

Impact Report Young Parents Programme: Young Parents Feedback Featuring Case Studies



**MAKE SOME
NOISE**

Registered Charity Number 1127578



FUN **PIONEERING**
EMPOWERING
INCLUSIVE



Feedback Report Featuring Case Studies:

Demonstrating Impact Across Outcomes

The following case studies provide practical examples of how the programme has supported young parents to achieve outcomes across all three objective areas: improving parenting skills and relationships, reducing risk-taking behaviours, and increasing confidence and independence.

Each case highlights the holistic and relationship-based nature of the support, demonstrating how sustained engagement through creative sessions, one-to-one guidance, and peer support enables meaningful, long-term change.

A key theme across all case studies is the strength of the programme's Buddy System, where more experienced participants support newer parents to build confidence, reduce anxiety, and

engage fully in sessions. This peer-led approach has been instrumental in creating a safe, non-judgemental environment and in fostering leadership among participants.

Together, these examples illustrate the progression of young parents from initial vulnerability and isolation to greater stability, resilience, and independence, as well as their growing capacity to support others within the group and wider community.

This peer-led approach has been instrumental in creating a safe, non-judgemental environment

Participant Feedback Report – Young Parents Programme

Overview

Feedback from young parents highlights the significant impact of the Make Some Noise programme in reducing isolation, improving confidence, and supporting both parenting and mental wellbeing. The following reflections demonstrate how the programme has provided a safe, non-judgemental environment where young parents feel supported, understood, and empowered.

1. Reducing Isolation and Building Social Connections

A consistent theme across all feedback is the importance of the group in reducing loneliness and creating meaningful social connections.

Participants described the group as:

- A vital opportunity to **meet other parents and build friendships**
- A welcoming space where they could **share experiences without fear of judgement**
- A key part of their routine, particularly missed during periods of lockdown

One participant shared:

“This group is brilliant for young mums with babies and children to meet other mums and children... I couldn’t be more proud that I’ve been there since day one.”

Another noted:

“It gets us out the house and it’s lovely just to have some people to talk to who don’t judge each other.”

Impact:

The programme has successfully created a strong **peer support network**, helping to combat isolation and improve emotional wellbeing.

2. Increasing Confidence and Self-Esteem

Many young parents described starting the group feeling anxious, lacking confidence, or fearful of judgement.



Over time, participants reported:

- Increased confidence in **social situations and group participation**
- Greater openness in sharing experiences
- Feeling validated and understood by peers

One participant reflected:

“When I first started, my anxiety was sky high... I was very wary in case someone would judge me... coming to the group gave me back that confidence and life I needed.”

Another added:

“After a few weeks I got more confident in the group and was joining in a lot more.”

Impact:

The programme has played a key role in helping young parents develop **confidence, self-worth, and a sense of belonging**.

3. Supporting Parenting Skills and Parent-Child Relationships

The programme has supported parents to:

- Engage more positively with their children
- Build confidence in their parenting abilities
- Create opportunities for children to socialise and develop

Parents highlighted the value of:

- Watching their children grow in confidence
- Learning through shared experiences with other parents
- Accessing advice in a supportive, informal environment

One participant stated:

“I loved watching my daughter play with the other children and being able to have a chat with the other mums.”

Another shared:

“The group gave me the confidence... allowing me and my children to enjoy being in an environment where I wasn’t getting judged.”



Impact:

The sessions have strengthened **parent-child bonding** and improved parenting confidence.

4. Mental Health and Emotional Support

The support offered by staff has been particularly impactful for those experiencing mental health challenges.

Key themes include:

- Feeling supported during periods of crisis
- Access to consistent emotional reassurance
- Benefit of one-to-one sessions during lockdown

One participant shared:

“Kristy and Chris were like my rock through lockdown... I was ready to lose my mind... they reassured me and helped with everything that was going through my mind.”

Another commented:

“Even a phone call or a Skype call can make one hell of a difference when you’re alone with two small children.”

