

ONZ P.A.T.H

Parenting At The Heart

ONZ P.A.T.H COMMUNITY INTEREST COMPANY

Commissioning & Service Offer Pack – 2026





ONZ P.A.T.H

*Parenting **A**t **T**he **H**eart*

VISIT OUR WEBSITE

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✦ About Us

ONZ P.A.T.H

Parenting At The Heart

ONZ P.A.T.H COMMUNITY INTEREST COMPANY (Parenting At The Heart) is a community-based organisation dedicated to strengthening families and supporting emotional wellbeing across the lifespan. We work with parents and carers of children and young people aged 2-17, alongside adults seeking to better understand themselves, their relationships, and their patterns of behaviour.

We deliver evidence-based parenting interventions, tailored one-to-one support, and structured group programmes and workshops designed to build stronger relationships, reduce ongoing difficulties, and promote emotional regulation, confidence, and resilience within families.

Our work is rooted in Social Learning Theory and informed by attachment-aware and CBT-informed principles. We draw on established frameworks including Incredible Years, Strengthening Families, Strengthening Communities (SFSC), Guided Self-Help, and Personalised Individual Parent Training (PIPT). Alongside this, we offer Self-Parenting Coaching, supporting adults to apply core parenting principles inwardly to understand behaviour patterns, strengthen emotional regulation, and develop healthier routines, boundaries, and self-belief.

At ONZ P.A.T.H, we are:

- **Community-based and inclusive** - engaging families from diverse backgrounds in accessible and trusted settings
- **Evidence-driven** - using Goals, Routine Outcome Measures (ROMs), and Strengths & Difficulties Questionnaires (SDQs) to evidence meaningful change
- **Safeguarding-focused** - ensuring safe, ethical, and professional practice across all services
- **Collaborative** - working in partnership with schools, local authorities, health services, and community organisations
- **Early-intervention led** - supporting families before difficulties escalate to specialist or statutory services

ONZ P.A.T.H, places Parenting At The Heart of positive change – supporting families and individuals to grow with confidence, stability, and resilience

**For Referrals, Funding, Commissioning or
any enquiry**

✉ Email: admin@onzpath.co.uk





Leadership and Governance

ONZ P.A.T.H

Parenting At The Heart

ONZ P.A.T.H introduces **Zandile Nyamande, Founder and Director**, a qualified Parenting Practitioner who trained at **King's College London** and brings a strong professional background across education, pastoral care, and community mental health services. Zandile has worked within schools and third-sector organisations, including **WCL Mind**, supporting children, young people, and families through evidence-based, relational, and trauma-informed approaches.

Her professional experience as a **SEND Teaching Assistant, SEND Teacher, Pastoral Manager, and now Parenting Practitioner** ensures ONZ P.A.T.H is led with academic rigour, strong safeguarding practice, and deep community insight. Zandile's work is grounded in family-centred, early-intervention approaches that prioritise accessibility, cultural awareness, and measurable outcomes for children, families and individuals.



As a **CIC**, **ONZ P.A.T.H** operates with an asset lock and is accountable to the communities it serves. Governance arrangements prioritise:

- **Clear strategic oversight** aligned with the company's community purpose
- **Strong safeguarding and risk management**, in line with statutory and third-sector expectations
- **Ethical and transparent** decision-making, ensuring public benefit over private gain
- **Outcome monitoring and accountability**, using goals and recognised measures to evidence impact

The organisation works collaboratively with schools, local authorities, health services, and community partners, ensuring services are well-governed, responsive to local need, and delivered safely and effectively.





Why Commission Us

Because we:

- Deliver NICE-recommended, evidence-based interventions (Incredible Years, SFSC, CBT-informed and social learning theory informed).
- Employ trained Parenting Practitioners with backgrounds in CAMHS, education, and family support.
- Operate with strong governance and safeguarding (policies, supervision, enhanced DBS).
- Provide flexible delivery - group, one-to-one, school-embedded, or online.
- Use structured assessment and evaluation tools (referral → initial assessment → midway review → exit).
- Promote early intervention to reduce the need for statutory services later.

Our Services

Group Parenting Programmes (8-12 weeks)

- Structured, interactive courses for parents of children aged 3-13.
- Focus on behaviour management, emotional regulation, and family routines.
- Delivered in schools, community centres, or online.

