

inourplace  is now...

# TOGETHERNESS

Helping parents find  
their pathway to better  
emotional health.



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Bringing the Solihull Approach to the world

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Togetherness is universally available for families, teens, and adults across Bradford, **designed to complement and enhance** existing support and programmes without replacing them.

Provided by:



Courses  
developed by:



Find  
Togetherness via:



[fyi.bradford.gov.uk/parenting-programme-pathway](https://fyi.bradford.gov.uk/parenting-programme-pathway)

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[togetherness.co.uk](https://togetherness.co.uk)

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# A **free**, online library of evidence-based courses, know and 'pathways' to help people in the Bradford District deal with...

- Pregnancy and a new baby
- Family life
- Child ages and stages
- Parenting
- Children's feelings and mental health
- Children with additional needs
- Relationships
- Emotional wellbeing



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# Online pathways overview

## 17 courses themed for different age groups & needs.

### Antenatal

- Understanding pregnancy, labour, birth and your baby.
- Understanding pregnancy, labour, birth and your baby: for women couples.

### Postnatal (0 - 6 mths)

- Understanding your baby
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you are home

### Children & Young People (6mths to 19+ yrs)

- Understanding your child: from toddler to teenager
- Understanding your child with additional needs
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child

### For Adults

- Understanding your relationships
- Understanding your own trauma

### Preteen to teenager

- Understanding your teenager's brain
- Moving up to secondary school for children with additional needs
- Understanding the impact of the pandemic on your teenager

### For Teenagers Only

- Understanding your brain  
Understanding your feelings

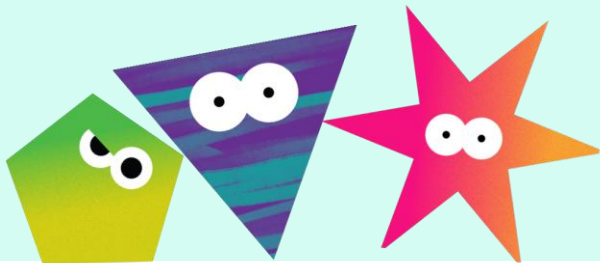
# Togetherness is accessed online

- Online and on-demand
- Mix of text and audio
- Short modules that fit around family life
- Learn anytime, at your own pace
- Works on smartphones, tablets, or PCs
- Help at Family Hubs for those without digital access



# Language options - [togetherness.co.uk/pathway-library/](https://togetherness.co.uk/pathway-library/)

- Some courses are available translated into languages including Modern Standard Arabic, Polish, Urdu, and various other languages.
- The range of languages are available via [togetherness.co.uk/pathway-library/](https://togetherness.co.uk/pathway-library/) Use the 'filter pathways' tool to explore.
- The full library supports auto-translation through Google Translate, which offers over 200 languages.



## Togetherness pathways

+ Filter Pathways

### Community Language Translations

- ☒ English
- ☐ اردو (Urdu)
- ☐ العربية (Arabic)
- ☐ हिन्दी (Hindi)
- ☐ বাংলা (Bengali)
- ☐ Cymraeg (Welsh)
- ☐ Español (Spanish)
- ☐ Íslenska (Icelandic)
- ☐ Polski (Polish)
- ☐ Soomaali (Somali)
- ☐ Български (Bulgarian)
- ☐ 简体中文 (Chinese-Simplified)

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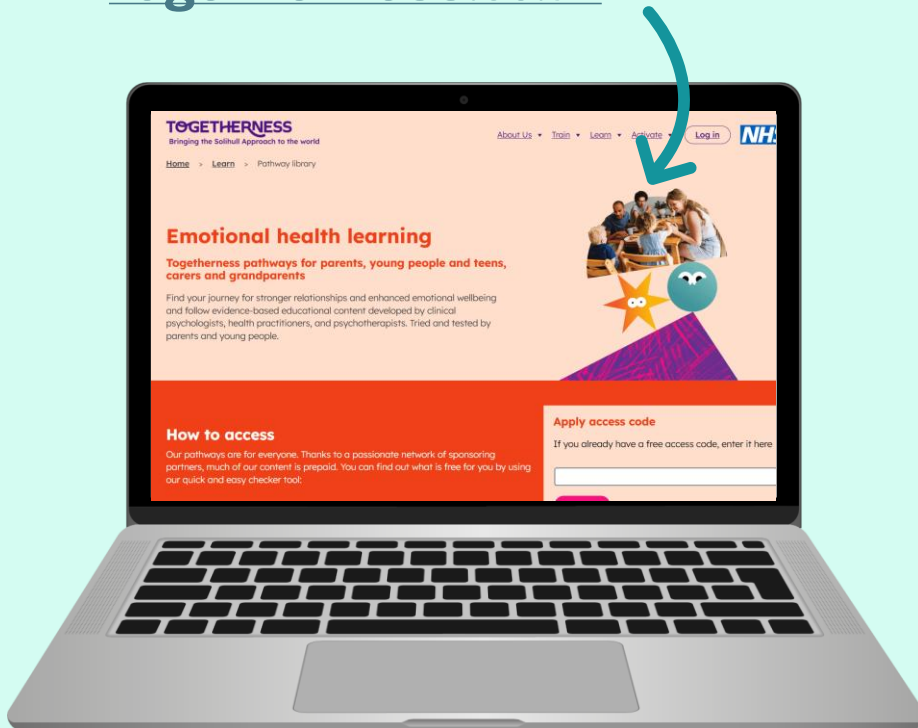




