

2023

# OUR LEARNING PROGRAMMES

A guide for Local Authorities.



# We're Amity, and helping you build strong, healthy relationships is what we do.

Relationships with our kids, partners, co-parents and families don't have to be perfect. But it is important that we do ourselves and each other a favour and learn how to repair when things go wrong, so we don't leave any scars.

That's where we come in. We know what makes relationships great, we understand the little details of why they break down and through years of experience and expertise, we know exactly how to make them work better. We're here to help you and your team learn the skills to make relationships work, reduce any sort of conflict holding them back and find new ways to make things feel ok for everyone.

We can train you and your teams to spot when a relationship's stuck, and give you all the skills and insight you need to help unstick it and move things on to a more positive place.

We want people to know that they don't have to sit back and think 'it is what it is' about their relationships. **We want a relationships revolution** where people learn the skills and techniques they need to move past relationship issues, argue less and get to a place where things feel, at the very least, OK - both for themselves and the kids.



Emily



With 25 years experience under her belt, Emily's certainly earned her stripes as a 'relationship expert'. During her 19 years within Local Authority Children's Services departments, she grew expertise in family dynamics and parenting, child exploitation, youth justice, domestic abuse and parental conflict. Emily understands the challenges, needs and hopes of people working with families in public services - she's been there herself. She's super passionate about making sure professionals have the chance to learn the skills to support people the best they can.

Kate



Kate's made it her business (literally!) to understand how and why we struggle with the way we relate to one another, and how to change that. Trained by the Institute of Family Therapy and Relate, Kate specialises in couple relationships, be that together or apart. Kate's worked with families for 30 years and is passionate about learning what parents really need to gain confidence and knowledge (and then helping them with this). Not a big fan of theory or advice, Kate loves to share compassionate, useful and practical ideas that help people change.

Just like families themselves, no one approach fits all, and for this reason, we've developed a range of unique and interactive, user-friendly resources designed to help your teams (and the wider multi-agency workforce) apply their learning quickly. Co-production is at the heart of our approach, so when we work with you we'll take on board your feedback, ideas and needs and build them in as we create new products and resources, and if you want us to we'll also design bespoke tools and resources to meet your specific needs.

**Our products fit into three areas:**

## OUR RELATIONSHIP TOOLKIT AND PROGRAMMES.



This is about changing your whole approach when working on relationships. When you purchase a lifetime licence for our toolkit you can use it for as long as you want. We also include two training options with the package to get your team going.

We can also train you on a range of programmes that complement the toolkit. These programmes are designed to be delivered by practitioners directly to couples or individuals. They include training on how to use them, resources and a full step-by-step programme guide.

### OUR SELF-HELP WORKBOOKS

Once purchased you can use these resources across your websites, physical venues and as part of workforce development programmes across your Local Authority area for as long as you want to.



### OUR SPOTLIGHT SESSIONS

These sessions run across the year, with guest speakers and targeted resources on key topics including working with men and fathers, child-to-parent violence and working with military families.



“Emily and Kate have been leading the way nationally and at a local level with work around reducing parental conflict in the interests of children. Both Emily and Kate also presented at our Reducing Parental Conflict Conference and those of us lucky enough to be in attendance walked away singing their praises and feeling they had really helped us understand what the work is all about and how it relates to all of us.”

**Stacey, Strategic RPC Lead**

"Before this training, I didn't feel confident about having a conversation, being curious about the couple's relationships or why I should. Now it makes sense, if I don't recognise the problems in those relationships and support them, who will?"

**Andrea, Health Visitor**

*Amity*  
for professionals

# OUR RELATIONSHIP TOOLKIT & PROGRAMMES



**Products in this suite:**

Our Relationship Toolkit

Amity Essentials:  
Couples

Amity Essentials:  
Parenting Apart

Amity Group Programme

iCAN

iCAN for Dads

SAFESPACE



# Amity Relationship Toolkit



Single purchase  
**Lifetime  
Organisational  
licence**

This practical resource is useful for any organisation that's looking to boost its approach to building better relationships for parents. At its heart are transformative ways of working, ideas and tools that will build solid foundations for every member of the organisation – helping them to feel confident when working with couple relationships.

## How is the supporting training delivered?

There are two ways to get this toolkit moving. We have a 'train the trainer' option, a simple yet cost-effective approach to spread the training quickly across your teams. Alternatively our Amity team can deliver the training far and wide for you.

## Who's it for?

Multi-agency practitioners who support adults in their everyday role.

### 2 training options



Full-day training



Face-to face



Train the trainer



Amity led training



Half-day training



20 learnings maximum



Online

## What else do you need to know?

Our toolkit is about changing your whole approach to supporting parental relationships in families, so it's only available to organisations who've purchased our Amity Relationship Toolkit lifetime licence and training.



