

# THE FAMILY COACH SERVICE

WORKING TOGETHER TO SUPPORT FAMILIES TO FEEL EMPOWERED  
AND MAKE POSITIVE CHANGES HAPPEN

## WHO WE ARE



Hello!

We are Emily and Rachel, Family Coach's for Hackney!

We have a combined 20+ years experience working with children and families and are committed to empowering families to realise their potential through coaching.

We look forward to answering any questions you may have and working with you soon!

## WHAT WE DO



We work with families that have SEND children. No formal diagnosis or Education Health Care Plan required.

We act as a connection between family home life, school and community.

We aim to provide coaching opportunities;

- To support families to identify and talk about changes they would like to make and then find a way forward in their journey.
- To actively listen to families and identify possible workshop opportunities within communities.
- To provide a non-judgemental and confidential space for families.

## WHAT IS COACHING?



Coaching is unlocking a person's potential to maximise their own performance through conversation, goal setting and taking action.

## OUR SERVICES



### 1:1 or Family Coaching

Available to parents to a SEND child that lives in Hackney.

Across the 6 sessions you will be empowered to work towards achieving self directed goals



### Parent Empowerment Groups

Available to parents to a SEND child that attend a Hackney school or lives in Hackney.

A space for you to work towards goals with the support of a wider community who can celebrate successes and problem solve together.



### Drop in sessions

Available to parents to a SEND child that attends a Hackney school or lives in Hackney

Email us to book a place a 20 minute drop in session. These take place either online or in person at Hackney Education.

Here you can receive:

- Coaching
- Signposting
- Support



0208 356 7344



[familycoach@hackney.gov.uk](mailto:familycoach@hackney.gov.uk)

## WHAT TO DO IF YOU WOULD LIKE SUPPORT



- Speak with your SENCO to be referred for 1:1 coaching and to find out where our empowerment groups are.
- Email us directly if you have a questions, to book a drop in appointment or if you want to receive our newsletter.

WE LOOK FORWARD TO MEETING YOU

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ANNUAL IMPACT REPORT 2024-2025

200

Number of 1:1 coaching sessions

51

Number of parents attending PEGs

51

Parents attended AET training

## PROJECT

## OUTCOME

## WHAT YOU SAID

### 1:1 Family Coaching

- 71 families received coaching across the year. This is a 54% increase from last year. The service is steadily growing

*"We are more at peace at home and less anxious than before."*

### Parent Empowerment Groups (PEGs)

- There is now greater consistency of our parents attending each week and a growing community bond.

*"The sense of solidarity of being in with other people who get it, who have different challenges, who have a fuller plate and still showed up to support the group"*

### Autism Education Trust training

- 6 sessions were run across the year both in person and online.

*"I think this session was amazing - really informative but inclusive"*

## MEETING WITH PARENTS, THE COMMUNITY AND OTHERS TEAMS

1

Paper published exploring the impact of group coaching with parents of SEND children. A lecture on this topic was also delivered by the service at the University of East London.

30

Parents made self referrals to family coaching. This is a 173% increase from last year.

57%

Percentage of parents accessing the Family Coach Service that identify their ethnicity as being part of the global majority.

A massive thank you to all the families and teams we've worked with this year!