

Family Mental Fitness North East

Programme Overview

Connected Families



About Family Mental Fitness

Family Mental Fitness provides accessible, early-intervention wellbeing support for children and families across Newcastle.

Based inside a beautiful yurt in the grounds of The Lighthouse Project in Byker, we create supportive opportunities for children and families to strengthen wellbeing, confidence and connection through community programmes and targeted interventions.

What is The Connected Families Programme?

The Programme:

Connected Families is a family wellbeing programme bringing children and their parents or carers together through shared play, creativity and connection.

Our funded programme supports children aged 2–8, while commissioned provision can be adapted for other ages and family needs.

Using relational play, creativity, sensory experiences and nature, sessions create relaxed opportunities for families to play, connect and enjoy positive time together.

Each 60-minute session offers a range of activities and shared experiences, with families free to take part in ways that work for them.

Children remain with their parent or carer throughout.

Who Might Benefit:

Connected Families may be particularly helpful for families experiencing:

- *Social isolation or limited opportunities for connection*
- *Low-level anxiety, emotional or regulation difficulties*
- *Reduced confidence*
- *Limited opportunities for positive shared experiences*
- *Neurodiversity or additional needs*
- *Family pressures or periods of change*
- *Difficulty engaging with more formal services*

Connected Families is not therapy, childcare or educational provision.



Accessing Connected Families

Funded Places

Thanks to funding from The National Lottery Community Fund, a limited number of Connected Families places are available free of charge to eligible families with children aged 2–8.



The 2–8 age range applies specifically to our funded places.
Funded places are subject to eligibility and programme availability and can be accessed through our professional referral or family enquiry process.

Commissioned Places

Programme Option	What's Included	Cost
Individual Family Session	One 60-minute session for one family. Delivered by one practitioner.	£175 per session
Individual Family Programme	Six weekly sessions exclusively for one family. Delivered by one practitioner, with agreed dates.	£950 per family
Small-Group Place	One family joins a group. Places commence once a suitable group has formed. Delivered by two practitioners.	£550 per family
Whole Cohort Programme	Six weekly sessions reserved for your organisation, for up to four families. Delivered by two practitioners.	£1,650 per cohort

Connected Families can be commissioned by schools, families and other organisations.

Individual sessions and six-week programmes offer flexible support for families, while small-group provision creates opportunities for shared play, creativity and connection.

Commissioned places may complement funded provision or provide additional support where dedicated sessions are preferred.

Suitability is considered individually.

Not sure which option is right? We're happy to discuss the needs of the family or families you are supporting and identify the most appropriate route.

Make a Referral or Enquiry

Interested in Connected Families?

Families can enquire directly, and professionals can make a referral on behalf of a family. Get in touch and we'll help identify the most appropriate route, confirm current availability and provide the relevant referral or registration information.

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