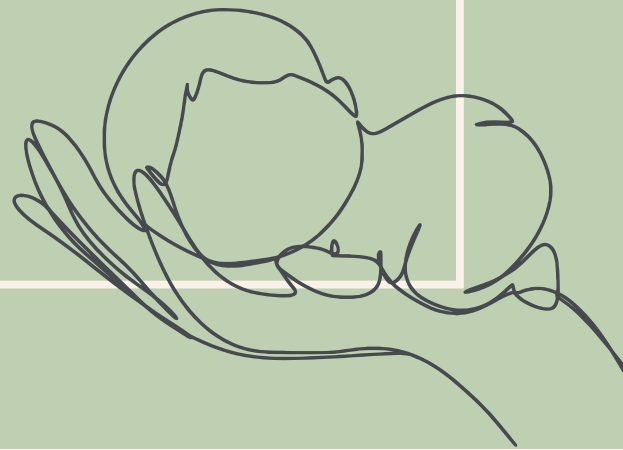


38.6 SOLUTIONS LTD



38.6 SOLUTIONS

Residential Family Assessment Centers
& Community Support



WHO ARE WE?

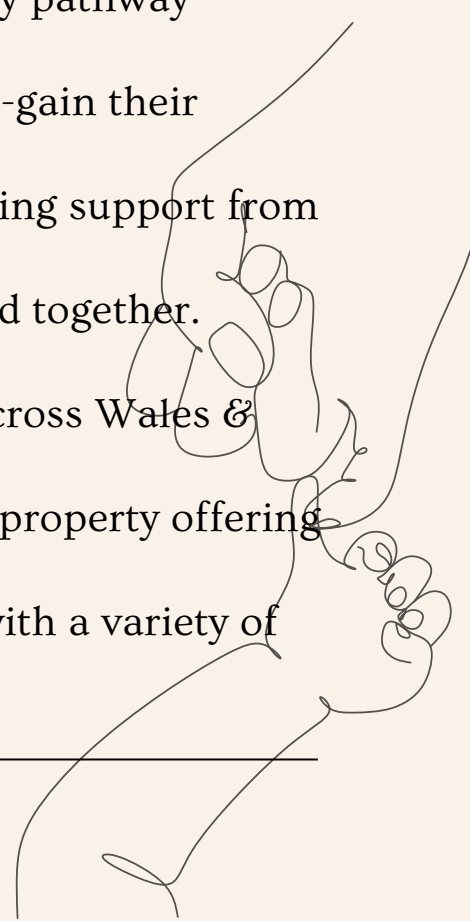


In 2019 Karen Waring and Phillippa Hughes, experienced Child Protection Social Workers, opened Bath House, Wales' first residential family assessment center. Offering impartial, evidence based, parenting assessments. The vision was to create a nurturing environment to give parents the best opportunity to develop and demonstrate their parenting skills, whilst ensuring the safety and well being of the child.

After incredible demand in 2022 Elwy House was opened. A sister center to Bath House, Elwy House accommodates single parents and children and Bath House became our Couples Unit.

To provide the best possible service and continue the intensive support we offer to our families we introduced our two community pathway properties. Homes in the community for families to re-gain their independence, maintain their changes and have on going support from us- maximizing the chance of keeping parent and child together.

Then in 2023 after consultation with Social Worker across Wales & England Wellington House was opened, a community property offering solutions to Local Authorities working with families with a variety of needs.



