



Enhancing partnership through the Families Together Programme



Our Hamish & Milo mission

- To provide an emotions curriculum, range of targeted intervention programmes and families programme to support the **one in five children with mental health needs** to be happier, heard and connected.
- Creating opportunities for social connectedness and Positive Childhood Experiences
- To provide schools with a complete toolkit; the programmes, training, supervision, and resources alongside digital assessment and live impact reporting software to support children.
- To support pastoral leads, SENDCOs, ELSAs, TAs and mental health champions in their frontline role in promoting and protecting children and young people's mental health and wellbeing.

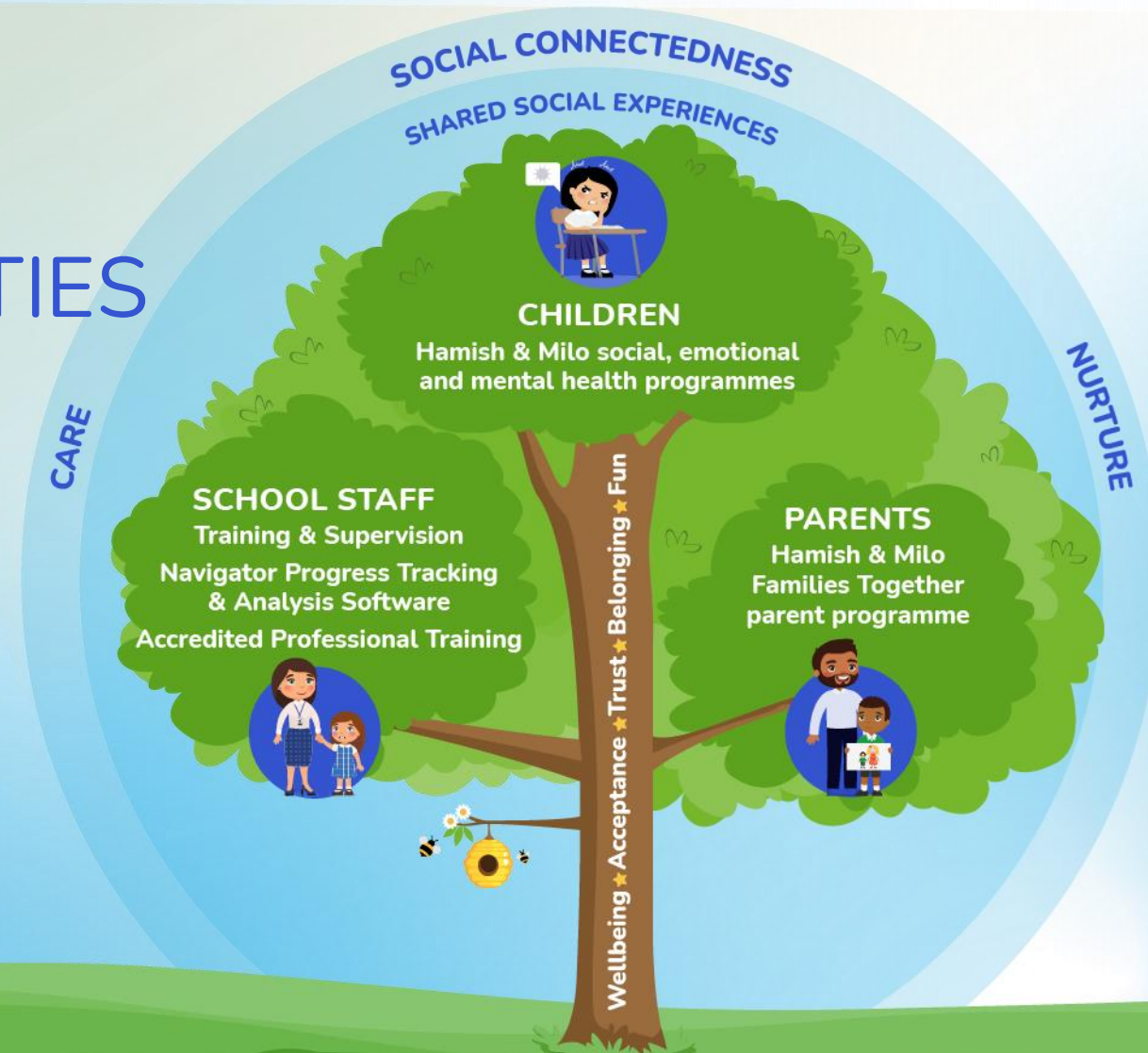


A whole school approach



Public Health England 2021. The [latest revision to the PHE document](#) includes cross referencing to the latest [Ofsted Framework](#). The [DfE training and support for MH Leads](#) is centred around the PHE 8 principles.

Creating COMMUNITIES OF CARE in schools



HAMISH & MILO SUPPORTS COMMUNITIES OF CARE IN SCHOOLS
Creating opportunities for nurturing, caring and positive childhood experiences and promoting social connectedness amongst pupils, school staff and parents.



Innovative emotional literacy resources for primary-aged children

Everything mental health champions and pastoral staff need to deliver high-quality nurture and small group intervention.

“It is our go-to resource now for all our SEMH and wellbeing intervention.” SENCO, Hazlehurst Primary



