Mellow Ability is a 14-week programme that supports parents and their children with additional needs (4-7 years) enjoy resilient, emotionally thriving family lives. We aim to:

- **Decrease** social isolation and increase links with other families in a similar situation and within the wider community.
- **Support** families under pressure to understand and build upon their parent-child and family relationships.
- **Create** opportunities for parents to enhance their child’s social and emotional development.

**Pilot Study**

A postcode analysis using the Scottish Index of Multiple Deprivation shows us that of the 20 families who attended the groups 37% were in the top 10% of the most deprived postcodes in Scotland and 74% were in the top 50% of the most deprived postcodes.

Parents have an increased understanding of their child’s disability and increased confidence in their ability to cope. Parents report an improvement in their relationship with their child, an increase in their child’s pro-social behaviours and a reduction in their child’s problem behaviours.

"Our results underline the nature of the multiple pressures that families are facing; parenting children with complex difficulties and managing the needs of the whole family including siblings."

- **that's what a support group’s all about... we’re going to be together and nobody’s excluded.**
  - Mellow Ability Dad

- **“It’s just nice to have somebody to talk to that understands”**
  - Mellow Ability Mum

- **“I did this breathing technique in the car to calm me down and because I was calm, so was my son”**
  - Mellow Ability Mum

- **“I feel a lot more equipped, knowledgeable and informed now”**
  - Mellow Ability Dad

- **100%** Of parents want to keep in touch with other group members
- **100%** Enjoyed taking part in the group
- **100%** Found the mindfulness activities helpful