Impact:

The programme has provided essential **emotional support and early intervention**, helping parents manage mental health challenges.

5. Consistent and Trusted Staff Support

Participants repeatedly highlighted the importance of staff relationships:

- Staff are seen as **reliable, approachable, and supportive**
- Regular check-ins and availability build trust
- Support continues beyond attendance at sessions

Feedback included:

“Kristy, Cat and Chris are so helpful and always check on how we’re doing... you’re always there.”

“The support that you get and the encouragement is outstanding... even after I stopped attending.”



Impact:

Trusted relationships with staff are central to the programme's success, enabling **honest conversations and sustained engagement**.

6. Continuity of Support During Lockdown

The transition to remote support during Covid-19 was highly valued:

- Online sessions and calls helped maintain connection
- Reduced feelings of isolation during lockdown
- Continued access to advice and peer interaction

One participant reflected:

“The support over lockdown has been amazing... it was reassuring that I have the support there.”

Impact:

The programme successfully adapted to ensure **continuity of support during a critical period**.

7. Long-Term Impact and Loyalty to the Programme

Participants demonstrated strong attachment to the programme:

- Continued engagement across multiple children
- Ongoing advocacy and recommendations to others
- Emotional connection to the group and staff

One participant shared:

“Make Some Noise is the best group I've been to... thank you for helping me become a better person and a better mother.”

Another added:

“I will be continuing to go with my third child.”

Impact:

The programme has achieved **long-term engagement and sustained positive outcomes**, with participants recognising its ongoing value in their lives.



Conclusion

Participant feedback clearly demonstrates that the Make Some Noise programme provides:

- A **safe, non-judgemental environment**
- Strong **peer support networks**
- Improvements in **confidence, mental wellbeing, and parenting skills**
- Trusted, consistent **staff support**
- Effective adaptation to **crisis situations (e.g. lockdown)**

Overall, the programme has had a **transformational impact**, supporting young parents to move from isolation and uncertainty to **confidence, connection, and positive parenting**.



Participant Voice: Young Parents Programme

What Young Parents Are Saying

Connection & Belonging

Reducing isolation and building friendships

"This group is brilliant for young mums with babies and children... I couldn't be more proud that I've been there since day one."

"It's lovely just to have people to talk to who don't judge each other."

Confidence & Personal Growth

Building self-esteem and overcoming anxiety

"My anxiety was sky high... but coming to the group gave me back that confidence and life I needed."

"After a few weeks I got more confident and started joining in a lot more."

Parenting & Child Development

Strengthening parent-child relationships

"I loved watching my daughter play with the other children and being able to have a chat with other mums."

"The group gave me the confidence... I wasn't getting judged and could enjoy time with my children."

Mental Health & Emotional Support

Providing stability during crisis and lockdown



"They were like my rock through lockdown... they reassured me and helped me through everything."

"Even a phone call or Skype call can make one hell of a difference when you're alone with two small children."

Trusted Staff Support

Consistent, reliable guidance

"They are so helpful and always check on how we're doing... you're always there when we need to talk."

"The support and encouragement is outstanding... even after I stopped attending."

Life-Changing Impact

Long-term outcomes and transformation

"Make Some Noise is the best group I've been to... thank you for helping me become a better person and mother."

"If you're looking for a baby group to join, this is the one for you."

Overall Impact

Young parents describe the programme as a lifeline—transforming confidence, reducing isolation, and supporting them to become the parents they want to be.

