



SPACE

Supporting parents
and children emotionally

What is HeadStart Kernow?

A universal, prevention and early intervention programme
Headstart Kernow supports children and young people's emotional and mental health through a trauma informed, relational, whole school (system) approach. Engaging with and supporting key stakeholders (cyp, parents/carers, professionals) with information, training, resources and tools.

SPACE: Supporting Parents and Children Emotionally

A trauma-informed, educational, relationship based parenting programme empowering families to build resilience and emotional wellbeing.

Headstart Kernow commission
Rock Pool Life CIC to deliver
intensive three-day **CPD
accredited** training equipping
frontline workers with the skill,
knowledge and resources to
facilitate transformational group
work with both parents/carers
and children and young people.

Rock Pool specialise in writing trauma informed programmes for front line practitioners to deliver



Our Achievements

Developed Cornwall's **first trauma-informed** parenting programme in collaboration with Rock Pool Life and local families.

Trained 445 facilitators across multiple sectors and provided professionals with an accessible, flexible toolkit of high-quality resources

Adopted as a **core parenting offer** by key services, including:

Multi-Academy Trusts, Mental Health in Schools Team, Foundations for Life (Best Start) Team

Co-Designed with Parents and Carers

Engaged marginalised groups to ensure accessibility and relevance.

Consulted parents and carers to shape key topics and delivery methods.

Established an advisory group with stakeholders to refine the programme.

For more information please head to
www.headstartkernow.org.uk
www.rockpool.life

 *Recognised locally and nationally as a pioneering approach to trauma-informed parenting.*

I feel more hopeful that my own ACEs aren't life limiting to me and I can change how I deal with my emotions, this I now know helps both me and my child.

Parent Carer Feedback

SPACE allowed me to find my own parenting style by understanding how our previous life experiences impact our own family life

I used to hear the word resilience, how important it was and had no real understanding of how I was going to support my child in building resilience until the program



HEADSTART
KERNOW



CORNWALL
COUNCIL
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