

## Cheshire East Family Hubs Invests further in Children's Wellbeing: Partners with NHS team to provide free online courses in emotional health with The Solihull Approach via [inourplace.co.uk](http://inourplace.co.uk)

**Cheshire East Family Hubs** is excited to announce the official launch of its recent partnership with the Solihull Approach; trusted NHS provider of online courses focused on children's emotional health and wellbeing. Through this collaboration, Cheshire East Family Hubs funds a multi-user license, enabling all residents within the council's area to access a comprehensive range of online courses on [www.inourplace.co.uk](http://www.inourplace.co.uk) at no cost.

The Solihull Approach is a not-for-profit, NHS organisation for parents to support emotional health and well-being in children, families, and adults. The sound and well-researched ideas developed by a team of clinical psychologists and a range of other professionals that underpin the Approach are embedded in every aspect of training.

Designed to support parents at every stage of their journey, from pregnancy to adolescence, these courses empower parents to better understand their child's brain development, decode their behaviours, and develop nurturing relationships, all aimed at fostering kindness, confidence, and emotional awareness in children who thrive throughout their lives.

**Cheshire East Family Hubs** recognises the importance of nurturing emotionally resilient and socially aware children within its community.

Key highlights of the Inourplace online courses include:

- **Understanding your child's emotional health and brain development:** Parents will gain insights into the science behind their child's brain development, helping them make informed decisions that support healthy cognitive growth.
- **Reading your child's behaviours:** These courses will provide parents with tools to interpret and respond effectively to their child's behaviours, fostering positive interactions and reducing stress for both parents and children.

- **Developing communication:** Parents will learn strategies for open and effective communication that will strengthen the parent-child bond and promote emotional well-being.

Councillor Carol Bullman expressed enthusiasm for this partnership, saying, *"Investing in our children's emotional health is an investment in the future of our community. We believe that by providing free access to Inourplace courses, we are empowering our parents with the tools they need to support their children's well-being and growth."*

To access the courses, Cheshire East residents can visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and follow the simple registration process inputting the access code **WHEATSHEAF**. Online courses are designed to be accessed anytime, anywhere and are completely private and personal to you.

Attached you will find the course breakdown (for your information) and a graphic which can be used to promote the In Our Place courses with the families in your care. It is our hope that you will now begin to explain how valuable this resource is, and that families sign up and begin to access support in the comfort of their own home.

**To support the launch of this incredible resource, Cheshire East Family Hubs are hosting a 'How to...' Lunch and Learn on **Wednesday 25<sup>th</sup> September at 12pm**. We hope you will be able to join us so that we can share the resources and support you in signposting families. If you have not received an invite, please contact [cescptraining@cheshireeast.gov.uk](mailto:cescptraining@cheshireeast.gov.uk)**

For further information about this partnership please contact: [FamilyHubs@cheshireeast.gov.uk](mailto:FamilyHubs@cheshireeast.gov.uk)

***About Solihull Approach:***

*The Solihull Approach is about emotional health and wellbeing for all children, their parents, carers and grandparents. We are passionate about sensitive relationships, early years support and understanding brain development to help nurture kind, emotionally aware children as they grow.*

*We know relationships shape who we are; they shape how our brains develop from as early as pregnancy and throughout our lives. That's why we have developed courses, training and resources for all parents to help understand brain development and emotional health and wellbeing throughout your parenting journey.*

*We are proud to offer INOURPLACE.co.uk as your portal for online courses tailored to children's developmental stages for you to learn in your own time in a safe, private space.*

For more on the Solihull Approach visit: [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)