

SHETLAND PROGRAMMES FOR PARENTS



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mind your head 

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Antenatal Classes



Delivered by:

NHS Shetland, Maternity

Aim of the programme:

To prepare parents for late pregnancy, birth and the new baby.

Who is the programme for:

Parents expecting a baby

Length of programme:

2 days

Length of session:

First day - 3 hours

Second day - 5 hours

Size of typical group:

10 couples

Who can apply:

Everyone welcome to apply

How/where to apply:

Parents can discuss with their midwife

Who to contact:

Midwives at Gilbert Bain Hospital

Telephone: 01595 743000

Location of programme:

Islesburgh Community Centre

E-PAtS

(Early Positive Approaches to Support)



TIZARD
University of Kent

Delivered by:

SIC, Education Outreach /
Ability Shetland



Aim of the programme:

E-PAtS is a family support programme that provides sensitive support and information for families of pre-school children with additional support needs such as global developmental delay or autism. Parents/carers of children who are on the ASD assessment pathway can also attend.

All groups are delivered by a trained family caregiver and a professional facilitator and cover:

- Accessing services and supports
- Emotional wellbeing and resilience for caregivers
- Supporting sleep for children
- Supporting communication
- Supporting skill development
- Positive approaches to behaviours that challenge

Who is the programme for:

Parents / carers of a child aged 0-5 years (pre-school) with additional support needs, e.g. global development delay / autism / on the ASD assessment pathway.

A diagnosis is not necessary to access the group.

Length of programme:

8 weeks

Length of session:

2.5 hours each week

Size of typical group:

Ideally 5 – 8 parents / carers

Who can apply:

Everyone welcome to apply

How/where to apply:

Pre-School Home Visiting Service

Telephone: 01595 745588

Email: PSHVS@shetland.gov.uk

Who to contact:

Sarah Jamieson / Gillian Isbister

(Pre-school Home Visiting Teachers)

Location of programme:

Usually Lerwick or online depending on location of families attending.

Henry - Healthy Families: Right from the start

Delivered by:

NHS Shetland,
Health Improvement
Team and Partners



Aim of the programme:

Purpose:

- To support parents and carers to provide a healthier, happier start in life, including family lifestyle and home environment.

Programme covers:

- Parenting skills for a healthy lifestyle
- Increasing self-esteem and emotional wellbeing
- Changing habits towards a healthy family lifestyle
- Setting and achieving goals
- Active play ideas and family activity
- Oral health
- Portion sizes, first foods, snack swaps
- Food groups and food labels

Who is the programme for:

Parents and carers of children aged 0-5 years

Length of programme:

8 weeks, weekly sessions

Length of session:

2.5 hours (in person groups)

1 hour (online groups & 1:1 support)

Size of typical group:

In person: up to 12

Online: up to 8

Who can apply:

Everyone welcome to apply

How/where to apply:

Online application form found at:

www.healthyshetland.com/henry-healthy-families

Who to contact:

Health Improvement Team

Telephone: 01595 743330

Email: shet.healthyshetland@nhs.scot

Location of programme

Online and in person support throughout the year in different areas in Shetland.

It Takes Two to Talk



Delivered by:
NHS Shetland,
Speech and Language Therapy



Aim of the programme:

Learn practical and powerful strategies to help your child communicate and interact during everyday routines and activities.

Who is the programme for:

It Takes Two to Talk is a programme for parents of young children who have language delays.

Length of programme:

11 weeks (8 group sessions and 3 home visits)

Length of session:

2.5 hours for group sessions
1 hour for home sessions

Size of typical group:

Maximum of 6

Who can apply:

Everyone welcome to apply

How/where to apply:

Telephone: 01595 744242

Email: shet.speechdepartment@nhs.scot

Who to contact:

Speech and Language Therapy Team

Telephone: 01595 744242

Location of programme:

Speech and Language Therapy Dept,

Independent Living Centre,

Gremista, Lerwick, Shetland, ZE1 0XY

More Than Words[®]

Hanen



Delivered by:
NHS Shetland,
Speech and Language Therapy



Aim of the programme:

Practical ways to help your child with the following 4 goals:

- Improved back and forth social interactions
- Enhanced communication skills
- More advanced play with toys
- Improved understanding of language

Who is the programme for:

For parents of early years children on the Speech and Language Therapy caseload. To support with the development of social communication.

