

Good practice: Pointers young mum's support group

Supporting young mothers and their children. Helping them gain confidence and learn new skills. Helping to give children the best start in life.

What was the identified issue?

Services recognised there was a lack of support for vulnerable young mothers and their children. A community survey and discussion with young people confirmed this. Existing mother and toddler groups were not meeting some young mothers' needs well.

What have staff in services done together?

A twice-weekly support group has been set up at Pointers Youth Cafe in Stornoway. The group is open to young mothers and their children. Staff visit mothers in their own homes beforehand to get to know the young people and encourage them to come to the group. They provide transport to help mothers and children attend regularly. Activities for the mothers and children are planned by staff and young people together.

What are the benefits for children/young people and families?

Young people have opportunities to learn about a range of topics including managing money, maintaining a house, healthy lifestyles and employment and skills. They have a chance to meet other young mothers and get advice and support from staff from different services. Young people report feeling more confident and positive about their futures as a result of attending the group. Families are leading healthier lifestyles and mothers are more able to help their children develop well. The group is being extended to include pregnant young women who would benefit from getting help to prepare for becoming a parent.

<http://www.hmie.gov.uk/ViewEstablishment.aspx?id=11850&type=12>