



# 3D FUTURES

Building capacity within  
communities for families to thrive



## A message from our CEO

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At 3D Families, we have been working with and supporting children and families for over 27 years. Over the course of this time, with our experience and gained wisdom, we have created a robust locality model for family support that has evidenced a transformative impact on children and families in Drumchapel. This model includes quality frontline family support approaches and services embedded in our community along with a collaborative model for systems change, working with local partners to change the landscape with and for children and families to create effective and lasting change. Our model is widely recognised as a beacon of best practice and we are excited to now be able to support other communities to grow your own capacity to affect the same change.

We have created a number of ways to do this, enabling you to pick the right support package that works for you, all developed by the same people that have built 3D Drumchapel to what it is today. Whether you are:

- a local Community group, Charity, Church, Nursery/School or Local Authority
- at the start of your journey or a well established family support organisation
- looking for support a specific part of your journey or for the full distance

We can tailor the right support package for you to provide knowledge, insights, programmes, tools and coaching to increase your capacity and ensure you are the best equipped to support the children and families you are there to serve.

Please browse our offer and get in touch to discuss a package that is right for you and your community. We would be delighted to journey with you!

Kindest regards,

Sharon Colvin  
Chief Executive



3D Families

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3D  
Futures

## Our 3D Futures Offer

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<p><b>Training</b></p>	<p>A 'Pick &amp; Mix' offer of 'Family Support Essentials' 3 hour training courses covering all aspects of family support with the option of a 6 session course covering the '3D Families Approach' and a 6 session course covering '3D Families Service Delivery'. We can tailor &amp; package a programme of training courses specific to your needs and can deliver these in person or online.</p>
<p><b>Resources</b></p>	<p>Access to our catalogue of templates to support you on your family support journey along with 3D Families Podcasts covering a range of topics in the family support space.</p>
<p><b>Consultancy &amp; Coaching</b></p>	<p>Coaching, advice and guidance throughout your journey or for specific parts of your journey. This can be facilitated as part of a package including training and resources.</p>
<p><b>Shadowing &amp; Volunteer Placements</b></p>	<p>Opportunity to spend time at 3D Families, Glasgow experiencing our work and services first-hand. Only available as part of a wider tailored programme of support.</p>
<p><b>3D Futures +</b></p>	<p>Special discounted 3D Futures+ BUNDLE benefiting from the full spectrum of our 3D Futures offer including training, consultancy, coaching, shadowing at 3D, access to our catalogue of resources and an annual membership to the 3D Futures Star Network.</p>
<p><b>3D FAMILIES Award</b></p>	<p>Gain the 3D FAMILIES award in recognition you have received the required training to follow the 3D Families Approach.</p>
<p><b>3D Futures Network</b></p>	<p>Join our exclusive network of Family Support Organisations across Scotland to make connections, gain knowledge and share practice. Open to anyone who has the 3D FAMILIES AWARD by completing the '3D Families Approach' course.</p>

## Our Training Offer

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3D Futures offers a unique blend of training opportunities covering all aspects of family support. Our training draws on all we have learned over the last 27 years as we have developed and delivered our award winning family support Charity 3D Families. Our training offer covers everything that is required to facilitate successful family support services including the approach, service delivery and operational aspects.

All our training sessions are 3 hours and can be delivered individually or packaged together to create a bespoke training programme for your own group or organisation. We can deliver training which takes you on a complete journey of delivering a family support charity or we can offer training sessions which focus on developing specific aspects of family support to help you wherever you are at on your own journey of delivering family support services.

Incorporating these sessions, we can deliver a 6 session course covering the '3D Families Approach' and a 6 session course covering '3D Families Service Delivery'.

All our training sessions and programmes can be delivered in person or on-line and can also be packaged together with our consultancy and/or coaching support and/or our resources and shadowing offer to create your own unique 3D Futures BUNDLE.



# Training Sessions

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<b>Getting to know you &amp; introduction session</b>	<ul style="list-style-type: none"><li>• Understand course content &amp; delivery</li><li>• Get to know 3D services &amp; approaches</li><li>• Get to know the trainers &amp; each other on the course</li></ul>
<b>Leadership in Family Support</b>	<ul style="list-style-type: none"><li>• Explore key aspects of effective leadership in family support</li><li>• Learn how to create and embed the right ethos within and throughout your family support work which establishes the culture you require</li><li>• Create a culture of creative, innovative &amp; reflective practice</li><li>• Understand the importance of collaboration &amp; how to continue creating the culture to share your ethos across services</li></ul>
<b>Engaging with Families</b>	<ul style="list-style-type: none"><li>• Learn different ways to engage with families, including the what, how, when and where</li><li>• Co-designing services with families (Parent-led)</li><li>• Explore how to engage those who do not reach out</li><li>• Understand and consider how to respond to individual family needs including families with a neurodivergent child</li></ul>
<b>Building Therapeutic &amp; Trusting Relationships</b>	<ul style="list-style-type: none"><li>• Consider the qualities required by a family worker</li><li>• Consider the importance of good relationships</li><li>• Explore different tools &amp; concepts to support building trusting relationships</li><li>• Understand importance and effective methods for co-regulation</li></ul>

