



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.



21 children attended the groups (17 boys, 4 girls)



of the children had one or more siblings and some had brothers or sisters who also had an additional need.



most common difficulties were communication, learning, making friends, controlling behaviour and walking.

‘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.’ – Rachel Tainsh Ability Project Coordinator

“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”

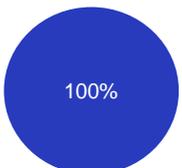
Mellow Ability Dad

Group Outcomes

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.



Of parents want to keep in touch with other group members



Enjoyed taking part in the group



Found the mindfulness activities helpful