

Family Resource

Working with families with children, facing challenges and hardships, to develop the skills to move forward as happy, healthy families.

Families facing a range of challenges need support to help strengthen relationships, improve emotional wellbeing, and foster healthier, more connected communities. The Family Resource Project offers tailored support to parents and children across Devon and Cornwall, helping them navigate complex issues related to crime, domestic abuse, and attendance at school.

Impact

Across Devon and Cornwall, the Family Resource Project in the last year has directly supported 188 parents and children, delivering 738.5 hours of family

support. 96% reported being satisfied with support and 100% found advice helpful — demonstrating both reach and quality. 90 people participated in the Hear my Voice in schools course across 3 primary schools in Exeter.

Even if our support helps prevent a small number of severe child maltreatment trajectories, the potential lifetime public-sector and societal savings are large: preventing just one case would correspond to an avoided lifetime cost of ~ £89k (UK estimate), meaning the project's support hours can deliver high social and economic value.

"Family Resource helped us rebuild our home life with kindness and practical support."

In partnership with

naturalmat

FAMILY MINDS
PARTNERSHIP

YOUNG DEVON

Devon
County Council

Focus
Foundation

Pears
Foundation

PCC
Office of the Police and
Crime Commissioner
Devon and Cornwall

“

We didn't know where to turn – now we're finding our way again.

”

188
parents and
children directly
supported

Diane's Story

When Diane's family was referred to Exeter Community Initiatives, they were in crisis. Her son Daniel had witnessed a violent attack, leaving him anxious and withdrawn. His sister Demi was also struggling, and tensions at home were high.

ECI carried out a family assessment and offered tailored support. Diane learned parenting tools like co-regulation and de-escalation, and received counselling and regular check-ins during a difficult separation.

"We talk more now, about how we feel. Both kids understand what's in their control, and what isn't," she says.

Daniel had school-based "Hear my Voice" sessions, where games like Go Fish helped him share feelings. "I sleep in my own room now... I'm a lot more confident," he says. Demi also found space to open up: "You weren't biased or stern — you listened like a friend. That made all the difference."

Together, the family is rebuilding — stronger and more connected.