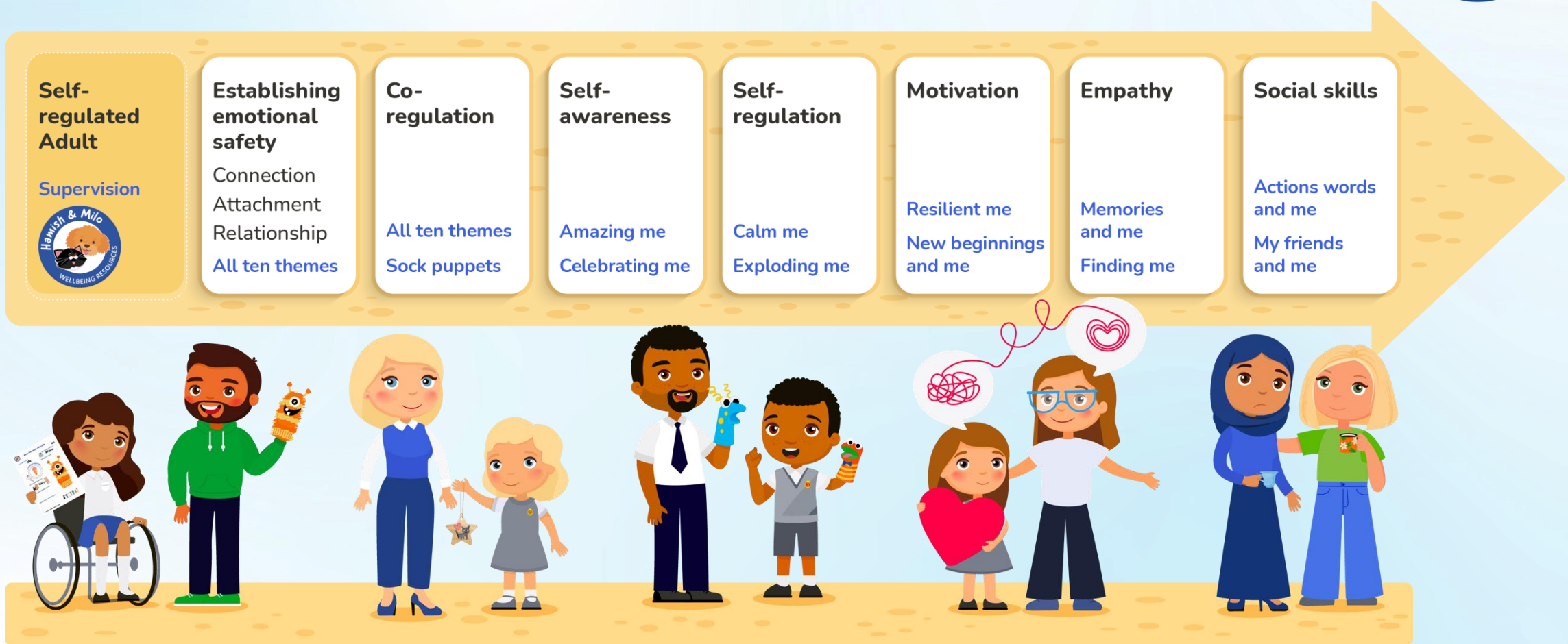
Ten themes within the programme



- **Actions, words and me** - Conflict resolution
- **Celebrating me** - Diversity
- **Resilient me** - Resilience
- **Calm me** - Anxiety
- **Finding me** - Sadness
- **New beginnings and me** - Change and transition
- **Memories and me** - Loss and bereavement
- **Amazing me** - Self-esteem
- **My friends and me** - Friendship
- **Exploding me** - Strong emotions and anger



Hamish & Milo Emotional Literacy Skills Development Pathway



Welcome to Hamish & Milo



Families Together



- A series of family workshops directly linked to the Hamish & Milo SEMH Programme.
- Insight for family members about what children are learning as well as sharing home-to-school experiences in a safe environment.
- Insight into the programme themes, concepts, theory content and approach.
- Connection time - shared activities for parent/family member and child.
- Builds a collaborative partnership.



Improving outcomes



“Providing a series of group-based workshops for parents, sometimes with separate activities for children, can be effective for a range of outcomes, including academic attainment, other learning outcomes, and aspects of children’s social-emotional development.”

Working with Parents to Support Children’s Learning,
Guidance Report

Education Endowment Foundation





Parent partnership

- Actively build trust and connection with parents
- Open door
- Inviting parents/carers in
- Parent leaflets about each Hamish & Milo theme
- Non-judgemental approach
- Acceptance and compassion
- Understanding that some parents had a difficult school experience
- Partnership approach



Parent perspectives



“I’ve enjoyed the time with parents before and after, connecting with other parents too.”

“It’s made me reflect on my own childhood and my own experiences.”



“It’s made me feel optimistic and hopeful that we are giving our children a much better toolbox of skills. I feel really positive as a result of it.”