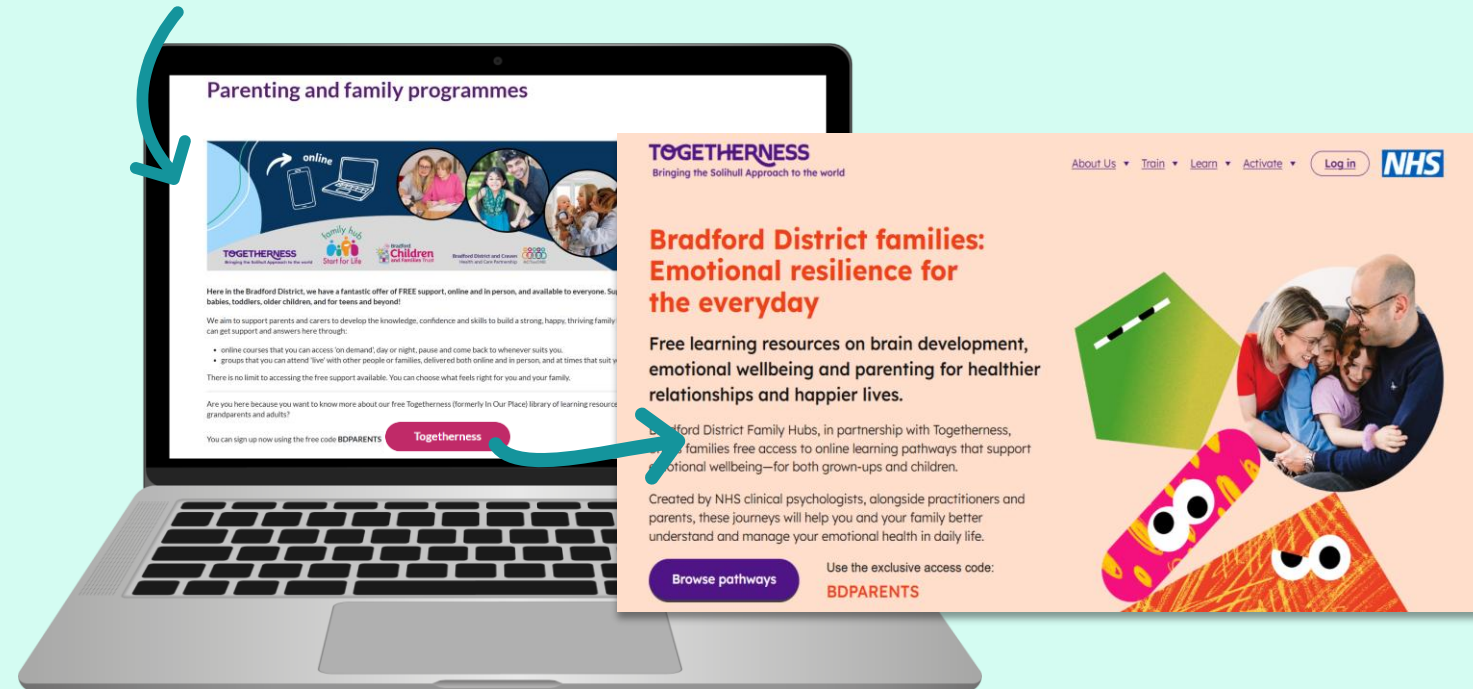
# Find Togetherness online



[togetherness.co.uk](https://togetherness.co.uk)



[fyi.bradford.gov.uk/parenting-programme-pathway](https://fyi.bradford.gov.uk/parenting-programme-pathway)



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# Signing Up

- Signing up to the courses is private – agencies or services cannot see who has signed up. All data is anonymised.
- Certificates are available to learners for certain courses

[togetherness.co.uk/mul/bradford-district/](https://togetherness.co.uk/mul/bradford-district/)



[Start your learning journey →](#)

**Your information**

First name

Last name

How would you describe yourself?