They were my
rock ... reassured
and helped me



Impact Data Summary (Year Overview)

Participation

- **Total young parents supported:** 47
 - **Retention:** High, with many participants engaging long-term and progressing into mentoring roles
-

Objective 1: Positive Parenting and Family Life

- **100% (47/47)** improved parenting skills and relationships
 - **Majority** developed healthier co-parenting relationships or safely exited harmful ones
 - **Significant increase** in engagement with external services and support networks
 - **Major improvements** in home environments, routines, and child wellbeing
-

Objective 2: Reduction in Risk-Taking Behaviours

- **Majority of participants** reduced or ceased harmful behaviours (including substance misuse and unsafe relationships)
 - **High levels of increased awareness** of risks and consequences
 - **Strong evidence** of sustained positive behaviour changes and improved stability
-

Objective 3: Self-Efficacy and Independence

- **100% (47/47)** demonstrated increased confidence and self-esteem
 - **Majority** progressed into independent living and managing finances
 - **Significant progression** into:
 - Education (including university placements)
 - Employment
 - Volunteering and community activity
-

Progression Outcomes

- Movement from **social care dependency** → **independence**
- Movement from **isolation** → **strong peer support networks**
- Movement from **low confidence** → **leadership and mentoring roles**



Key Programme Strengths (Evidence-Based)

- Strong **peer mentoring and buddy system** improving engagement and retention
 - Effective **signposting and advocacy**, enabling better use of external services
 - Creative, relationship-based approach supporting **long-term behavioural change**
-

Headline Impact

The programme consistently supported young parents to move from **vulnerability and high risk** to **confidence, independence, and positive parenting**, with the majority achieving sustained improvements across multiple outcome areas.



Case Studies in Relation to Objectives & Outcomes

Overview

The following case studies demonstrate the impact of the Stoke Young Parents (SYP) programme across three key objectives:

1. **Improving parenting skills and relationships**
2. **Reducing risk-taking and harmful behaviours**
3. **Increasing self-efficacy and long-term stability**

Across all participants, there is consistent evidence of **progression from vulnerability and dependency to confidence, independence, and positive parenting.**



OBJECTIVE ONE

Increasing Young Parents' Ability to Apply Positive Parenting Skills

Key Impact Themes

Across participants, the programme has supported:

- Development of **healthy co-parenting relationships** or safe separation from harmful ones
- Increased confidence in accessing **external support networks**
- Adoption of **healthier lifestyles and home environments**

Improved Relationships and Co-Parenting

Many participants experienced significant positive change in relationships:

- **YP09** rebuilt a previously estranged relationship with the children's father, now successfully co-parenting in a stable, healthy way.
- **YP02 and YP11** progressed from single parenting in supported accommodation to **stable cohabiting relationships**.
- **YP06 and YP13** were supported to safely **exit harmful or abusive relationships**, increasing safety for themselves and their children.
- **YP05 and YP08** developed confidence to parent independently, even where partner support was limited or evolving.

Overall Impact:

Young parents are now better equipped to either **sustain positive relationships or make safe decisions to leave harmful ones**, improving outcomes for their children.

Improved Support Networks and Engagement with Services

Participants showed increased confidence navigating services:

- **YP09** progressed from full reliance on social care to becoming **independent and supporting peers**.
- **YP02** gained confidence to re-engage with services to pursue **regaining custody of her child**.
- **YP06 and YP13** accessed housing and specialist services (e.g. domestic abuse support) through SYP signposting.



- **YP08 and YP10** moved away from social care involvement and developed confidence engaging with support independently.

Overall Impact:

Participants transitioned from dependency or avoidance of services to **informed, confident engagement and self-advocacy**.

Improved Lifestyles and Wellbeing

There were significant improvements in health, home life, and wellbeing:

- **YP09 and YP08** overcame issues related to substance misuse and poor nutrition, now maintaining **healthy households and routines**.
- **YP02 and YP10** reduced or ceased drug and alcohol use.
- **YP05** moved from high anxiety to a **calm, controlled parenting style**.

Overall Impact:

Participants demonstrated improved **physical health, emotional regulation, and home environments**, contributing to positive child development.