BATH HOUSE

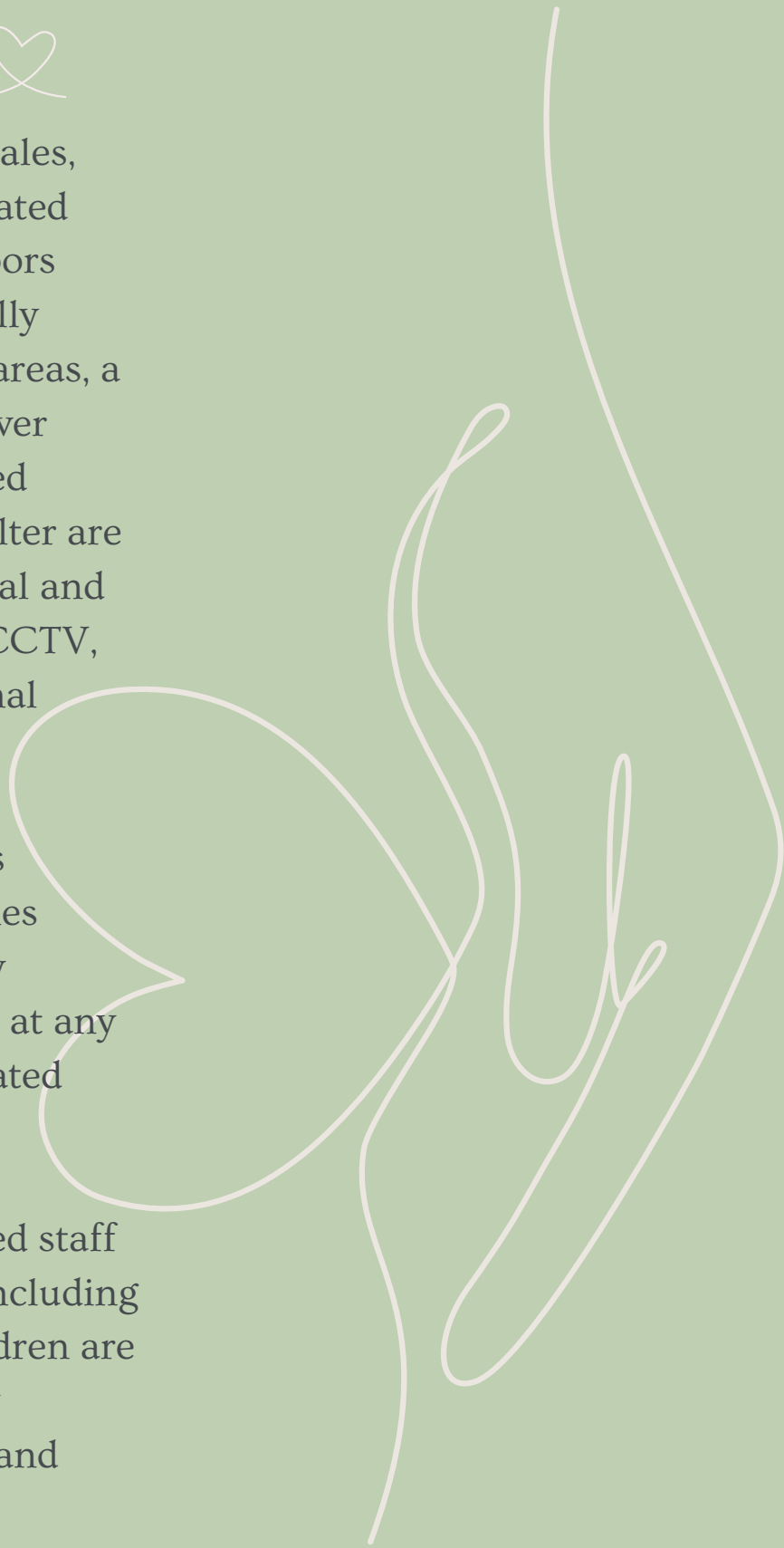


Opened in 2019 in Rhyl, North Wales, Bath House is a beautifully renovated Victorian property. Over three floors Bath House boasts three beautifully furnished bedrooms, two lounge areas, a large kitchen, bathroom and shower room and two Offices. An enclosed garden and separate smokers shelter are to the rear of the property. Internal and external areas are monitored by CCTV, including bedrooms and communal areas.

Bath House specializes in couples assessments, and to ensure families receive the intensive support they require, accepts only two families at any one time (four adults accommodated max.)

We have experienced and qualified staff on site to support parents 24/7, including through the nights, ensuring children are safe at all times. Staff accompany families when in the community and attending appointments.

Parents attend interventions on site as well as at our sister center Elwy House.



ELWY HOUSE

In 2021 following incredible demand for Residential Assessment Services Elwy House was purchased and renovations began. This Edwardian former guest house was fully renovated before opening in October 2022.

A short walk from Bath House, Elwy can accommodate up to four single parents and their children at a time. On the first floor are four spacious bedrooms each with an ensuite, as well as a large shared bathroom where parents can have a soak and children are bathed. Down stairs Elwy offers two large kitchens, separate dining room, a large family lounge & a contact lounge. Our large enclosed play area, separate smoking area and dedicated utility room are at the rear of this large property. On the top floor is our private, allocated intervention room (see page six for intervention details).

We have experienced and qualified staff on site to support parents 24/7, including through the nights, ensuring children are safe at all times. Staff accompany families when in the community and attending appointments.

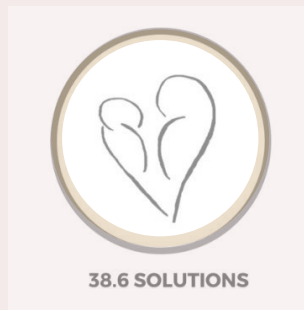


COMMUNITY PATHWAY



After 12 (sometimes more) week assessments sometimes families need a chance to evidence and put into practice all the things they've learned whilst with us, so in 2021 we opened Mill House. After much success we also purchased Sherwood in 2022. Wellington completes our trio of Community homes, and this was purchased after consultation with Social Workers who were seeking a service for those family who don't meet the criteria for an assessment center or don't need 24/7 supervision and support. Now these properties have a variety of purposes; community assessment, Supported Housing for parents and child, Post Assessment Support, Pre-birth Assessment, a placement for expectant parents prior to entering Elwy or Bath House getting to know staff, routines and receiving support in preparation for the arrival of baby, a refuge for families, and short term housing for families facing homelessness. We want to work collaboratively with Local Authorities to keep children safe any way we can.