☐ male  
☐ female  
☐ non-binary  
☐ prefer not to say

Please select your Country of Residence?

Please enter your full postal or zip code?

**Your account credentials**

Email Address

Password

Your password must be at least 8 characters long and include a mix of uppercase and lowercase letters, numbers, and symbols.

Minimum 8 characters  
At least one uppercase letter  
At least one lowercase letter  
At least one number  
At least one special character

Show

Confirm Password

Show

Please enter the number shown below so we know you are human  
please note this is NOT an access code, and you do not need to remember it

10362

The information you provide will help the funder of these courses ensure that they do not knowingly discriminate against any section of society. Your information is strictly anonymous and will only be used for monitoring their promotional work.

☐ I confirm that I consent to sharing this information and I have read, understood and agree with the [terms and conditions](#) and [privacy policy](#).



# Using the Togetherness course library

- To access the courses for free, all people will need is their post code and the access code – **BDPARENTS**
- People can register for as many courses as they want.

**FREE!**

With access code:  
**BDPARENTS**

Browse pathways

[togetherness.co.uk/pathway-library/](https://togetherness.co.uk/pathway-library/)

## Postnatal (0-6 months)



### Understanding your baby

11 Stages

English | Voiceover | Certificate available

Learn more



### Understanding your preterm or sick baby in hospital

6 Stages

English | Voiceover | Certificate available

Learn more



### Understanding your preterm or sick baby now you're home

13 Stages

English | Voiceover | Certificate available

Learn more

## 6 months to 19+ years



### Understanding your child: from toddler to teenager

13 Stages

English | Voiceover | Certificate available

Learn more



### Understanding your child with additional needs

14 Stages

English | Voiceover | Certificate available

Learn more

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# Promoting Togetherness to families

- Ongoing marketing campaign targeting families, workforce and partners. Follow **@FYIBradfordDistrict** on Facebook or **Togetherness NHS** for shareable content.
- You can signpost to families seeking support, if appropriate for their needs.
- Practitioners also encouraged to use the courses during one-to-one support with parents, if they are unable to access a group programme and/or require support to access the course digitally.



# Targeted approaches

## Primary schools

- Understanding your child: from toddler to teenager
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child
- Understanding your child with additional needs
- Moving up to secondary school for children with additional needs

## Secondary schools

- Understanding your teenager's brain
- Understanding the impact of the pandemic on your teenager
- Understanding your brain (for teens only!)
- Understanding your feelings (for teens only!)
- Moving up to secondary school for children with additional needs

