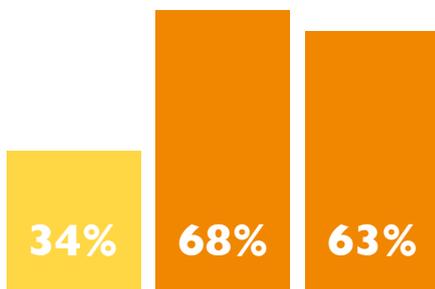


OUR WORK IN LOCAL AUTHORITIES

Manchester City Council Early Help Parenting Team

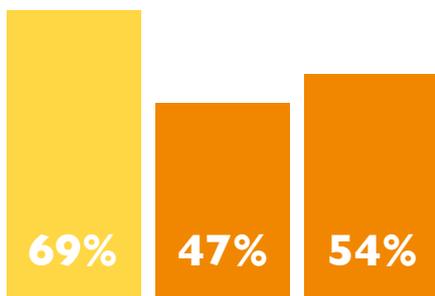
The Early Help Parenting Team is based within Manchester's Early Help Hubs. In addition to our usual pre- and post-group measures, the team in Manchester collects follow-up data 3 months after parents have completed the **10-week Nurturing Programme**. This has allowed us to assess whether any improvements in parental mental wellbeing and children's behavioural and emotional difficulties are sustained in the longer term.

We evaluated data from 28 parent groups held between January and December 2021 and found statistically significant improvements both at the end of the group, and at the 3 month follow-up, supporting the long-term outcomes articulated in our theory of change, which can be found on our website.



Before the group, 34% of parents had a wellbeing score above the British norm. After the group, this increased to 68% of parents. ^{1**}

At the 3 month follow-up, 63% of the parents still had a mental wellbeing score above the British norm, showing a sustained improvement compared to baseline scores. ^{2**}



Before the group, 69% of children were identified as having clinical levels of behavioural and emotional difficulties. After the group, this decreased to 47% of children. ^{3**}

At the 3 month follow-up, 54% of children were identified as having clinical levels of behavioural and emotional difficulties. Again, showing a sustained improvement compared to baseline scores. ^{4**}

Based on WEMWBS data from ¹ 161 parents ² 46 parents, SDQ data from ³ 162 parents ⁴ 46 parents ** Statistically significant result to $p < .01$

A key question asked of many parenting programmes is whether the positive changes seen at the end of a parent group are sustainable in the longer term. These data shows that the statistically significant improvements achieved in parental mental wellbeing and children's behavioural and emotional difficulties at the end of the course were maintained 3 months after the end of the programme.