



building **strong family** foundations

3D Drumchapel



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**Journeying with children, families and communities
to build strong foundations for families to thrive**

Our Values

- **INTEGRITY**
We will be always trustworthy speaking the truth and accountable for our words and actions
- **LOVE**
We believe everyone is valuable and in every interaction we will treat people with compassion and respect seeking to show people their worth, that they are valuable and they matter
- **EXCELLENCE**
We will strive to offer the best service we can for our children and families facilitating innovative best practice
- **COLLABORATION**
We will work together with children, families and services to create change



Our Background

3D Drumchapel has been working with children and families in Drumchapel and surrounding areas for 25 years. The Charity was set up through the compassion, hope and desire for social justice by local churches in response to need and maintains this founding ethos based on Christian values to this day. We have grown and evolved from 1 staff member supporting around 20 parents to 18 staff members supporting over 200 families a year.





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Our Services

- **PERINATAL PROGRAMME:** Supporting expectant parents from pre-birth through to 1-year post-birth. Sessions include Mellow Bumps/Mellow Dads, Baby Massage, Baby and Me, Baby Beats, Buggy Walks, Weaning Workshops and Family Lunch. We continue to attend the local antenatal clinic every week to meet with new expectant parents and invite them to our sessions.
- **PARENT & CHILD PLAY PROGRAMME:** We facilitate a variety of play-based parent & child sessions based on the age and stage of the child including Messy Play, Twist & Shout, After-school Family Clubs, Outdoor play sessions in the woods, Storytelling sessions and Family trips.
- **PARENTING PROGRAMMES:** Supporting parents to be parents through delivering the Triple P parenting programme including 1-1 sessions, the group Fearless course and our peer support group. We also facilitate the Solihull Understanding your Child course.
- **PEER SUPPORT:** Creating space for parents to come together to support each other including SPACE peer support group for parents with children with additional support needs, Triple P peer support group, Mums nights and Dads Groups. We also facilitate a drop in for families to support each other as well as get support from a variety of services.





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- **LEARNING & DEVELOPMENT:** We facilitate a variety of courses including art classes, the Wellbeing Toolkit, Safe Spaces, Wow Women, cookery sessions and Seasons for Growth.
- **FAMILY SUPPORT IN SCHOOLS:** We have Family Support Workers based in local primary schools to provide family support to families within the schools and also bridge the families to our other family support services at 3D.
- **ONE TO ONE SUPPORT:** We offer one-to-one support via home visits, walk & talks, telephone support and support over a cuppa at our base.
- **PRACTICAL SUPPORT:** Distribution of food vouchers, Alexandra Rose vouchers for fruit & veg and books via the Imagination Library. We also source other practical support wherever we can and where it is required and refer and signpost families to other necessary services.
- **VOLUNTEER DEVELOPMENT:** We have many volunteering opportunities at 3D and we provide pathways, support and development for our volunteers. We have an amazing team of volunteers who support the work that we do.
- **BAIRN NECESSITIES:** Our volunteers collect and redistribute a bank of good quality baby and children (0-5 years) equipment and clothing to families who need it.
- **DRUMCHAPEL CHILDREN & FAMILIES NETWORK:** Bringing together children & families, third sector, social work, health, education, police and housing to work together to improve outcomes for children and families in Drumchapel.
- **3D FUTURES:** Our own Family Support Capacity Building programme including training programmes, toolkits, mentoring, consultancy and networking support.

Our Future

It is an exciting time for 3D Drumchapel as we seek to continue to develop and expand our programmes and services for children and families in Drumchapel and surrounding areas. We are also excited to develop and launch our new service 3D Futures where we seek to share our learning and expertise to develop capacity in other communities and to support them develop their own models of family support. We continue to lead the Drumchapel Children & Families Network which seeks to create a new way of doing family support in a locality by building relationships, making connections, developing best practice and creating systems change. In all things, we continue to work with children and families to change lives and change communities.



Our Impact

As a result of engagement in our services, families evidence the following outcomes -

- Stronger family relationships
- Improved local networks & connections and reduced isolation
- Improved confidence, self-esteem and resilience
- Reduced anxiety and depression
- Developed new skills and learning
- Improved child development outcomes
- Improved local community response
Communities build their family support capacity



Testimonies

“3D are a fantastic asset...part of the community. I think that almost everyone has been in contact with 3D at some point in their lives.” *3D parent*



“3D offered help and support at one of the most difficult times in my life. I suffered quite severe postnatal depression. 3D were my lifeline.” *3D parent*

“My relationship with my child is far better. 3D helped me heal but also supported me in a non-judgemental way...cannot underestimate the power of a friendly chat and a hug....this service is an invaluable lifeline to new parents.” *3D parent*



“We evidence more progress where 3D have been involved...maybe something to in the skills and ethos of the organisation....there is something special.” *3D partner*



“The ideology of 3D makes it stand out, the idea of ownership, everybody at every level is bursting with pride for the organisation and believe in the difference they are making. You can just see they have real purpose...they definitely have something right.” *3D partner*



“I am thinking differently, I am practising differently. I see the value in this approach.” *3D partner as part of the Drumchapel Children & Family network*



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