## Neonatal / intensive care

- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you are home

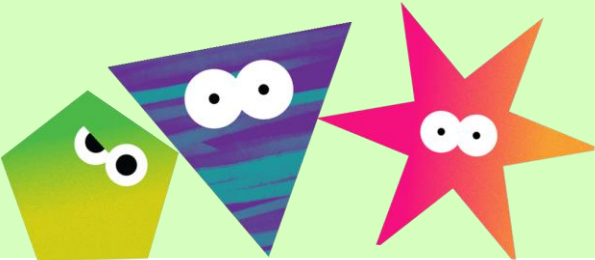
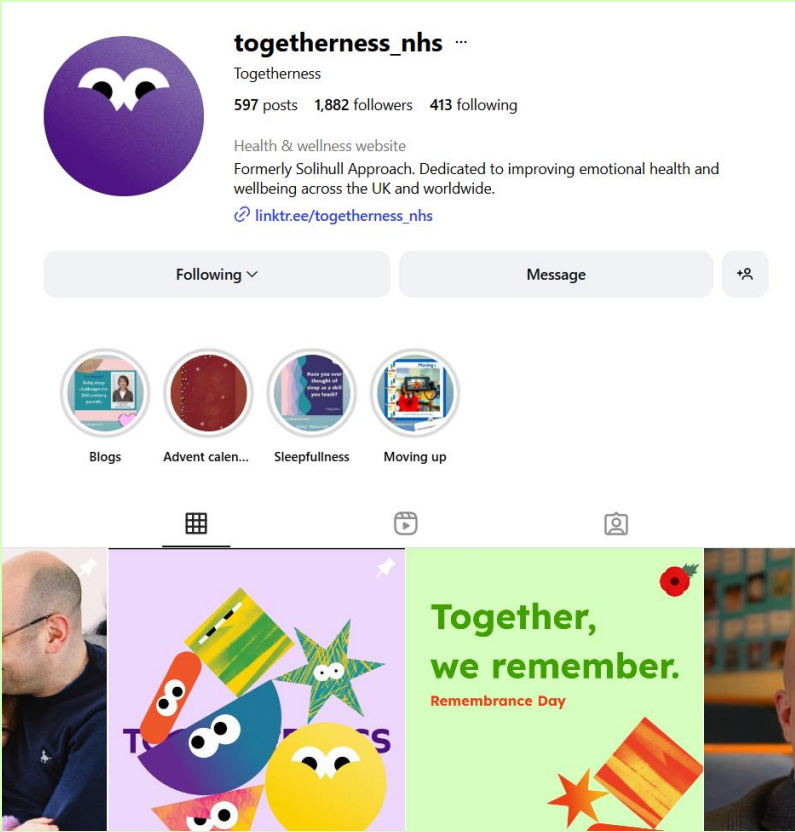
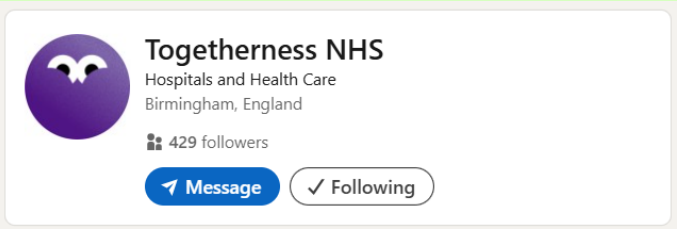
## SEND

- Understanding your child with additional needs
- Moving up to secondary school for children with additional needs
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child/teenager

## LGBTQ+

- Understanding pregnancy, labour, birth and baby: for women couples.

# Find **Togetherness NHS** on social media:



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# Togetherness Toolkit

A toolkit is available on the FYI website offering resources including:

- Downloadable, printable poster
- Slides for digital screens in waiting rooms etc
- This PowerPoint slide pack
- More to be added

[fyi.bradford.gov.uk/practitioners/start-for-life-offer/togetherness-communications-toolkit/](https://fyi.bradford.gov.uk/practitioners/start-for-life-offer/togetherness-communications-toolkit/)



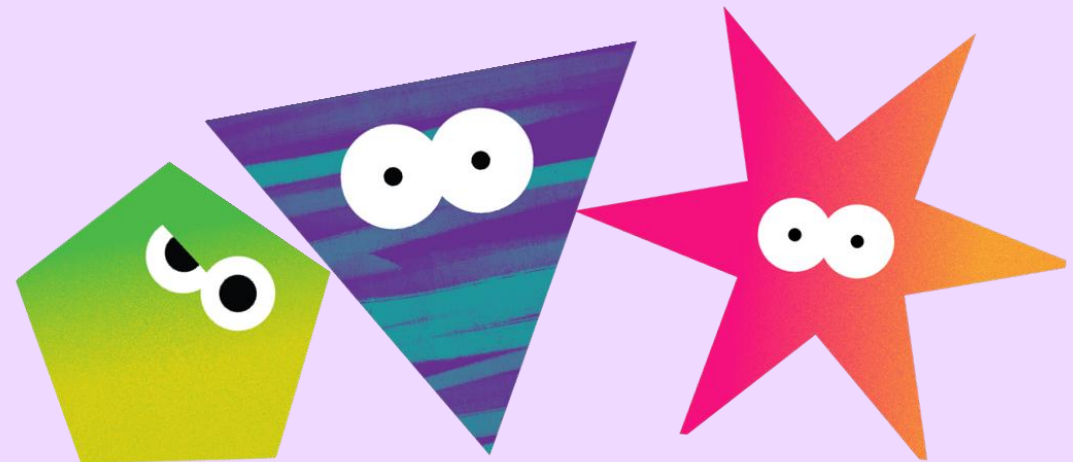
\*Printed copies of some resources are available on request, subject to availability.



# Any Questions?

Please email:

- **Eve Remington** - [eve.remington@bradfordcft.org.uk](mailto:eve.remington@bradfordcft.org.uk)
- **Emma Richardson** - [emma.richardson@bradfordcft.org.uk](mailto:emma.richardson@bradfordcft.org.uk)



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