Video of parent experiences

Suffolk Project - What is included in your funding?



- Families Together Manual with all session plans
- Access to Families Together online hub - templates, video links, session plans
- Guidance booklet
- Resources checklist
- Family invitation letter
- Families Together Navigator
- Expert supervision in Spring and Summer 2026 for your school staff
- Insight & Activity cards
- Family Voice questionnaire
- Navigator dashboard –impact measurement
- Sock puppet pet craft kits
- Certificates and stickers



Facilitation

- Hamish & Milo Champion or Family link worker
- Create a sense of welcome and safety
- Genuine warmth and care
- Open and approachable
- Empathy and listening skills
- Collaborative



Safeguarding

- Create an environment of safety
- Need for clear safeguarding protocols and procedures
- Clear routes to DSL and Mental Health Leads
- Recognition of when there is a need to follow up
- Safety and welfare of families is paramount
- Safeguarding is the responsibility of all



Logistics

- Ten-week programme - with attendance encouraged for all sessions
- Timing - 2hr 15mins weekly
- Confident facilitator
- Group size - 6 family members and 6 children

Group session space:

- Comfortable, atmospheric and attractive
- Area for displays and accolades
- Area to prepare refreshments
- Free from interruptions!



Online detailed session plans



Welcome and check in

- safety and connection

Family Focus

- stimulating thoughts and ideas about the emotion theme of the session.

Insight focus and discussion

- theoretical concepts, thinking and insight from own experiences.



Refreshments

- parents and children together

Family together activity

- creative, special time of 'being together.'
- consolidate ideas from the emotion theme.

Reflection and celebration

- appreciation for each other and insights gained.