## Optional bolt-on: Toolkit videos.

These conversational videos sit alongside your existing Amity Relationship Toolkit and training. They offer a simple and effective way for practitioners to brush up on their skills and understanding whenever they want to and can sit on your intranet or learning platform. **Once purchased you can use these videos within your own organisation or Local Authority area.**



# Amity Essentials: Couples

Amity led training

This six-session programme is designed to be delivered by practitioners directly to couples or individuals. The step-by-step programme can be used to guide couples through one-to-one support. It also offers practical tools and resources to those affected by everyday relationship challenges.

## Who's it for?

Multi-agency practitioners working with adults who are committed to working with a couple or individual over six sessions.

## How is the supporting training delivered?



Half-day



All resources included.



Maximum 20 learners per session.



Online.



"This has made working with our parents a lot easier. I was trying to work out a way of putting together resources that would help them move forward and stop arguing. As a case worker, I don't have time to create a structure that works with my case notes and action plan, so this has made things a lot easier. I like the assessment, it makes parents think about the child in all this"

**Sara, Children's Centre  
Case Worker.**

## What else do you need to know?

For both programmes, once trained you will receive an individual Amity licence which you can use long as long as you remain in the purchasing organisation. Licences to deliver this programme are given on a person by person basis, so only those trained by Amity are licenced to deliver the sessions.



Single purchase  
**Personal  
licence**

# Amity Essentials: Parenting Apart

Amity led training





This six-session programme is designed to be delivered by practitioners directly to separated parents. The step-by-step programme can be used to guide individuals through one-to-one support. It also offers practical tools and resources designed specifically for those struggling with co-parenting and the relationships that surround it.

## Who's it for?

Multi-agency practitioners working with adults who are committed to supporting each parent over six sessions.



## How is the supporting training delivered?

-  Full-day
-  All resources included.
-  20 Maximum 20 learners per session.
-  Online.

"The fact that the training comes with a complete set of workbooks/resources to use with a separated family makes it so valuable to me. Understandable, practical activities in an instantly usable format. I can definitely see how this might prevent some families from going to court over their children."

**Tony, Social Worker.**

## What else do you need to know?

For both programmes, once trained you will receive an individual Amity licence which you can use long as long as you remain in the purchasing organisation. Licences to deliver this programme are given on a person by person basis, so only those trained by Amity are licenced to deliver the sessions.



Single purchase  
**Personal licence**

# iCAN

an Amity programme

FOR  
DADS

Specialist dads' programme also available.

This one-to-one parenting programme is practitioner guided. It's designed for parents and carers with a child aged up to 18 and focuses on increasing parenting skills, confidence and self-esteem.

## Who's it for?

Multi-agency practitioners working with adults who are committed to working with a couple or individual over six sessions.

# SAFESPACE™

an Amity programme

This is a one-to-one programme and is practitioner guided. It's designed for use with families affected by child-to-parent violence and abuse and/or those working with a child's challenging behaviour. It's suitable for use with parents, carers with children up to the age of 15.

## Who's it for?

Multi-agency practitioners working with adults and children, committed to supporting parents/ or carers and their child over six sessions.

## How is the supporting training delivered?



Full-day



All resources included.



Maximum 20 learners per session.



Face to face.



## What else do you need to know?

For both programmes, once trained you will receive an individual Amity licence which you can use long as you remain in the purchasing organisation. Licences to deliver this programme are given on a person-by-person basis, so only those trained by Amity are licenced to deliver the sessions.



## WANT TO KNOW MORE?

View our iCAN Wales video online now.



Single purchase  
**Personal  
licence**

# Amity Group Programme



Single purchase  
**Lifetime  
Organisational  
licence**

This group parenting programme can be delivered face-to-face or virtually. Over six sessions, individuals or couples raising children are supported to improve the quality of their couple relationship. This includes improving communication, and strategies to respond to conflict.

## How is the supporting training delivered?

We train practitioners to deliver this programme over a full-day face-to-face training session. What's more, all resources are included, allowing practitioners to hit the ground running once trained up.

## Who's it for?

Multi-agency practitioners who support adults in their everyday role and are committed to offering six sessions.



Full-day training



20 learnings maximum



Face-to face



All resources included



## What else do you need to know?

This group programme is really flexible so it can be delivered to individuals who want to attend with or without their partner.

