

Reducing Parental Conflict

Newsletter

November 2023

Introduction to our team:

We are your **Healthy Relationships Team** in Essex. We have one co-ordinator per quadrant: **Lucie (Mid), Kelsey (South), Bonnie (West), Sophie (North) and Caroline our manager**. We are here to support you with any advice you need regarding Reducing Parental Conflict. Since starting our role, we have been raising awareness about RPC. We are now offering a free, full days training. You may already be signed up to this!

Please note: We are not a referral service so please do not refer any of your families to us.



Lucie, Kelsey, Caroline, Bonnie, Sophie

Working Collaboratively

We have been given an exciting opportunity to work alongside *Foundations, the national What Works Centre for Children & Families*. We are going to be working closely with them to evaluate the impact our team has on the workforce in Essex and to consider how RPC can be embedded into our daily practice.

e: healthyrelationshipsteam@barnardos.org.uk

Tips and useful resources



Worried about money with Christmas coming up? Visit *Click Relationships* for common money worries and how this can impact our relationships.



See it differently - Take a look at these short video clips with your families to see how common arguments can be done differently.



One Plus One – Encourage families to follow *One Plus One* on Facebook for regular tips on maintaining a healthy relationship.

Commissioned by