One-to-One Parenting Support (6-8 weeks)

- Tailored support for parents with children aged 3-13 and individuals who need tailored guidance.
- Focused sessions to address specific challenges.
- Parenting assessment reports and plan
- Re-Parenting Self coach
- Confidential and flexible delivery.

Parent & Family Workshops (From 1 hour to 2-3 hours)

- Standalone sessions for parents of children aged 2-17 on themes such as:
- Managing Challenging Behaviour
- Building Routines & Boundaries
- Supporting Children's Emotional Wellbeing

School-Based Packages

- Parenting Practitioner embedded in schools for parents of children aged 2-17.
- Combination of 1:1 family support and group programmes,
- Helps schools engage hard-to-reach families and improve outcomes.



Who We Work With

Inclusion Criteria

- Parents/carers of children aged 2-17 years according to service provided specific age entry requirement.
- Families experiencing mild-to-moderate behaviour difficulties.
- Parents or individuals motivated to attend sessions and practice strategies at home.
- Families safe to engage in group/1:1 work (no immediate safeguarding crisis).

Exclusion Criteria

- Children under 2 or over 17
- Severe psychiatric/complex needs requiring specialist services (e.g., CAMHS Tier 3/4).
- Parents or individuals unable to engage due to untreated mental health/substance misuse or domestic violence.
- Immediate safeguarding concerns requiring statutory intervention.
- Persistent non-attendance (two missed sessions without notice).

We prioritise safety, governance, and professionalism.

All staff/volunteers:

- Hold Enhanced DBS checks.
- Receive ongoing supervision & training.
- Work under clear safeguarding protocols.

Key Policies in Place:

- Safeguarding (Children & Adults)
- Confidentiality & Data Protection (GDPR, ICO registered)
- Health & Safety
- Complaints & Feedback
- Equality, Diversity & Inclusion
- Code of Conduct
- Finance & Charging
- Risk Management & Lone Working





Impact & Outcomes



ONZ P.A.T.H interventions support families to achieve:

- Improved parenting confidence (setting boundaries, managing behaviour).
- Better parent-child relationships.
- Reduction in challenging behaviours at home and school.
- Improved emotional wellbeing for children and parents.
- Increase stability in the home life.
- Improved self confidence in individuals

How We Measure Outcomes:

We use a structured evaluation framework combining parent and/or individuals voices, goal setting, and standardised tools to evidence meaningful change:

Baseline Assessment

- Referral & Initial Assessment Forms completed at entry point.
- Capture family situation, presenting needs, and initial goals.

Goal-Based Outcomes (GBOs)

- Parents/carers set specific personal goals at the start of support.
- Goals are reviewed midway and exit to track achievement.

Routine Outcome Measures (ROMs)

- Short structured questionnaires to measure changes in:
 - Parenting confidence
 - Family stress
 - Parent-child relationship quality

Strengths & Difficulties Questionnaire (SDQ)

- Standardised tool used at start and end to track child-level changes:
 - Emotional symptoms
 - Conduct difficulties
 - Hyperactivity/inattention
 - Peer relationships
 - Pro-social behaviour
 - impact score

Exit & Impact Evaluation

- Review & Exit Form to capture progress against goals and tools.
- Parent/carer reflections and facilitator observations.

Parent Feedback & Testimonies

- Qualitative feedback is gathered alongside numerical data to provide a full picture of family change.



OUTSET SERVICES

Parenting Assessment Report (PAR) Ages 2 - 17

Format: Full parenting assessment + written professional report

What it is: A structured assessment and evidence-based parenting recommendations, .Identifies parenting strengths as well as areas needing support. Highlights barriers parents may face (health, routines, stress, trauma, relationships). Offers practical recommendations tailored to the family or intervention. Provides a detailed parental analysis of the family. includes home and or school observation if needed.

Who it's for: Schools and professionals needing robust documentation for Ofsted, safeguarding, or referrals. Provides a clear picture of how a child's physical, emotional, and educational needs are being met.

Impact: Provides a clear, professional evidence base to support decision-making and interventions.

