

Ipswich and East Suffolk Alliance



Case Study:

CHILL, CHAT & PLAY

The Chill, Chat & Play programme is led by Home Start Mid and West Suffolk working in partnership with Suffolk Arts Link and is supported by Babergh and Mid Suffolk district councils.

It aims to support parents with children up to the age of one-year-old to improve their mental health with weekly group sessions in Stowmarket and monthly art therapy sessions.

Volunteers from Home Start are being trained in arts therapy skills they can share with new volunteers who can provide home sessions for parents who are not in the position to attend group meetings.

The programme links with health visitors, children's centres and social care teams and regular steering group meetings are held with local nurses who can give support and advice about improving mental health.