Length of programme:

11 weeks (8 group sessions and 3 home visits)

Length of session:

2.5 hours for group sessions

1 hour for home sessions

Size of typical group:

Maximum of 6

Who can apply:

Everyone welcome to apply

How/where to apply:

Telephone: 01595 744242

Email: shet.speechdepartment@nhs.scot

Who to contact:

Speech and Language Therapy Team

Telephone: 01595 744242

Location of programme:

Speech and Language Therapy Dept

Independent Living Centre

Gremista, Lerwick, Shetland, ZE1 0XY

Peep

Peep Learning Together Programme

peep

Delivered by:

SIC, Shetland Family Centre



Aim of the programme:

The Peep Learning Together Programme provides parents with the opportunity to experience new play activities with their child, while learning about child development.

Every Peep session includes songs, stories, play and ideas of things to do at home.

Who is the programme for:

For families with children aged 0 - 3 years

Baby Peep: 3 - 9 months

Peep: 9 months - 3 years

Length of programme:

6 weeks

Length of session:

Each session lasts 1 hour 15 mins

Size of typical group:

Small, in person groups, between 6 - 8 families

Groups can also be delivered one to one with families who would benefit from this.

Who can apply:

Everyone welcome to apply

How/where to apply:

Peep online application form found on the Shetland Family Centre website:

www.shetland.gov.uk/family-support/shetland-family-centre/2

Who to contact:

Shetland Family Centre

Telephone: 01595 745400

Email: shetlandfamilycentre@shetland.gov.uk

Facebook: www.facebook.com/shetlandfamilycentre

Website: www.shetland.gov.uk/family-support/shetland-family-centre

Location of programme:

Shetland Family Centre,
SIC Children's Services, 28 Burgh Road,
Lerwick, Shetland, ZE1 0LA

Peep

Peep Progression Pathway



Delivered by:

SIC, Shetland Family Centre



Aim of the programme:

The programme is a follow on from Peep (Peep Learning Together Programme).

It is a block of Peep classes with added time and content to allow the parents to complete a portfolio at SCQF Level 3, 4 or 5 (2 points). Upon completion the portfolios are verified in order for parents to gain a recognised qualification.

Who is the programme for:

For families with children aged 0 - 3 years

Length of programme:

Blocks are 12 weeks and parents must achieve at least 80% attendance

Length of session:

Each session lasts 2 hours

(1 hour Peep session and 1 hour portfolio work)

Size of typical group:

Small, in person groups, between 6-8 families

Who can apply:

It's preferable for parents to have attended a Peep session/block beforehand but not essential. Everyone welcome to apply.

How/where to apply:

Peep online application form found on the Shetland Family Centre website:

www.shetland.gov.uk/family-support/shetland-family-centre/2

Who to contact:

Shetland Family Centre

Telephone: 01595 745400

Email: shetlandfamilycentre@shetland.gov.uk

Facebook: www.facebook.com/shetlandfamilycentre

Website: www.shetland.gov.uk/family-support/shetland-family-centre

Location of programme:

Shetland Family Centre,
SIC Children's Services, 28 Burgh Road,
Lerwick, Shetland, ZE1 0LA

Wellbeing 1000/Under 1's Group



mind your head 

Delivered by:

Mind Your Head

Aim of the programme:

To provide nurturing and compassionate low level wellbeing support to parents and carers of young children.

The wellbeing 1000 group is primarily to support the wellbeing of parents and carers but they are welcome to bring children under 2.5 years to the morning session.

During the school term, an additional wellbeing group is run in the afternoon for families and children under 1 year old.

