



Changing childhoods.
Changing lives.

Parenting Wellbeing Service

Surrey



Providing support to parents/carers whose young people are experiencing difficulties with their emotional health and wellbeing.



What we offer

Barnardo's Parenting Wellbeing Service (PWS) offers advice, guidance and support to parents and carers across the county of Surrey.

PWS provides parenting support including:

- Providing a safe space to share parenting experiences
- Sharing advice and approaches to parenting
- Creating a toolbox of strategies for parents
- Building on parent/carers strengths to achieve positive change
- Onwards signposting & referrals if required



PWS is an early intervention service, which does not include clinical or crisis support.

The aim of PWS is to upskill parents/carers and empower them to explore new strategies to make effective change. PWS encourages parents/carers to use a goal-based approach, building on their existing knowledge to support their child(ren) to thrive.

Parents/Carers are offered up to 6 weeks of support. This is usually provided through one 60-minute session per week. Parents/Carers can receive this support either online, over the phone, at home or out in the community.

Referral Process

The Parenting Wellbeing Service works closely with Mindworks under the Surrey Wellbeing Partnership. We accept referrals from:

- 🌈 Surrey Mindworks Access and Advice team
- 🌈 Education
- 🌈 GP Surgeries & healthcare providers
- 🌈 Community Services
- 🌈 Parents/Carers themselves

Referrals can be completed electronically or through paper form.

Both can be found here:

<https://www.barnardos.org.uk/get-support/services/parenting-wellbeing-service-pws-surrey>



How to contact us

PWS@barnardos.org.uk

Parenting Wellbeing Service

220 Dorset House,

Kingston Road,

Leatherhead,

Surrey,

KT22 7PL

Please note this is an administrative hub and not a drop-in venue