"I have never been part of a group like this before. It was really good to hear other people talk about their relationships, what it's like to bring up children and the pressure that can bring. We have three children and the us and a lot of conflict about how we would bring them all up. It definitely got us thinking about ways we could communicate so that the kids aren't affected by our differing parenting views. We are talking things through a lot more than we did, and we met some nice people along the way"

**Darren, Parent.**



Single purchase  
**Personal  
licence**



# OUR SELF-HELP WORKBOOKS



**Products in this suite:**

Next Time:  
Parenting Together

Next Time:  
Parenting Apart

The Little Book  
of Relationship Care.

## Next Time: Parenting Together

This is a quick and easy self-help resource and is designed to give practical, problem-solving techniques and ideas to couples who, after an argument or disagreement need a 'relationship first aid kit'. It's designed to improve their communication and responses to everyday conflict.

## Next Time: Parenting Apart

This is a quick and easy self-help resource and is designed to give practical, problem-solving techniques and ideas to separated parents, who, after an argument or disagreement need a 'relationship first aid kit'. It's designed to improve their communication and responses to everyday conflict.



### Do I need training?

Everything you need is within the resource, so no training is required here.

### How can I use or share it?



#### Online?

This is perfect for the webpages of Family Hubs, Early Help teams or other guidance on parental conflict.



#### Printed?

Copies can be produced to share in GP surgeries, local libraries, Family Hubs or schools and community centres.



### What else do you need to know?

Once you have purchased a lifetime licence you can use this resource across websites and physical venues within your own organisation or Local Authority area.



**Lifetime  
Organisational  
licence**

# The Little Book of Relationship Care



**Lifetime  
Organisational  
licence**

This book is a practical and reflective guide designed to help people understand why they argue and how they can reconnect and navigate their arguments in a more constructive way.

The guide complements practical support perfectly allowing couples to remind themselves of what they've learnt during difficult or stressful times.

## Do I need training?

Everything you need is within the resource, so no training is required here.

## How can I use or share it?



### Online?

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### Printed?

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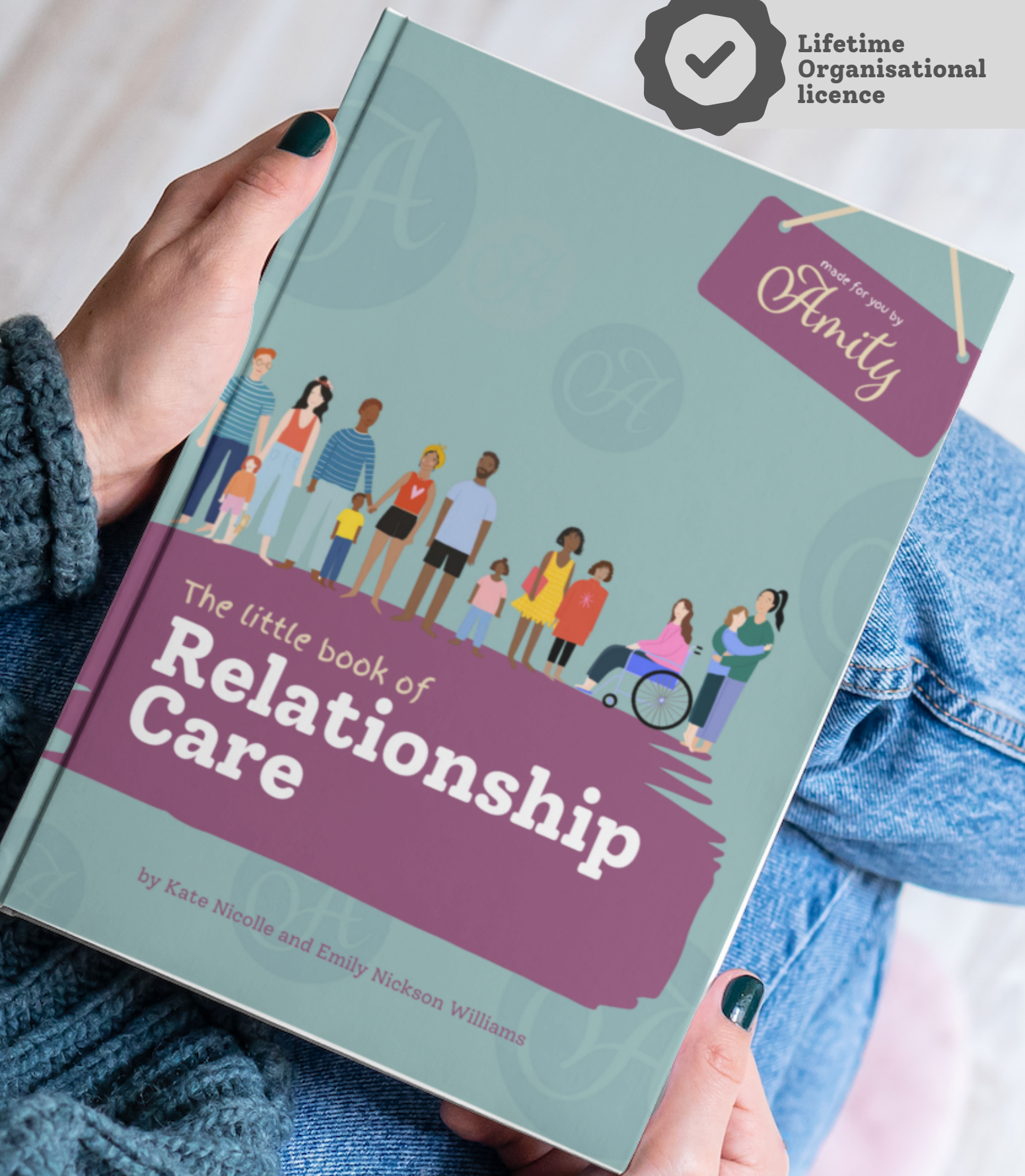
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Lifetime  
Organisational  
licence