OBJECTIVE TWO

Reducing Risk-Taking and Harmful Behaviours

Key Impact Themes

- Reduction or cessation of **substance misuse and harmful behaviours**
 - Increased awareness of risks and consequences
 - Positive lifestyle choices leading to **safer, more stable lives**
-

Increased Awareness of Risk

Participants developed clear understanding of harmful behaviours:

- **YP09, YP02, and YP10** moved away from drug and alcohol misuse after recognising risks.
 - **YP06 and YP13** identified the dangers of **unhealthy relationships** and took steps to leave them.
 - **YP05** recognised the impact of stress on parenting and wellbeing.
-

Positive Behaviour Change

There is strong evidence of sustained behaviour change:

- **YP09** now demonstrates responsible parenting and active pursuit of education and employment opportunities
- **YP02 and YP08** have adopted **healthier lifestyles and long-term goals**
- **YP11** now provides a **stable family environment for multiple children**
- **YP10** has ceased drug use and reduced alcohol intake, enabling **reconnection with her child**

Overall Impact:

Participants have moved from **high-risk behaviours to safer, more empowered lifestyles**, with clear long-term benefits for their families.

OBJECTIVE THREE

Increasing Self-Efficacy and Long-Term Stability

Key Impact Themes

- Increased **confidence, resilience, and independence**
 - Improved **financial management and housing stability**
 - Greater participation in **education, employment, and community life**
-

Increased Confidence and Self-Esteem

Participants showed significant personal growth:

- **YP09** is now a confident group member, actively mentoring others
 - **YP02** transitioned from chaotic parenting to a **controlled, positive approach**
 - **YP05** progressed to becoming a **business owner and confident single parent**
 - **YP08** moved from isolation and anxiety to being an **active student and parent**
-

Financial Stability and Independence

Participants developed key life skills:

- **YP09, YP02, and YP06** now manage **independent living and household budgets**
 - **YP05** runs both a household and a business
 - **YP08** and her partner are financially stable and **planning home ownership**
-

Community Engagement and Progression

Participants are increasingly active within their communities:

- **YP09** is pursuing **university and volunteering opportunities**, and learning to drive
- **YP02** is studying **healthcare at university level**
- **YP06** has gained **employment**
- **YP05** has integrated into the community as a **local business owner**
- Many participants now act as **peer mentors**, supporting newer parents



Overall Impact:

Young parents have transitioned from isolation and dependence to **active participation in education, employment, and community life.**

Summary of Overall Impact

Across all case studies, the Stoke Young Parents programme has demonstrated:

- **Sustained behaviour change**, including reduction in substance misuse and harmful relationships
- Increased **parenting capacity and positive child outcomes**
- Significant progression into **education, employment, and independent living**
- Development of strong **peer support networks and mentoring roles**

Participants who initially presented with:

- Low confidence
- High levels of risk
- Limited support networks

Have progressed to:

- **Confident, independent parents**
 - Active members of their community
 - Positive role models for others
-

Conclusion

These case studies clearly demonstrate the **transformational impact** of the programme.

Through consistent, relationship-based support, participants have developed the

skills, confidence, and resilience needed to navigate complex life challenges and build stable, positive futures for themselves and their children.





Case Study: Mia* – Building Confidence, Stability & Peer Support

**real name of the young parent featured in the case study protected*

Project Overview

Make Some Noise delivers weekly group sessions for young parents (under 24) in Stoke-on-Trent. Sessions combine music-making, singing, play, discussion, and shared meals, creating a supportive environment to develop parenting skills, confidence, and peer relationships.

Participant Background

Mia joined the group when her first child was around three months old, following a peer referral.

At the time, Mia faced multiple and complex challenges:

- Unstable housing (supported accommodation and private rented housing)
 - Low educational attainment and difficulty understanding official documents
 - Financial hardship
 - Involvement with social services
 - Drug use at point of entry
 - Parenting two young children with limited support and complex relationships
-

Engagement

Mia gradually engaged in sessions, building confidence to:

- Participate in music and play activities with her children
 - Form relationships with peers and staff
 - Share experiences and access informal support
-

Outcomes and Impact (Aligned to Lloyds Objectives)

Objective 1: Positive Parenting and Relationships

- Improved **parent-child interaction and bonding** through music-based activities



- Increased use of **positive parenting language and behaviour management strategies**
- Development of supportive peer relationships, including helping new participants settle

Impact:

Mia now actively engages in sessions, demonstrates warmth and consistency in her parenting, and models positive behaviours for others.