Parenting Maintenance Plan (Standalone) Ages 2 - 17

Format: Full parenting assessment + Tailored recommendations for behavioural support

What it is: A short intervention focusing on a specific challenge (e.g., bedtime routines, homework resistance). Created after an assessment

Who it's for: Families who need targeted advice but not a full programme. Minor challenging behaviour

Impact: Provides quick, practical solutions with professional guidance.

Parenting Maintenance Package Ages 2 - 17

Format: Full parenting assessment + Parenting Maintenance Plan + 4 follow-up online/phone check-ins.

What it is: Light-touch support after programme or assessment completion, helping families consolidate learning. Reinforces behaviour change principles of Social Learning Theory through ongoing reinforcement and accountability.

Who it's for: Parents who want continued reassurance and structured follow-up.

Impact: Sustains long-term progress and prevents regression into previous patterns.

ONE-TO-ONE SERVICES

Personalised Individual Parent Training (PIPT) Ages 3 - 13

Format: Weekly one-to-one sessions with live parent-child coaching

Evidence Base: Based on Social Learning Theory and guided by the PIPT framework (KCL, 2023).

What it is: PIPT is a one-to-one parenting program tailored to the family's needs. Over 6-8 weekly, 1-hour sessions, including 15 minutes of live coaching with the parent and child present. This offers practical tools to better understand and manage the child's behaviour.

Who it's for: Families facing specific behavioural challenges who need targeted, tailored support.

Impact: Builds confidence, strengthens parent-child interactions, and reduces behaviour difficulties quickly.

Guided Self-Help (GSH) Ages 3 - 13

Format: One-to-one structured sessions with workbook support.

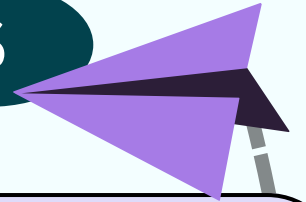
Evidence Base: Rooted in Social Learning Theory, enabling parents to model, reinforce, and sustain positive behaviours.

What it is: GSH is a structured one-to-one parenting program proven to support children with behaviour difficulties. Delivered over 8 sessions, it focuses on building positive relationships and managing behaviour through simple, effective strategies

Who it's for: Parents seeking focused support without the commitment of a full group programme.

Impact: Increases parenting consistency, reduces stress, and empowers parents to embed positive change.

