



Parents and Communities Together (PACT)

Strengthening Babies' Futures Through Community Organising

WHAT IS PACT?

- **Parents and Communities Together - PACT** (previously known as Strengthening Babies' Futures) is a community organising project which aims to improve parental wellbeing and the health and developmental outcomes of babies in Southwark.
- **PACT is a partnership** led by Citizens UK of The Institute of Psychology, Psychiatry and Neuroscience (KCL), Southwark statutory maternity services and Citizens UK member organisations (including schools, churches, mosques and smaller community organisations).




WHAT IS PACT?

- **Citizens UK is the biggest community organising alliance in the UK.** They bring together civil society institutions to take action for the common good. They work on a myriad of issues from the national to the local such as low wages, housing and immigration policy.
- **The focus of PACT** is to bring together parents and carers, community and faith groups, education organisations, children's centres, and maternity services to tackle social isolation and break down barriers to accessing health services for pregnant women and parents with babies. The project is being evaluated by a team at the IOPPN.






• **MUMSPACE & DADSPACE** - parent led supportive communities where the focus is on parental wellbeing and peer to peer support.



• **PARENT UNIVERSITY** – a parent and health professional co-designed course for pregnancy and the first year of life, supporting parents to be better informed about healthy behaviours, access to services, and how to articulate their health needs.



• **THE PARENT CHAMPION NETWORK** - members of civic institutions are trained to support and signpost pregnant parents and parents of babies to services.



• **PARENT LEADERSHIP** – parents are encouraged and supported to take action to improve their communities and health services and to find solutions to tackle the social determinants of health.

WHY THIS PROJECT?

- Southwark is ranked within the **10 per cent most deprived local authority areas in the country**
- **Many children born in the borough face social problems** such as cultural dislocation, isolation, language barriers and poverty.
- Health and social care policy has focused on the need to improve the health of the more deprived populations in the country by improving the social determinants of health, including lack of social support, social exclusion and poor access to health services.



WHY THIS PROJECT?

- **Many mothers in Southwark may not be classed as 'high risk' and do not receive specialist services**, but nonetheless are isolated with poor social support. If English is not their first language, this can often inhibit communication, both social and relating to health.
- **Communities are well placed to provide social support and help improve parental mental health and confidence.** PACT will tackle the poor health issues of the next generation born in Southwark, particularly those associated with social difficulties in infancy.



GOING BEYOND TRADITIONAL THE HEALTHCARE MODEL

CREATING COLLECTIVE AND SELF-EFFICACY AROUND HEALTH

Central to the PACT model is the organising of civic institutions and parents as leaders to:

- Provide social support
- Ensure that parents are aware of services
- To work collectively **to improve health services and to tackle the broader social issues** negatively impacting on parents and ultimately babies' developmental outcomes
- Our hypothesis, building on the concept that increased efficacy has a positive impact on individual health, is that **organised citizens benefit from the increased sense of self esteem and confidence that comes with agency.**

Dayo Odude

PACT Early Intervention Health Visitor

Hannah Cunningham

MumSpace Parent Leader

Grace Romero

PACT Parent Oganiser

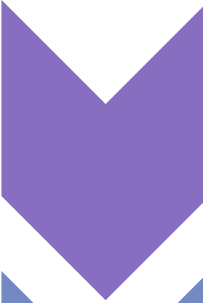
Nataly Quishpe Aldean

Espacio Mama Parent Leader

Wilma Reyes Cuenca

Espacio Mama Parent Leader

GAPS IN THE SAFETY NET

- 
- Long-term relationships with professionals and parent communities that are places of trust where women feel they can share.

- 
- Language barriers prevent women from accessing services and support available to them.

- 
- Women with no recourse to public funds (NRPF).

- 
- Unsafe Safety Nets: modern day slavery, unhealthy relationships, financial dependency.



Project Manager – PACT
Imogen.moore@citizensuk.org
07799138114
@imogenmooreuk