



A 2020 vision: taking Mellow online

What a year it has been so far! 2020 has thrown us all a new set of challenges, and with unexpected challenges there is a need for creative solutions.

For us at **Mellow**, where we design and train a range of attachment-based programmes that traditionally take the form of physical support groups, lockdown and social-distancing was clearly going to be an obstacle. A big obstacle. Unfortunately, this obstacle also appeared at a time when everybody's relationships and support networks were more important than ever!

Everybody's wellbeing has been tested at points during this year, and it was absolutely crucial that we continued to reach and support the most vulnerable in society. It was for this reason that we began to adapt our programmes for online delivery.

Careful consideration took place to ensure that we preserved the core ingredients of what make Mellow Groups so powerful; from the evidence-based session content to the thorough practitioner training and support. We also had the opportunity to incorporate the new possibilities that technologies can offer us, while appreciating their limitations. Listening to the contemporary advice and research around online delivery, we began to transform our programmes from something that previously could only be delivered physically in person to something that was tailor made for a shared video-call.

At this stage we have already designed and piloted our **Mellow Babies Online** (for mums and dads) and our prenatal **Mellow Bumps and Dads-to-be Online** programmes, which have seen positive feedback from both the parents and practitioners involved. Spurred on by these successes, we intend to continue adapting some of our further range of programmes for online delivery and perform subsequent evaluation.

This all also has significance for beyond COVID; despite all of this being born out of an unexpected necessity, these online programmes now have the potential to reach new individuals and families that perhaps would have struggled to engage with the physical groups in the past. Whether this was due to remote locations, time or financial restrictions (both for parents and services), or simply a person feeling more comfortable in their own home environment, we envisage these new **Mellow Online** programmes making a meaningful difference to a new scope of people. That's really exciting.

Of course, we would like to extend our deepest thanks to CYPFEIF and CORRA, as it is due to their support and flexibility that we were able to adapt so quickly.

To learn more about what we do at **Mellow**, please do get in touch:

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"I really liked it, especially with COVID, it was my time to talk, an open space."

- Online Mellow Mum-to-be

"Excellent support from Rosemary, Raq, and Marie (at Mellow). Available for Zoom support and consultation, very prompt reply to email queries and follow up."

- Online Mellow Facilitator