

A close-up photograph of a woman with blonde hair and a young boy with dark skin and curly hair. They are both smiling and looking at each other. The woman is wearing a black tank top and a chain necklace. The boy is wearing a white tank top. The background is solid black.

# Kids Time Workshops

**Making sure young people  
affected by parental mental  
illness aren't left in the dark**

*Our Time*

Helping young people affected by  
parental mental illness

# What is a KidsTime Workshop?

KidsTime Workshops are fun, group workshops for families with a parent who has a mental illness. They help to build better parent-child relationships, diminish anxiety and increase children and young people's resilience. They also provide an opportunity for families to consider the impact of mental illness from each other's perspective. Established by the charity Our Time, KidsTime Workshops have been running throughout the UK since 2000.

## Why do we need them?

An estimated 3.7 million young people from age five to eighteen in the UK live with a parent who has a mental illness. They remain the most neglected group in the social care field, and 70% will suffer mental health problems and other difficulties as a result.

Research shows that understanding the illness and discussing it in the family, as well as having a supportive adult to talk to and knowing you are not alone, can increase children's resilience and help to protect their own mental health.



# What happens at the workshops?

The workshops address children and young people's isolation, fears, confusion, and lack of knowledge about mental illness and its treatment, through games, art, discussion and drama.

They are not designed to deliver therapy, but take on a psychosocial and educational focus to explore what happens in the body and brain when someone has a mental illness. Trained staff provide simple explanations, which allow for open discussion, questions and conversation.

KidsTime Workshops are a safe, protected space where families can meet, share their experiences and learn how to communicate about mental illness together, whilst having fun. These innovative and creative sessions bridge the gap between child, adolescent and adult mental health services, and help families to develop positive and supportive relationships with each other.

Each workshop is run after school on a monthly basis for up to 15 families, and lasts around 2.5 hours.

# What do families think?

We have overwhelmingly positive feedback from all our KidsTime Workshop participants. Parents said that attending the workshops has improved their confidence and pride as parents, and even helped to reduce their risk of relapse.

# How do families attend?

To find out how more about attending, referring a family or setting up a KidsTime workshop, visit [www.ourtime.org.uk/ourwork/kidstime-workshops](http://www.ourtime.org.uk/ourwork/kidstime-workshops).

*“The workshops help us learn about mental health in really fun ways. We use a lot of drama to figure out thoughts and feelings about our parent’s difficulty. KidsTime Workshops are never boring.”*

*Young person at Wirral KidsTime Workshop*



*“The workshops provided me with support, care and understanding in a non-judgemental environment, in which I have been able to express my emotions, problems and behaviour to people who have been in my situation.”*

*Parent at KidsTime Workshop*



Our aim is to overcome the stigma of parental mental illness. Please help us to spread the word by signposting to our website [www.ourtime.org.uk](http://www.ourtime.org.uk) or following us on social media [@ourtimecharity](https://www.instagram.com/ourtimecharity).



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parental mental illness

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