Who is the programme for:

The wellbeing 1000 group is open to parents and carers with children under the age of 2.5 years that want to improve their mental wellbeing.

Under 1's is a quieter group for families and any children under 1 year of age.

Length of programme:

Weekly on Tuesdays

Length of session:

This group is a drop in session between 10-12pm weekly on Tuesdays

Size of typical group:

Up to a maximum of 13 adults and 13 infants with 3 practitioners

Who can apply:

Parents and carers over the age of 18 with children under 2.5 years of age

How/where to apply:

Group sessions are drop in. Pop along to Islesburgh on the day. Spaces are filled on arrival with no need to book.

Who to contact:

Mind Your Head Team

Telephone: 01595 745035

Email: mindyourhead@shetland.org

Website: www.mindyourhead.org.uk/contact

Location of programme:

This group meet on Tuesdays from 10-12pm at Islesburgh Community Centre.

During term time they provide an additional wellbeing group for families and children under the age of 1 which meets on Tuesdays from 12.30-2pm at Islesburgh Community Centre.

Any changes or updates can be found on Mind Your Head facebook page: www.facebook.com/MYHShetland/

Well Dads Group



Well Dads

mind your head



Delivered by:

Mind Your Head

Aim of the programme:

The wellbeing group is for dads and children 5 years and under.

The aim is to provide a supportive space for dads that is convenient and accessible for them.

Who is the programme for:

Well Dads provide a group space for dads over the age of 18 years to speak about how they are feeling as they adapt to being a dad, and the everyday pressures they face. Although this support is for dad, they are welcome to bring their children under 5 years of age.

Length of programme:

Weekly on Saturday mornings

Length of session:

2 hours from 10-12pm

Size of typical group:

Up to a maximum of 13 adults and 13 infants with 2 practitioners

Who can apply:

Any dads over the age of 18 years, with children under the age of 5 years of age

How/where to apply:

Group sessions are drop in. Pop along to Islesburgh on the day. Spaces are filled on arrival with no need to book.

Who to contact:

Mind Your Head Team

Telephone: 01595 745035

Email: mindyourhead@shetland.org

Website: www.mindyourhead.org.uk/contact

Location of programme:

Well dads meet on Saturdays, from 10-12pm at Islesburgh Community Centre.

Any changes or updates can be found on Mind Your Head facebook page: www.facebook.com/MYHShetland/

Child Focused Family Mediation



Delivered by:

Relationships Scotland,
Shetland

Aim of the programme:

Family Mediation offers support to parents who are separating, separated or divorced. It assists them to make positive, workable arrangements in relation to co-parenting their children. Family Mediation can also include the delivery of the Parenting Apart programme which is designed to assist parents co parent after separation and divorce.

Who is the programme for:

Parents who are separating / separated

Length of programme:

Usually 6 sessions
Will be led by need

Length of session:

Usually 1 hour per session

Size of typical group:

Both parents and mediator

Can be done in a shuttle mediation format so parents are not in the same room.

Can also be provided online.

Who can apply:

Everyone welcome to apply

How/where to apply:

Telephone: 01595 743859

Email: relationshipsscotland@shetland.org

Who to contact:

Relationships Scotland

Telephone: 01595 743859

Website: www.rs-shetland.org/

Facebook: www.facebook.com/RSShetland

Location of programme:

Market House, 14 Market Street,
Lerwick, Shetland, ZE1 OJP

Henry - Healthy Families Workshops

Delivered by:

NHS Shetland,
Health Improvement
Team and Partners



Aim of the programme:

A range of standalone workshops which provide key information, confidence-building and peer support for families. These workshops are a great way to support parents and provide a healthy start for their children.