made for you by  
*Amity*

The little book of  
**Relationship  
Care**

by Kate Nicolle and Emily Nickson Williams

# Our Spotlight Sessions

## GOT A PARTICULAR TOPIC IN MIND?

We're always adding new specialist Spotlight Sessions so keep an eye on our socials and website. Or if you've something you'd like us to look at as a bespoke topic, just get in touch

### Products in this suite:

-  PINPOINT
-  GRAVITY
-  CLOCKED
-  MANPOWER
-  UNMASKED



## Who are the sessions for?

Multi-agency practitioners who support adults, children or families in their everyday roles. These sessions are suitable for anyone working in health, education, social care the Police or any public-facing role.



All our Spotlight Sessions are delivered online, over half a day.

# BOOK TODAY



**Get in touch to find out about our next scheduled sessions or to book a bespoke session.**

### On your laptop?

Click on the envelope to the right to send us an email.



### Prefer a chat?

Click on the phone below from your mobile to call us.



## LARGE GROUP?

Or if you have more than 20 participants get in touch for bespoke dates.

# OUR CURRENT SPOTLIGHT SESSIONS



## PINPOINT

Recognising the difference between parental conflict and domestic abuse

This extremely popular half-day training session is designed for any practitioner working with children, adults or families. It's been created in response to questions raised by the wider workforce, people who are keen to recognise the difference between parental conflict and domestic abuse.

The session explores the language used to describe parental conflict and domestic abuse, understanding coercive control, the critical difference between the two concerns and why sometimes there are overlaps. We work through the confusion this can cause and what do if a practitioner is concerned about either.



## GRAVITY

Understanding the effects of domestic abuse.

This half-day training is useful for anyone who needs to understand more about domestic abuse, including recognising and responding to DA as part of their role. This training requires some pre-work with your organisation which allows us to personalise content to your local area (including local services and pathways).

The session also includes information about the Domestic Abuse Act, what domestic abuse is, the societal impact of domestic abuse, recognising signs and what to do about disclosures or concerns.



## CLOCKED

Understanding the impact of parental conflict on children.

This half-day training course is for anyone who wants to develop their understanding of parental conflict and how it affects children.

The session provides participants with a strong awareness of the subject, how to start a conversation with someone about a relationship facing this challenge and what to do next.





## MANPOWER

Working with dads and men.

This thought-provoking session is intended to help frontline practitioners think about the role of fathers and other significant men in their lives (partners, stepfathers, grandads, uncles etc). It describes how best to engage and work with men more confidently and answers a number of key questions:

- How can we raise our expectations of men as caregivers and change our expectations of their contribution to family life?
- What happens when we treat men with suspicion?
- How does our lived and professional experience influence our approach to working with men?

As women continue to be regarded as the prime (and sometimes only) protective carers for their children, how can we shift our thinking so that we get the very best out of men in caregiving roles?



## UNMASKED

Working with child to parent violence and abuse.

This popular half-day training supports the frontline workforce to recognise and respond to child-to-parent violence and abuse (also known as adolescent-parent violence and child-on-parent violence).

It's been designed to leave practitioners confident in supporting parents to implement strategies and undertake safety planning.

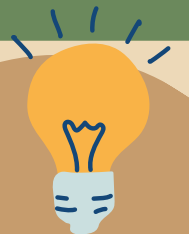
The training explores real, anonymised families affected by this specific, often underreported family difficulty. Throughout the programme, we use case studies and reflect on these families' stories and journeys. The training provides helpful tools and strategies that parents and their children find valuable when making changes.



*Amity*  
for professionals

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