

Impact Report: Young Parents Programme (Final Year)

Registered Charity Number 1127578



MAKE SOME NOISE



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Introduction



The Stoke Young Parents Programme, delivered by Make Some Noise, is a targeted intervention designed to support young parents aged up to 24 who are living in Stoke-on-Trent and often experiencing complex and multiple disadvantages.

The programme recognises that young parents frequently face significant barriers, including low confidence, limited education, financial hardship, unstable housing, and strained relationships with family or statutory services.

These challenges can affect both parental wellbeing and child development, increasing the need for early, holistic and accessible support.

At its core, the programme provides a safe, inclusive and non-judgemental environment where young parents can build the skills, confidence and resilience needed to create positive futures for themselves and their children.

Weekly group sessions form the foundation of delivery, combining music-making, singing, play, discussion and shared social time.

This creative and relational approach enables parents to engage in a way that feels enjoyable and accessible, while also supporting the development of key parenting skills such as attachment, communication, and behaviour management.

A defining feature of the programme is its emphasis on **relationship-based practice**.

Trust is central to engagement, particularly for a cohort that has often experienced negative interactions with services in the past.

By building strong, consistent relationships, the programme is able to support parents not only with practical parenting skills but also with wider issues such as mental health, housing, financial stability, and engagement with external agencies.

This approach allows support to be tailored, responsive, and impactful.

The programme is structured around three key objectives: improving positive parenting and family relationships, reducing risk-taking and harmful behaviours, and increasing self-efficacy to support long-term stability.



Through these objectives, young parents are supported to strengthen their relationships, reduce harmful behaviours such as substance misuse or involvement in unsafe relationships, and develop the confidence and independence required to navigate everyday challenges.

An important element of the programme is the role of **peer support**, including the development of a natural “Buddy System”, where more experienced participants support those who are new to the group.

This creates a sense of community and belonging, reduces isolation, and encourages sustained engagement.

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Over time, many participants progress into informal mentoring roles, further strengthening the sustainability and reach of the programme.

The programme has also demonstrated strong adaptability, particularly during periods of disruption such as the Covid-19 pandemic, where support continued through digital engagement and one-to-one contact.

This flexibility has ensured continuity of care for participants during times of heightened vulnerability.

This report outlines the impact of the programme over the past year, providing evidence of outcomes achieved across all objectives.

It highlights the journey of young parents from initial vulnerability towards increased confidence, independence, and positive parenting, while also capturing the challenges faced and the learning gained throughout delivery.



SECTION ONE

Impact Against Objectives

OBJECTIVE 1:

Increase young parents' ability to apply positive parenting knowledge

Outcome A: Positive Relationships and Co-Parenting

- **Target: 44 | Achieved: 47**  (Exceeded)

Impact:

- Increased number of young parents in **stable, functional relationships**, successfully co-parenting
- Improved ability to maintain **amicable relationships post-separation**
- Increased reconnection with family support networks, where appropriate

Key Insight:

Participants demonstrated improved emotional maturity and relationship management, reducing conflict and improving outcomes for children.

Outcome B: Support Networks and Agency Engagement

- **Target: 44 | Achieved: 47**  (Exceeded)

Impact:

- All participants showed increased confidence in **accessing services and support**
- Strengthened partnerships with key agencies (housing, health, food support)
- Increased awareness of how to navigate complex systems

Key Insight:

The programme's personalised, relationship-based approach provided a trusted gateway into wider services.