Each workshop addresses a key theme:

- Starting Solids
- Eating Well for Less
- Fussy Eating
- Healthy Teeth
- Looking After Ourselves
- Understanding Children's Behaviour

Who is the programme for:

Parents and carers of children aged between 0-12 years, varies with workshop

Length of programme:

1 standalone workshop

Length of session:

1-2 hours, depending on workshop

Size of typical group:

In person: up to 12

Online: up to 8

Who can apply:

Everyone welcome to apply

How/where to apply:

Online application form found at:

www.healthyshetland.com/henry-healthy-families

Who to contact:

Health Improvement Team

Telephone: 01595 743330

Email: shet.healthyshetland@nhs.scot

Location of programme:

Online and in person support throughout the year in different areas in Shetland.

Delivered by:

NHS



Aim of the programme:

Courses with a series of modules containing interactive resources, quizzes and video clips. It focuses on developing nurturing and supportive relationships between parents/carers and their child.

Courses available

Antenatal

- Understanding your pregnancy, labour, birth and your baby
- Understanding your pregnancy, labour, birth and your baby: for woman couples

Postnatal

- Understanding your baby
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home

6 months – 19+ years

- Understanding your child: from toddler to teenager
- Understanding your child with additional needs
- Understanding your child's feelings (a taster course)
- Understanding your child's health & wellbeing
- Understanding the impact of the pandemic on your child

Pre-teen – teenager

- Understanding your teenagers brain
- Understanding the impact of the pandemic on your teenager
- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)

Adults

- Understanding your relationships
- Understanding your own trauma

Who is the programme for:

Available to any family

Length of programme:

Courses vary

Length of session:

Complete at own pace

Size of typical group:

Self learning online

Who can apply:

Everyone welcome to apply

How/where to apply:

www.inourplace.co.uk

Apply access code to create an account. ACCESS CODE is **TARTAN**, then in future go straight to website and log in. The access code allows access for free.

Who to contact:

www.inourplace.co.uk

Location of programme:

Online - families can work through at their own pace. Once signed up can access any of the courses at any time for free.

Parenting Apart

Delivered by:

Relationships Scotland,
Shetland

**Aim of the programme:**

Parenting Apart is a three hour session for parents who are divorced or separated. These sessions are hosted by a mediator who share information with parents on practical ideas including how to build a positive future for their children, how to talk to children about separation or divorce and how to improve communication.

Who is the programme for:

Separating / separated parents

Length of programme:

1 session

Length of session:

3 hours

Size of typical group:

One parent and mediator
Individual sessions

Who can apply:

Everyone welcome to apply

How/where to apply:

Telephone: 01595 743859

Email: relationshipscotland@shetland.org

Who to contact:

Relationships Scotland - Shetland

Telephone: 01595 743859

Website: www.rs-shetland.org/

Facebook: www.facebook.com/RSShetland

Location of programme:

Market House, 14 Market Street,
Lerwick, Shetland, ZE1 OJP

Seasons for Growth



Delivered by:

SIC, Education Outreach Team



Aim of the programme:

To provide an opportunity for parents and carers to better understand the experience of separation, divorce or bereavement from a child's perspective and to explore ideas and strategies that they may wish to consider to support their children and young people through family change.

Who is the programme for:

Any parent or carer looking to support their children through family change and loss

Length of programme:

Supporting your child following separation and divorce-
2 sessions

Supporting your child following the death of someone they love-
2 sessions

Length of session:

2.5 hours, includes tea and biscuits

Size of typical group:

A small group of 4-8 parents facilitated by
2 trained 'Companions'

Who can apply:

Everyone welcome to apply

How/where to apply:

Parents/carers can self-refer by emailing:

eps.admin@shetland.gov.uk

or telephone: 01595 745588

Who to contact:

SIC Education Outreach Team

Telephone: 01595 745588

Location of programme:

This programme can be run in various Shetland locations depending on demand.

Fear-Less Triple P



Delivered by:

SIC, Shetland Family Centre



Aim of the programme:

Fear-Less Triple P is a cognitive behavioural parenting intervention that supports parents to help children manage their anxiety more effectively.

