prior to being supported through the counselling experience, which will be conducted over 18 sessions of 1-1 trauma informed, person centred or integrative counselling. The sessions will be delivered face to face at St John's Family Wellbeing Centre or remotely via Zoom or phone, depending on the preferred delivery model for the parent.

Our counsellors do not to take the expert position but, instead, listen non-judgementally, convey empathy and uphold respect for the client. Counsellors do not tell the client what to do, but instead,

facilitate exploration of issues, problems and distress, so the client can arrive at their own choices, decisions and what is right for them.

We are organisational members of the British Association of Counselling and Psychotherapy (BACP), and follow their ethical framework for best practice. All of our counsellors are also BACP members.

We have been exploring trauma, abuse and neglect and its impact on the next generation. Current assessments show that 53% of clients in Kenilworth have endured trauma, abuse or neglect in childhood, highlighting a significant level of hidden harm within the community. Moreover, 80% of clients are caring for at least one child facing mental-health challenges, neurodiversity-related difficulties, or awaiting a CAMHS diagnosis. This dual pressure on parents and families places considerable strain on wellbeing and access to support. Additional funding would enable us to meet this rising level of need, provide earlier intervention and reduce the long-term impact on both adults and children.

As an organisation that is trauma informed, we look to make sense of distress and suffering by paying attention to intergenerational and social contexts. This is in line with current research which aligns with the social model of mental health rather than the medical one. In essence, this allows us to think about what has happened to a person and how they have gone on to develop, the coping strategies they have put in place, the relationships they go on to have and how this may influence their parenting.

It is our priority to work with families to improve their long term mental health and wellbeing. We have come to understand that, by supporting parents to improve their own mental health and address historic and current issues, the wellbeing, development and outcomes of their children are improved, which is why we take a holistic and 'whole family' approach to mental health.

Impact / Outcomes we are aiming to achieve:

Raised parental awareness of their mental health.

Strategies to support and improve their mental health.

Parents have processed their experiences and have improved mental health and wellbeing.

Improved relationships

Increased confidence

Increased emotional confidence to achieve 'good enough' parenting.

Increased parental capacity, safer children.

We use the Core 34 Outcomes Measure Questionnaire (Core-OM) in counselling, which measures the wellbeing of clients in 4 areas – wellbeing, risk, symptoms and functioning and each parent assessment, has provided us with rich data on the themes we need to respond to when developing our activities. All parents who will access counselling through this project will complete a Core 34 Outcomes Measure Questionnaire at the beginning, middle and end of their counselling sessions. This data will enable us to evaluate outcomes, for parents and the impact counselling has had on their mental health and wellbeing, resilience and capacity as a

parent. On average across the counselling service 95% of parents report improvement in all 4 areas by the end of their counselling sessions. We also gather client feedback, quotes and complete case studies.

Data collected from parents who accessed counselling through The Kenilworth Town Councils grant in 2025 showed that:

- 96% improvement in overall wellbeing on final core form.
- 100% would recommended the services to others and would use the service again.
- 48% of clients assessed have experienced current or historical risk. This is in the form of current or historical self-harm, current or historical suicide ideation or previous attempt/s on life

The long-term impact and improvement through counselling means that parents are able to experience improved relationships, gain confidence, make better decisions, have increased resilience, understand themselves and move forward with their lives. Outcomes for their children are also improved in a number of ways; they are more able to be themselves, thrive at school, form positive friendships, avoid self-soothing behaviours such as substance misuse and are less vulnerable to negative influences. Their own mental health is improved.

Feedback from parents who have accessed counselling through the Kenilworth Town Council grant in 2025:

- ◆ Helped me be kinder and understanding/accepting of myself and others. I have been really happy with the whole experience. It has come at a really valuable time of difficulty and change and has been a chance to 'offload' and get things in perspective and 'sorted' in my head
- ◆ Feel much more positive about the future after counselling. I have more faith in my ability as a parent
- ◆ It helped see that I might want to prioritise my needs in the future.
- ◆ Better than expected. Keep up the wonderful work
- ◆ I really appreciated the time given to me and the help from my counsellor. It is a great service which helps people when they need it most
- ◆ I have found the counselling extremely helpful. I have had a very traumatic experience over the last 2 years because of my daughters self-harming. Counselling has helped me process bad memories and come to terms with them so that they no longer keep on re-surfacing. I feel much more positive about my parenting and the future.
- ◆ It has helped me to deal with the issues I had and I believe it has helped me to keep my family together - X has been amazing and I think without

her help I would have ended up on antidepressants,
she has helped me to gain a different perspective I
am now feeling so much better and able to cope

We adhere to safer recruitment procedures, all staff and volunteers
undertake a DBS and references are sought. The Counselling Team
Managers and senior members of the organisation are all WCC
Designated Safeguarding Leads.



Data Protection Statement

The information which you give when completing your application form will be used in accordance with the Data Protection Act 1998 and for the following purposes: to enable the organisation to create an electronic and paper record of your application; to enable the application to be processed; to enable the organisation to compile statistics, or to assist other organisations to do so, provided that no statistical information that would identify you as an individual will be published. The information will be kept securely, and will be kept no longer than necessary.

PLEASE RETURN THE COMPLETED FORM AND ENCLOSURES TO

**THE TOWN CLERK
KENILWORTH TOWN COUNCIL**

VIA EMAIL TO kentc@kenilworth.org

On your covering email – please confirm the following

Name and contact email and daytime telephone number.

Bank details – name and address of payee, bank sort code and account number