ONE-TO-ONE SERVICES



Re-Parenting Self Coach Ages 21+

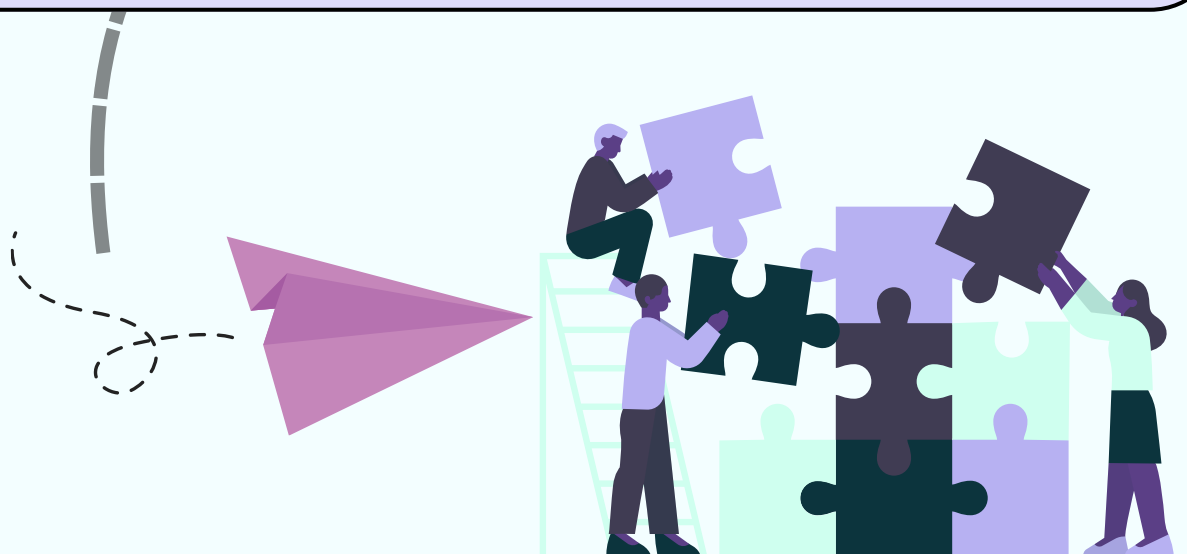
Format: Weekly one-to-one sessions

What it is: Self-Reparenting Coaching is a structured, one-to-one support programme grounded in Social Learning Theory, attachment-informed practice, CBT-informed approaches, and evidence-based parenting principles adapted for adult self-development. Across weekly sessions, individuals are supported to understand behaviour patterns and learn how to interrupt unhelpful cycles by developing emotional regulation, structure, motivation, and self-confidence. The approach applies core parenting principles – such as emotional coaching, structure, consistency, and boundaries – inwardly, supporting individuals to become more regulated, confident, and self-directed.

Each session introduces clear, evidence-based tools that can be practised between sessions, with space for reflection and adaptation to the individual's needs.

Who it's for: This service is for adults aged 21 and over experiencing mild to moderate behavioural or emotional difficulties, including challenges with emotional regulation, routine and structure, motivation, confidence, or unhelpful behaviour patterns. It is not suitable for individuals presenting with risk or requiring crisis or specialist mental health support. Sessions are practical and skills-based, with individuals actively guided to apply evidence-based tools to work towards their goals.

Impact: Individuals are supported to develop greater emotional awareness and regulation, increased consistency and structure in daily life, improved confidence and self-trust, and reduced reactivity to stress or challenges. Over time, this can support more intentional behaviour, healthier coping strategies, and a stronger sense of internal stability and self-leadership.



School and Family Hubs based Group Services

Strengthening Families, Strengthening Communities (SFSC) Ages 3 - 13

Format: 12 - 13 weeks × 2 - 3 hours (group sessions).

Evidence Base: Developed by the Race Equality Foundation; grounded in Social Learning Theory and cultural competence.

What it is: SFSC is an inclusive, parenting program that helps families build strong relationships, improve communication, and encourage positive behaviour.

Impact: Strengthens family relationships, reduces conflict, and promotes resilience in diverse communities.

Incredible Years (IY) Ages 3 - 13

Format: 10–12 weeks 2-3 hours (group sessions).

Evidence Base: Internationally recognised, based on Social Learning Theory, promoting modelling, reinforcement, and positive parenting.

What it is: This program helps strengthen parent-child relationships and supports children's social, emotional, and behavioural development.

Impact: Improves parenting skills, reduces child behavioural problems, and enhances school engagement.

One-off Parenting Workshops Ages 2-17

Format: 2–3 hour sessions.

Evidence Base: Based on Social Learning Theory, providing practical strategies parents can apply immediately, including role play.

Topics Include:

- Understanding developmental stages: (2–4, 5–11, 12–16, 17)
- Calming Challenging Behaviour in the Moment
- Building Positive Family Routines
- Managing Behaviour Across Developmental Stages

Impact: Accessible, flexible, and equips parents with practical tools for immediate use.

Parenting Coffee Mornings Ages 2 - 17

Format: Informal themed discussions (1–2 hours).

Delivery: The facilitator liaises with the school/organiser to tailor sessions to their families' needs, focusing on current parenting challenges.

What it is: A light-touch way to keep parents informed, engaged, and up to date with effective parenting strategies.

Impact: Builds trust, breaks down stigma, and provides timely, relevant support on topics that matter most.

School and Family Hubs based Parenting Workshop LIST: **Managing Challenging Behaviour and developmental stages ages 2- 17**

Understanding Behaviour in the Early Years

- Why toddlers tantrum and preschoolers push boundaries
- How to meet emotional needs and set clear rules early
- Tools: play, routines, and calm responses

Primary School Years : Boundaries & Big Feelings

- Understanding “Why should I?” behaviour
- Encouraging cooperation and responsibility
- Tools: praise, rewards, and consistent consequence

Early Teens : Attitudes, Choices & Peer Pressure

- Why peer approval drives behaviour
- Balancing independence with safe limits
- Tools: problem-solving, negotiation, and staying connected