- MillBank** A two-bedroom terraced property on a quiet residential street, Millbank was our first community pathway. The property has a large, secure, rear garden area as well as a newly fitted kitchen, lounge, and dining area, two bedrooms and bathroom. This property is close to the town centre, with a number of shops at the end of the street.
- Sherwood** A compact ground floor apartment comprising of one bedroom, bathroom, lounge, and kitchen. Ideal for single parents with one young child, the property was purchased and renovated in 2022 and is fully furnished to a high standard. Situated a short walk from the town centre and beach, with a bus stop adjacent.
- Wellington** The newest of our Pathway Properties this is a two-bedroom mid terrace property with enclosed garden. Central to the town centre and short distance from Elwy House, this property is the largest of our Pathway projects. Purchased in 2023 to meet the increased to demand for Community Move on and Community Assessments, this premises consists of kitchen, lounge and dining area, bathroom and two bedrooms.
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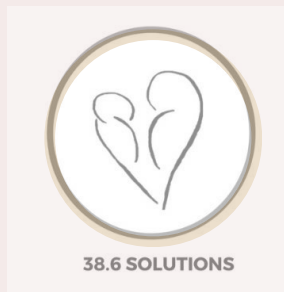
PROVISION OF INTERVENTIONS

Interventions are an integral part of the assessment process, offering education and information to give families the best chance of success.

All Interventions are offered at no additional cost and undertaken by all families. All Interventions are adapted to the need, ability and learning style of the individual.

STANDARD PROGRAMS

- **Incredible Years Programme Baby or Toddler**: prevent and treat young children's behaviour problems and promote their social, emotional, and academic competence.
- **The Nurturing Programme**: improving the emotional health of adults and children, strengthen family relationships, promoting positive parenting.
- **Domestic Abuse Awareness & Recovery Programme**: Designed by experienced Facilitators the program combines elements of the Freedom Program and STARS, and delivered by trained facilitators in The Recovery Toolkit and the "You and Me, Mum" program to help parents identify characteristics of abuse within a social context, recognition of controlling behaviour in relationships and consider respectful relationships, CSE & social media safety, as well equip parents with the tools to develop healthy relationships and examine the effect abusive relationships have on their child.
- **Weekly support planning and reviewing sessions**: identifying support needs and working to achieve these outcomes with the support of a Key Worker.
- **Independent Living Skills**: Meal planning, budgeting, hygiene, home environment, laundry, cooking, managing appointments, safety in the home, identifying common illnesses, sessions are designed and delivered based upon individually identified needs.
- **Developing Emotional Resilience**: equip parents with the tools to develop their emotional resilience, manage anxiety and develop tools to cope with stress.



Interventions are an integral part of the assessment process, offering education and information to give families the best chance of success.

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ADDITIONAL COURSES

- Own My Life; For mothers who have completed the Domestic Abuse Program the course explores how women can regain ownership of their lives including owning their mind, body, choices, relationships, world, feelings.
- NPSPCC Coping with Crying: a programme that supports parents with their baby's crying and aims to reduce the risk of non-accidental head injuries.
- Father Focus; Develop sufficient trust and motivation to engage males in the process of examining their fathering, Recognise - unhealthy, hurtful, abusive and neglectful fathering behaviours.- applying strategies to cope, Understanding the difference between helpful and toxic stress Brain work - Strong Brain Architecture / Serve & Return / How Stress Affects the Brain / Building Resilience
- Rethinking Anger (young people).
- The Anxiety Gremlin (young people).
- Emotional Wellbeing and Mindfulness; exploring methods to build mental wellness, relaxation and coping techniques.
- Friend or Foe (Sexual exploitation)

CHILD FOCUSED

- Nurture and Play Sessions:
Completed by trained in-house staff with over 60 years combined experience of working within children's education settings, to demonstrate positive play and nurture child development
- Rhythm Time Sessions: Baby/toddler group using music and song to support learning and development.
- Book Start- Introducing language and books from birth, creating positive habits and cultivate development.
- Daily pram walks: within the local community to benefit both parent and child's physical health and emotional well-being.
- Baby yoga- Promoting emotional bonding and exercise
- Guided Infant Massage



FOR MORE INFORMATION OR TO MAKE A
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