



Creating Connection and Empowering Families to Thrive

Brief Summary and Description for Families

Hello and welcome. Whether you've been referred to the **Muirhead Outreach Project** or reached out on your own, we're really glad you're here. We understand that taking this step can feel daunting, and we want you to know that it's okay to bring every part of your experience with you — your strengths, your worries, and everything in between. You deserve support that feels safe, respectful, and free from judgment, and that's exactly what we aim to offer.

At the Muirhead Outreach Project, we're a warm, community focused charity providing early intervention support for families. Our purpose is simple: **to help families build stronger, healthier connections**. We do this by exploring children's needs, behaviours, and experiences together with you in a nurturing, compassionate way. Many families we meet have lived through difficult or overwhelming situations, including trauma or Adverse Childhood Experiences (ACEs). We recognise the impact that these experiences can have, and we work alongside you to reduce their effects and help break unhelpful cycles - with understanding, not judgment.

When you join us, you'll take part in our **8-part Connected Parenting Program**. This programme is designed to be approachable, engaging, and practical. Together we'll explore topics like family values, effective communication, responding to needs, conflict resolution and ways to deepen connections at home. We'll share tools you can use day-to-day and sometimes there may be small, meaningful activities to try between visits. Many families tell us they find these sessions empowering and surprisingly enjoyable.

We believe real progress grows from involvement across the whole household, so our approach is inclusive and relationship focused. While we bring knowledge and guidance, **you are the expert in your own family**, and lasting change happens through your strengths, insight and commitment. We're simply here to walk alongside you.

Many families who come to us share that they've been feeling isolated, overwhelmed or unsure where to turn. Children may be struggling at school or socially, or they may find it hard to express big feelings. Some face bullying or challenges with confidence. We work with families across Fife, including those who have experienced long waiting lists or gaps in support. Our team is here to offer encouragement, connection, and reliable guidance - reminding children and parents alike that they are capable, valued, and not alone.

For some families, previous experiences or early trauma make it difficult to connect in the ways they wish they could. Our Connected Parenting Program is designed specifically to help with this, providing new tools, understanding, and hope for moving forward.



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Once you've completed the programme, you'll meet with your dedicated family support worker to talk about next steps. Some families feel ready to move forward independently, while others choose to continue with further support - and we're here to explore those options together.

It's important to note that while we provide meaningful, relationship based support, we are **not** a replacement for social work, statutory services, therapy or counselling, advocacy, school support or respite care. As a small team, our focus is on working with families as a whole rather than offering one-to-one support for children.

If you feel that our approach is a good fit and you're ready to explore positive, nurturing change within your family, we'd love to hear from you. Please complete the referral form when you're ready.

If we are not the right service for you, we will help you to identify who may be better suited to you and your family's needs. We will do this by signposting you or making a referral on your behalf.

Let's take these next steps together - at your pace, in your way, toward a happier stronger, calmer and more connected family life.