Late Teens to Adulthood : Responsibility & Respect

- Moving from rules to values
- Encouraging independent decision-making
- Tools: communication, trust, and respecting boundaries on both sides

Special Focus Workshop: Calming Challenging Behaviour in the Moment

- Staying calm when behaviour escalates
- Using de-escalation techniques
- Creating a “family toolkit” for tricky moments

Special Focus Workshop: Building Positive Family Routines

- Why structure reduces conflict
- Designing routines that actually stick
- Tools: visual timetables, agreements, and family rules

All workshops can be personalised to meet specific needs.
Please request during the admin stage

School and Family Hubs based Parenting Coffee Morning – Suggested Topics

Addressing Mild-to-Moderate Challenging Behaviours. Ages 2 - 17

Behavioural Challenges

- Frequent tantrums or meltdowns
- Defiance / refusal to follow instructions
- Answering back or argumentative behaviour
- Attention-seeking behaviours (interrupting, shouting out, clinginess)
- Difficulty with routines (bedtime, mornings, mealtimes)
- Overuse of screens/technology and conflict around limits
- Disruptive behaviour in class (calling out, leaving seat, ignoring work)

Emotional & Social Challenges

- Low frustration tolerance (getting upset quickly when things don't go their way)
- Difficulty managing emotions (anger, sadness, worry)
- Peer conflict (falling out with friends, being bossy, struggling to share)
- Mild anxiety (worry about school, separation, or change)
- Low self-esteem (negative self-talk, lack of confidence to try)

Attention & Impulse Challenges

- Difficulty staying on task or concentrating for age-appropriate periods
- Impulsive behaviour (blurting out, grabbing, risk-taking)
- Restlessness/fidgeting that causes disruption
- Forgetting instructions or routines

All workshops can be personalised to meet specific needs. Please request during the admin stage

SERVICES PRICING

Assessments/Maintenance

Service Ages 3- 13	Format	Price
Parenting Assessment Report	A written Professional Report for the school/DSL, suitable for Ofsted and referrals.	£550
Maintenance Plan	Recommended tools and Parental guidance to tackle tailored minor challenging behaviour	£150
Parenting Maintenance Package	Maintenance Plan + 4 (45 minute) follow-up phone/online check-ins	£450

One-to-One Services

Service Ages 3- 13	Format	Duration	Price
PIPT – Personalised Individual Parent Training	Weekly 1:1 with parent + live coaching (child present)	6–8 weeks	6 - £660 8 - £880
Guided Self-Help (GSH)	Structured 1:1 parenting support	8 sessions	8 - £880
Re-Parenting Self Coach	1:1 weekly sessions	6 Plus sessions	£55 Per Session

Group Programmes

School and Family based Programme Ages 3- 13	Format	Duration	Price
SFSC – Strengthening Families, Strengthening Communities	Inclusive evidence-based group programme	13 weeks × 2.5 hrs	£6,800 per programme
incredible years	Evidence-based behavioural management	10–12 weeks	£6,800 per programme

Group Workshops

School and Family Hubs based Workshops	Format	Price
One-off Parenting Workshop - Ages 2-17	2–3 hours (topics by age/stage) + resources	£375 per session
Coffee Morning Ages 2- 17	1.5 hours Informal group discussion (targeted theme) + resources	£250 per session

ONZ P.A.T.H School and Family Hubs Packages

BRONZE

Price: £3,000 per school

Includes:

- 1 × Assessment Report + Maintenance Plan -
- 2 × One-to-One Parent Sessions (PIPT or GSH).
- 1 × Parent Workshop -
- 2 × Parent Coffee Morning (informal support, resource pack)

SILVER

Price: £5,100 per school

Includes:

- 2 × Assessment Report + Maintenance Plan
- 3 × One-to-One Parent Sessions.
- 2 × Parent Workshop
- 3 × Parent Coffee Morning.

GOLD

Price: 7,400 per school

Includes:

- 3 × Assessment Report + Maintenance Plan
- 4 × One-to-One Parent Sessions (GSH or PIPT)
- 3 × Parent Workshops
- 4 × Parent Coffee Mornings

PLATINUM

Price: £14,500 per school

Includes:

- 1 × Gold package
- 1 × SFSC cohort (supports up to 15 parents).