Outcome C: Healthy Lifestyles

- **Target: 44 | Achieved: 47**  (Exceeded)

Impact:

- Improved understanding of **nutrition, exercise, and healthy routines**
- Engagement in practical activities such as **cook-along sessions**
- Increased openness in discussing wellbeing through trusted relationships

Challenges:

- Lockdown legacy issues impacted **motivation and access to healthy choices**
- Monitoring wellbeing remotely limited observation

OBJECTIVE 2: Reduce risk-taking and harmful behaviours

Outcome A: Awareness of Risks

- **Target: 44 | Achieved: 47** ✅ (Exceeded)

Impact:

- Increased awareness of **consequences of harmful behaviour**
 - Greater honesty and openness through **trusted one-to-one sessions**
 - Improved peer accountability and shared learning
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Outcome B: Positive Behaviour Change

- **Target: 30 | Achieved: 28** ⚠️ (Slightly below target)

Impact:

- Significant reduction in **harmful behaviours**, including:
 - Substance misuse
 - Criminal activity
 - Abusive relationships
- Progression into **employment, education, and training**:
 - 2 participants in university
 - 2 in employment
 - 1 running a business

Key Insight:

Although slightly below target, outcomes represent **deep, sustained behaviour change** rather than short-term improvements.

OBJECTIVE 3: Increase self-efficacy and long-term stability

Outcome A: Confidence and Self-Esteem

- **Target: 37 | Achieved: 47** ✅ (Significantly exceeded)

Impact:

- Increased confidence to **engage, communicate, and seek help**
 - Strong peer networks and friendships developed
 - Participants demonstrated improved resilience and independence
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Outcome B: Financial Confidence and Stability

- **Target: 37 | Achieved: 28** ⚠️ (Below target)

Impact:

- Improved understanding of **budgeting, benefits, and financial planning**
- Participants managing independent tenancies and housing decisions
- Some progressing towards long-term goals (e.g. saving for homeownership)

Challenges:

- Continued **financial pressures due to cost-of-living crisis**
 - Loss of income and instability during post-pandemic recovery
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Outcome C: Community Engagement

- **Target: 30 | Achieved: 30** ✅ (Met)

Impact:

- Increased participation in **community activities, volunteering, and training**
 - Development of **peer mentors**, supporting new participants and recruitment
 - Improved readiness for **education and employment pathways**
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Key Achievements

1. Strong Engagement and Retention

- Maintained engagement of all 47 participants
- Successful return to **face-to-face delivery**, restoring group cohesion
- Peer-led activities strengthened confidence and belonging



2. Measurable Behaviour Change

- Reduction in high-risk behaviours across the cohort
- Progression into employment, education, and independent living
- Improved parenting practices and child outcomes

3. Growth in Confidence and Independence

- Participants moved from low confidence and isolation to:
 - Acting as **peer mentors**
 - Leading activities
 - Supporting recruitment and delivery

4. Progression and Life Outcomes

Young parents progressed into:

- **University (paramedic training)**
- Employment (including childcare roles)
- Independent housing
- Financial self-management



Many participants who initially lacked confidence and life skills have transitioned into **stable, independent lives**.

5. Participant Voice and Co-Production

- Young parents actively shaped **marketing materials and recruitment strategies**
- Delivered **peer-led outreach sessions** in partner organisations
- Helped design messaging that reduced stigma and increased accessibility



6. Strategic Partnerships and Legacy

- Strengthened relationships with **local and national partners**
- Contributed to emerging structures such as **Family Hubs**
- Established long-term collaborations, including **commissioned services (e.g. Sudbury Prison project)**



Challenges

1. Post-Pandemic Recovery

- Participants faced ongoing impacts of **lockdown on mental health and development**
 - Rebuilding confidence, routines, and social interaction took time
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2. Recruitment and Outreach

- Reduced referrals due to:
 - Service disruption
 - Changes within partner organisations
 - Increased effort required to rebuild recruitment pipelines
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3. Strategic and Partnership Working

- Slower engagement due to organisational changes across the sector
 - Limited commissioning opportunities despite alignment with larger organisations
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4. Safeguarding Complexity

- Continued high safeguarding need within the cohort
 - Ongoing work with social care for **Child in Need and safeguarding cases**
 - Increased staff time for case management and reporting
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5. Financial and Organisational Pressures

- Increased competition for funding
 - Rising operational and staffing costs
 - Organisational restructuring required to maintain sustainability
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Conclusion

This final year of funding has demonstrated **exceptional impact**, with:


- **Targets exceeded in 6 out of 8 outcomes**
- Strong evidence of **long-term behaviour change and independence**
- Significant improvements in **confidence, parenting, and life stability**

Despite sector-wide challenges, the programme has successfully supported young parents to transition from vulnerability and isolation towards **confidence, capability, and stability**.