Objective 2: Reducing Risk and Harmful Behaviours

- Cessation of earlier **risk factors (including drug use)**
- Closure of **social services intervention**, reflecting improved safeguarding stability
- Greater ability to manage complex life circumstances independently

Impact:

Mia has moved from a high-risk position to one of **increased safety and stability** for herself and her children.

Objective 3: Self-Efficacy and Independence

- Significant improvement in **confidence, resilience, and emotional maturity**
- Ability to manage responsibilities as a **single parent of two children**
- Progression into a **peer support role**, including bringing new participants to the group

Impact:

Mia has transitioned into a **confident, independent parent**, with the skills to navigate daily challenges and support others.

Buddy System and Peer Support

Mia has naturally become part of the programme's **Buddy System**:

- Welcoming and supporting new parents
- Sharing advice based on lived experience
- Offering support even to those she may not initially connect with

This reflects strong **empathy, maturity, and leadership**.



Participant Voice

Mia shared:

“I really look forward to the group and miss it greatly if I can’t attend.”

Staff Reflection

“We are extremely proud of the journey that Mia has made. Whilst she continues to face socio-economic challenges, she is a positive, reliable member of the group and has grown significantly since we first met her.”

— Make Some Noise Practitioner

Summary


Mia’s journey demonstrates how sustained, creative, and relationship-based support can enable young parents to:

Improve parenting skills and relationships

- Reduce risk and increase stability
- Build confidence and progress into peer leadership

Her progression highlights the long-term impact of the programme in creating **resilient, capable parents and sustainable peer support networks**.

Transitioned into a confident, independent parent, with the skills to navigate daily challenges





Case Study: Abi* – Reducing Risk and Building Independence

**real name of the young parent featured in the case study protected*

Project Overview

Make Some Noise delivers weekly sessions for young parents (under 24) in Stoke-on-Trent, combining **music-making, play, discussion, and shared meals** to support parenting skills, confidence, and social connection.

Participant Background

Abi joined the programme as a young mother experiencing:

- **Substance misuse (alcohol and drugs)**
 - **Unstable relationships**, including an unsafe partner dynamic
 - Financial insecurity and limited support networks
 - Low confidence and emotional wellbeing challenges
-

Engagement

Abi engaged with:

- Weekly group sessions, initially observing before participating
 - One-to-one support from creative practitioners
 - Peer support through the **Buddy System**, receiving encouragement from more established parents
-

Outcomes and Impact (Aligned to Lloyds Objectives)

Objective 1: Positive Parenting and Relationships

- Improved interactions with her child through participation in **music and play-based activities**
- Increased understanding of **healthy relationships and boundaries**
- Developed positive peer relationships within the group



Impact:

Abi demonstrates more consistent, nurturing parenting behaviours and engages positively with her child.

Objective 2: Reducing Risk and Harmful Behaviours

- Significant reduction and eventual cessation of **substance misuse**
- Increased awareness of risks associated with harmful behaviour
- Exit from an **unhealthy relationship**

Impact:

Abi has moved from high-risk behaviours to a safer, more stable lifestyle.

Objective 3: Self-Efficacy and Independence

- Improved confidence and emotional resilience
- Successfully secured **stable accommodation**
- Began exploring pathways into **education and employment**

Impact:

Abi is now working towards long-term independence and demonstrates increased control over her life choices.

Buddy System and Peer Support

- Initially supported by a **peer mentor**, which helped reduce anxiety about attending sessions
 - Now beginning to **offer encouragement to newer participants**, reflecting growing confidence
-

Participant Voice

“The group helped me realise I could change things. I didn’t feel judged, just supported.”

