Walk with Me uk
PARENT AND CARER SUPPORT

Support and Guidance for Families & Professionals
using Non-Violent Resistence (NVR) approach

Referral Process

All you need to know about the 5 weeks Non-Violent Resistance (NVR) Programme

Any questions you may have

Who is the programme for?
Parents / carers / guardians

Can my partner attend the programme with me?
Yes, but it will be a separate charge – all participants are supported individually re: different needs, goals, aims etc.

How long Is the programme?
5 weeks

How many hours?
1.5 hours

What time is the session?
Morning 10am - 11.30am
OR
Evening 8pm - 9.30pm
To commit to one or the other (subject to change). We are flexible within reason.

How is the programme delivered?
Online
To **implement** the tools with **immediate** effect

What areas do you work with?
We are a **nationwide** service

When are the sessions?
6 sessions, term time only – see yearly schedule summary below

How do I know if I am eligible?
We ask that you commit to the dates available at the point in time of the referral. Should we not be able to accept a referral, we would explore who would be in the best position to help you with your consent.

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Can I refer myself?
Yes, professionals can refer on your behalf also.

How much does it cost?
FREE of charge **subject** to funding
£800.00 per person for **NON** funded referrals (subject to change of the financial climate)

What else do I need to know?
We conduct 1-2-1 consultation with each referral for approximately 1 hour prior to starting the programme - this is mandatory – couples / partners will be contacted individually to:
meet, greet, verify the response from a questionnaire, Q&A.
We ask that you implement the NVR tools with immediate effect
You will receive handouts / materials weekly with tips and guidance also that will be for LIFE !!!!

WIDER SUPPORT
We sign-post to other partners / organisations / services if in need
e.g. therapy, financial, well-being, activities etc.

AFTER CARE
Once a month, ONLINE for 1 hour at 10am and 8pm – for graduate parents / carers to relax, share ideas, support each other, to be supported reflecting on the NVR tools, sign posting to other services if in need
From an online platform many friendships / ongoing support amongst the graduate parents / carers have been formed independently.
We are deemed to be a Family / Community as opposed to a service.

CELEBRATIONS
We host an annual ceremony of achievement and anniversary celebration ONLINE for all graduate parents / carers with invited guests e.g. Referrers, community organisations etc.

OPPORTUNITIES
Graduate parents / carers are invited to be volunteer facilitators / ambassadors / champion's subject to their availability / ability to share testimonials / exhibit our services – managed safely / sensitively to build confidence, self-esteem, upskill and more..

Summary of the yearly schedule on Wednesday's below
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January – February
6th January 2027
13th January 2027
20th January 2027
27th January 2027
3rd February 2027

February - March
24th February 2027
3rd March 2027
10th March 2027
17th March 2027
24th March 2027

April - May
14th April 2027
21st April 2027
28th April 2027
5th May 2027
12th May 2027

June - July
9th June 2027
18th June 2027
23rd June 2027
30th June 2027
7th July 2027

September
1st September 2027
8th September 2027
15th September 2027
22nd September 2027
29th September 2027

November - December
3rd November 2027
10th November 2027
17th November 2027
24th November 2027
1st December 2027