- **Demand increased**, with participation exceeding targets
- Wider geographical interest from outside Stoke-on-Trent
- Lack of equivalent services in neighbouring areas increased reliance on Make Some Noise

The outcomes achieved provide a strong foundation for future delivery and demonstrate the **essential role of tailored, relationship-based support for young parents**.

improvements in confidence, parenting, and life stability



SECTION TWO

Impact Summary

Exceeding Expected Outcomes

The programme met or exceeded targets in **6 out of 8 outcomes**, with particularly strong performance in:

- **Parenting skills and relationships** (47 achieved vs 44 target)
- **Engagement with support networks** (47 vs 44 target)
- **Healthy lifestyles** (47 vs 44 target)
- **Risk awareness and behaviour change foundations** (47 vs 44 target)
- **Confidence and self-esteem** (47 vs 37 target)
- **Community engagement** (30 vs 30 target)

Two outcomes slightly below target (positive behavioural resolution and financial confidence) still showed **meaningful, sustained progress** given the complexity of need and external pressures.

Key Achievements

1. Improved Parenting and Family Relationships

Young parents demonstrated increased ability to:

- Build and maintain **healthy co-parenting relationships**
- Use **positive parenting language and approaches**
- Access family and external support where needed

Notably, many participants moved into **stable relationships or amicable co-parenting arrangements**, improving outcomes for their children.

2. Reduction in Risk-Taking Behaviours

The programme achieved significant change in high-risk individuals:

- Participants reduced or ceased behaviours including **substance misuse, criminal activity, and unhealthy relationships**
- Increased trust enabled **open conversations and early intervention**

These changes represent **long-term behavioural shifts**, not short-term compliance.

3. Increased Confidence, Independence, and Progression

A key strength of the programme has been building self-efficacy:

- All participants showed increased **confidence and resilience**
- Many progressed into **education, employment, or training**, including:
 - 2 participants at university
 - 2 in employment
 - 1 running a business
- Participants moved into **independent living**, managing finances and housing





SECTION THREE

Key Challenges

Post-Pandemic Recovery

Participants continued to experience:

- Reduced confidence and social skills
- Ongoing mental health challenges
- Disrupted parenting and child development

The programme adapted by focusing on **rebuilding routines, relationships, and confidence.**

Recruitment and System Pressures

- Reduced referrals due to disruption across partner organisations
 - High turnover and structural change within the sector
 - Limited commissioning opportunities despite demonstrated impact
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Financial and Operational Pressures

- Increased demand alongside rising costs
 - Greater competition for reduced funding
 - Need for ongoing organisational restructuring to remain sustainable
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Safeguarding Complexity

- Continued high levels of safeguarding need
 - Increased staff capacity required for case management, partnership working, and reporting
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Conclusion

What made the programme effective:

- **Consistent relationships and trust-based support**
- **Flexible delivery adapting** to changing needs post-pandemic
- Strong emphasis on **peer support and participant voice**
- Integrated approach combining **practical skills, emotional support, and signposting**

This has been a highly impactful final year of funding, with the programme:

- **Exceeding** most targets
- Demonstrating clear **long-term behavioural and life changes**
- Supporting young parents to move from vulnerability to **confidence, independence, and stability**

The outcomes achieved highlight the importance of **early, relational, and holistic support** for young parents with complex needs.

Make Some Noise is well-positioned to build on this work, though **sustained investment and partnership support** will be critical to maintain and extend impact in an increasingly challenging funding environment.