Staff Reflection

“Abi’s journey has been significant. She has made difficult but positive decisions and is now in a much safer and more stable place.”

Summary

Abi’s progress demonstrates how targeted, relationship-based support can:

- Reduce high-risk behaviours
- Strengthen parenting capacity
- Support transition towards independence





Case Study: Layla* – From Isolation to Education and Peer Mentoring

**real name of the young parent featured in the case study protected*

Project Overview

Make Some Noise supports young parents through creative weekly sessions focused on **music, play, peer interaction, and informal learning**.

Participant Background

Layla joined the group experiencing:

- **Severe anxiety and low self-confidence**
 - Social isolation and limited peer networks
 - Concerns about being judged as a parent
 - Limited engagement with services
-

Engagement

Layla:

- Attended sessions regularly, initially with low confidence
 - Gradually participated in **music and group activities**
 - Built relationships through peer interaction and staff support
 - Became actively involved in group discussions
-

Outcomes and Impact (Aligned to Lloyds Objectives)

Objective 1: Positive Parenting and Relationships

- Increased confidence in parenting through **shared learning and role modelling**
- Improved ability to engage with her child during structured activities
- Developed strong, supportive peer relationships

Impact:

Layla now feels confident in her parenting and actively engages in group activities with her child.



Objective 2: Reducing Risk and Harmful Behaviours

- Increased awareness of **mental health and coping strategies**
- Reduced social isolation, lowering risk of negative coping mechanisms

Impact:

Layla demonstrates improved emotional wellbeing and resilience.

Objective 3: Self-Efficacy and Independence

- Significant increase in **confidence and self-esteem**
- Progression into **education (university placement)**
- Active involvement as a **peer mentor and group advocate**

Impact:

Layla has transitioned from isolation to a position of **leadership and aspiration**, acting as a role model for others.

Buddy System and Peer Support

- Benefited from peer encouragement when first joining
 - Now actively supports **new parents through informal mentoring and outreach sessions**
-

Participant Voice

“When I first came, I was so nervous and felt like people would judge me. Now I feel confident, and I love coming to the group.”

Staff Reflection

“Layla has transformed from a quiet, anxious participant into a confident young woman who now supports others and is progressing into education.”

Summary

Layla’s journey highlights the programme’s ability to:

- Build confidence and reduce isolation
- Support progression into education
- Develop peer leadership and sustainable support networks



Conclusion

The evidence presented throughout this report clearly demonstrates the significant and sustained impact of the Stoke Young Parents programme on a highly vulnerable cohort.

Across all three objectives, young parents have shown meaningful progression from initial states of isolation, low confidence, and high-risk behaviours to more stable, confident, and independent lives.

The programme has been particularly effective in strengthening positive parenting skills and relationships, with many participants either establishing healthy co-parenting arrangements or making safe and empowered decisions to leave harmful relationships.

This has had a direct and positive influence on both parental wellbeing and child development.

Equally impactful has been the reduction in risk-taking and harmful behaviours, including substance misuse and involvement in unsafe relationships.

Participants have demonstrated increased awareness of the consequences of such behaviours and, importantly, the ability to make and sustain positive lifestyle changes.

These outcomes have contributed to improved safeguarding, reduced reliance on social care services, and greater overall stability.

A key area of success lies in the development of self-efficacy and long-term resilience. Participants have grown in confidence, developed financial independence, and increasingly engaged in education, employment, and community activities.

The emergence of peer mentors within the group highlights the programme's ability to not only support individuals but to foster sustainable support networks.

Central to these achievements are the programme's relationship-based approach, creative delivery methods, and strong peer support systems, including the Buddy System.

These elements have created a safe, non-judgemental environment where young parents feel valued and empowered.

Overall, the programme has enabled young parents to move from vulnerability to confidence, independence, and positive parenting, delivering lasting benefits for both parents and their children.