Suggested schedule

1-1.10pm

- Welcome and check-in

1.10-2pm

- Family focus and insight focus.
- Key emotion theme and principles.

2-2.15pm

- Children join the group for refreshments.



2.15-2.45pm

- Family activity with child and parent/carer involved in theme-specific shared activity.

2.45-3.00pm

- Reflection and celebration

3-3.15pm

- Family member reflections as children return to class for the end of the day and to collect bags.



Reflection and celebration



We include everything you need - certificates and stickers

- Helping children to feel valued and special
- Helping children to reflect and feel affirmed
- Celebratory
- Developing a sense of self-worth and pride



Endings and closure



Ensure everyone is aware of the sessions coming to a close, as the programme develops.

- Awareness of the sense of loss
- Celebration
- Reflection
- Certificates
- Encourage the continuation of the network.



Family voice questionnaires



- To be filled in at the beginning and on completion of the programme.
- Collates feedback.
- Gains insight into parent/carer perspective.
- Home-school collaboration and insight.
- Values the family voice.

The form is titled 'Families Together Parent Carer Feedback'. It includes sections for 'Your child - before and after', 'Your experience', and 'Your child's experience'. It features several tables for rating 'Before' and 'After' experiences across various categories. There are also checkboxes for 'Yes', 'No', 'A little', and 'A lot'. The form is decorated with a colorful border at the top.

Navigator

Navigator provides practitioners with live data to demonstrate the impact of Hamish & Milo.

Navigator tracks the progress - Family Voice questionnaire pre and post.



Impact Reporting DASHBOARD



- Filter menu
- Home
- Dashboard
- Administration
- School management
- Wellbeing profiles
- Families Together
- Children's voices
- SDQ
- Notes
- School profile
- Dashboard data
- Global shared lists

Overview

Overview



370

Number of children in a wellbeing intervention



68

Number of intervention groups

Overview

A summary of your groups, children and progress so far.

Programme	Groups	Children	Wellbeing profile pre	Wellbeing profile post	Child's voice pre	Child's voice post	SDQ pre	SDQ post
Actions, words and me	0	0	0%	0%	0%	0%	0%	0%
Amazing me	9	46	56.07%	69.57%	69.86%	66.98%	66.21%	74.5%
Calm me	10	58	61.04%	72.72%	57.41%	62.84%	65.07%	75.83%
Celebrating me	6	36	59.14%	70.78%	58.61%	57.86%	67.39%	72.61%
Exploding me	8	41	57.05%	64.63%	58.86%	65.44%	55.91%	65.55%
Finding me	6	33	65.67%	78.38%	62.39%	63.19%	71.03%	78.87%
Memories and me	2	9	73.17%	81.5%	63.25%	65.67%	73.33%	82.5%
My friends and me	9	49	62.58%	68.42%	59.86%	65.21%	60.8%	65.05%
New beginnings and me	6	35	58.98%	70.88%	61.66%	62.11%	58.01%	68.4%
Resilient me	8	42	55.26%	66.19%	60.74%	65.25%	63.33%	70.81%