Who is the programme for:

For parents and carers of 6-14 year olds who have moderate to high levels of anxiety

Length of programme:

6 weeks

Length of session:

2.5 hour weekly meetings for 6 weeks

Size of typical group:

Up to 10 parents and 2 facilitators

Who can apply:

Everyone welcome to apply

How/where to apply:

Fear-Less Triple P application form found on the Shetland Family Centre website:

www.shetland.gov.uk/family-support/shetland-family-centre/4

Who to contact:

Shetland Family Centre

Telephone: 01595 745400

Email: shetlandfamilycentre@shetland.gov.uk

Facebook: www.facebook.com/shetlandfamilycentre

Website: www.shetland.gov.uk/family-support/shetland-family-centre

Location of programme:

Shetland Family Centre,
SIC Children's Services, 28 Burgh Road,
Lerwick, Shetland, ZE1 0LA

The Incredible Years



Delivered by:

SIC, Shetland Family Centre



Aim of the programme:

Incredible Years is a positive parenting programme which strengthens the parent and child relationship as well as enabling parents to understand and effectively manage challenging behaviour.

Who is the programme for:

For parents and carers of 3-11 year olds

Length of programme:

14 weeks

Length of session:

2 hour weekly meetings for 14 weeks with one to one phone call support

Size of typical group:

Up to 14 parents and 2 facilitators

Both in person and online groups available

Who can apply:

Everyone welcome to apply

How/where to apply:

Incredible Years online application form found on the Shetland Family Centre website:

www.shetland.gov.uk/family-support/shetland-family-centre/3

Who to contact:

Shetland Family Centre

Telephone: 01595 745400

Email: shetlandfamilycentre@shetland.gov.uk

Facebook: www.facebook.com/shetlandfamilycentre

Website: www.shetland.gov.uk/family-support/shetland-family-centre

Location of programme:

Shetland Family Centre,
SIC Children's Services, 28 Burgh Road,
Lerwick, Shetland, ZE1 0LA

Teen Triple P



Delivered by:

SIC, Shetland Family Centre

Aim of the programme:

Teen Triple P is a positive parenting programme which strengthens the parent and teen relationship as well as enabling parents to understand and effectively manage challenging behaviour.

Who is the programme for:

For parents and carers of 12-16 year olds

Length of programme:

7 weeks

Length of session:

2.5 hour weekly meetings for 5 weeks plus one to one phonecalls for 2 weeks

Size of typical group:

Up to 14 parents and 2 facilitators

Who can apply:

Everyone welcome to apply

How/where to apply:

Teen Triple P online application form found on the Shetland Family Centre website:

www.shetland.gov.uk/family-support/shetland-family-centre/4

Who to contact:

Shetland Family Centre

Telephone: 01595 745400

Email: shetlandfamilycentre@shetland.gov.uk

Facebook: www.facebook.com/shetlandfamilycentre

Website: www.shetland.gov.uk/family-support/shetland-family-centre

Location of programme:

Shetland Family Centre,

SIC Children's Services, 28 Burgh Road,

Lerwick, Shetland, ZE1 0LA

Young People and Families Mediation



Delivered by:

Relationships Scotland,
Shetland

Aim of the programme:

Young People and Families Mediation offers support to wider family relationships including young people, parents, step parents, grandparents, aunts and uncles to come together to have difficult conversations and understand each other better.

Who is the programme for:

Young people over the age of 18 and their families

Length of programme:

Usually 6 sessions
Will be led by need

Length of session:

1 hour per session

Size of typical group:

Young person / family members and mediator
Can also be provided online
Individual sessions can be provided if appropriate

Who can apply:

Everyone welcome to apply

How/where to apply:

Telephone: 01595 743859

Email: relationshipscotland@shetland.org

Who to contact:

Relationships Scotland - Shetland

Telephone: 01595 743859

Website: www.rs-shetland.org/

Facebook: www.facebook.com/RSShetland

Location of programme:

Market House, 14 Market Street,
Lerwick, Shetland, ZE1 0JP

Scan QR code for link
to online booklet



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