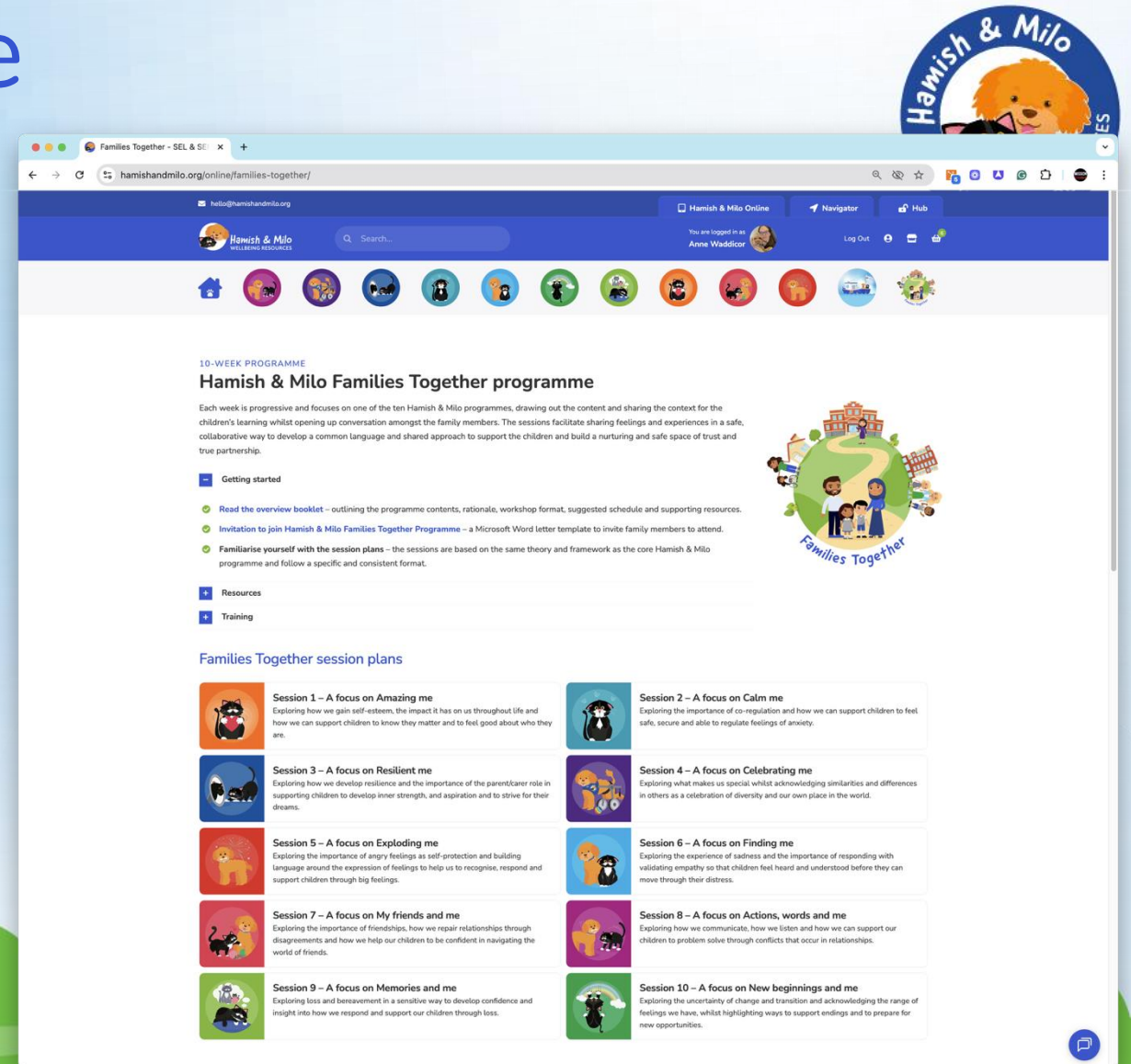
Programme	Groups	Children	Parent/Carer experience pre	Parent/Carer experience post	Child experience pre	Child experience post	Parent/Carer Group experience
Families Together	4	21	45.25%	91.46%	39.58%	85.75%	79.3%



Hamish & Milo
NAVIGATOR

Hamish & Milo Online - Families Together

- Session plans
- Templates, posters
- Video links
- Family voice questionnaires
- Insight & Activity cards





Next steps

- **Read manual and log in to Hamish & Milo Online** - familiarise yourself with the programme and materials
- **Think about the children involved** - in Hamish & Milo and which parents you would like to invite.
- **Invite parents to attend an information session** - send invitation letters or speak to the parents individually to encourage attendance.
- **Encourage parents** to sign up and aim for 6 parents per group.
- **Consider logistics** - where can the groups take place - room, display, space, environment, atmosphere, access.

Visit Hamish & Milo Online - Families Together for plans, handouts and template downloads!





Thank you!

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Visit our website:

hamishandmilo.org