# Training Sessions

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<b>Supporting the Parent to Support the Child</b> <i>part 1</i>	<ul style="list-style-type: none"><li>• Explore what a child needs to thrive &amp; learn key parenting strategies &amp; messages to support each need</li><li>• Understand your role in supporting the parent to support their child to thrive looking at ways to do this</li></ul>
<b>Supporting the Parent to Support the Child</b> <i>part 2</i>	<ul style="list-style-type: none"><li>• Explore what a child needs to thrive &amp; learn key parenting strategies &amp; messages to support each need</li><li>• Understand your role in supporting the parent to support their child to thrive looking at ways to do this</li></ul>
<b>Understanding Trauma</b>	<ul style="list-style-type: none"><li>• Understand causes &amp; impact of trauma</li><li>• Explore how to support families articulate, process and heal from their own trauma</li><li>• Consider how to support parents to prevent future trauma</li><li>• Learn how to ensure your service is trauma-informed and trauma-responsive</li></ul>
<b>How-to-Guide to Running Sessions</b>	<ul style="list-style-type: none"><li>• Consider the logistics of running sessions &amp; learn how to run sessions with families effectively</li></ul>
<b>Supporting Families through Play</b>	<ul style="list-style-type: none"><li>• Understand the benefits of play for children &amp; families including outdoor play &amp; risky play</li><li>• Learn &amp; participate in play activities to engage families of all ages &amp; stages</li></ul>

# Training Sessions

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<b>Facilitating Peer Support Groups</b>	<ul style="list-style-type: none"><li>• Explore the benefits &amp; impact of peer support</li><li>• Consider ways to engage parents in peer support groups</li><li>• Learn skills &amp; tools to facilitate peer support groups including 'top tips' for peer support facilitation</li></ul>
<b>Delivering Perinatal Family Support Services</b>	<ul style="list-style-type: none"><li>• Learn key theory around the importance of supporting families through the perinatal stage</li><li>• Learn about our own perinatal services and gain wisdom from our experience and learning &amp; consider the key logistics to delivering perinatal services</li><li>• Explore ways to engage families in the perinatal stage</li><li>• Explore the key messages for families during the perinatal stage</li></ul>
<b>Supporting Families with a Neurodivergent Child</b>	<ul style="list-style-type: none"><li>• Learn about key aspects of neurodivergence including some of the strengths &amp; challenges impacting children &amp; families</li><li>• Learn about our own services in this area and gain wisdom from our experience and learning in relation to engagement with</li><li>• families &amp; stakeholders and providing support</li><li>• Explore parenting strategies for supporting neurodivergent children</li></ul>
<b>Working with Volunteers</b>	<ul style="list-style-type: none"><li>• Explore opportunities to engage volunteers &amp; different volunteering roles</li><li>• Understand the mutual benefits for working with volunteers</li><li>• Consider key aspects for recruiting, training &amp; supporting Volunteers</li><li>• Learn good practice to follow when working with volunteers</li></ul>

# Training Sessions

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<b>Measuring Impact</b>	<ul style="list-style-type: none"><li>• Learn methods, templates and tools for recording and understanding impact</li><li>• Explore what data to collect and how to set the right targets &amp; outcomes to evaluate your work</li><li>• Understand how to learn from your data and embed reflective practice across your work</li><li>• Ensure your work is family-led with parent and child needs at the heart of all you do</li></ul>
<b>Management &amp; Governance</b>	<ul style="list-style-type: none"><li>• Understand and deliver on your responsibilities including:<ul style="list-style-type: none"><li>◦ Embedding your ethos</li><li>◦ Managing staff &amp; volunteers</li><li>◦ Managing finances</li><li>◦ Health &amp; safety</li><li>◦ Managing risk</li><li>◦ Managing time</li><li>◦ Legal obligations</li></ul></li></ul>
<b>Partnership Working</b>	<ul style="list-style-type: none"><li>• Look at different opportunities for partnership working including who to partner with and different ways to partner</li><li>• Consider what makes a good partnership</li><li>• Learn 'Top Tips' for Collaboration</li></ul>
<b>Resourcing your Work</b>	<ul style="list-style-type: none"><li>• Learn 'Top Tips' for securing &amp; reporting on funding</li><li>• Explore different ways of raising your own income through fundraising and contracts</li><li>• Build the right team for your work by exploring how to recruit and retain good staff, volunteers and board members</li></ul>

# Training Sessions

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<b>Collaborating for Systems Change</b>	<ul style="list-style-type: none"><li>• Understand what systems change is and some of the theory around this</li><li>• Learn about our Drumchapel model for systems change &amp; consider how to apply this approach in your own context</li></ul>
<b>Delivering a Baby &amp; Child Clothing &amp; Equipment Bank</b>	<ul style="list-style-type: none"><li>• A step-by-step guide to setting up your own service with practical tools for delivery</li></ul>
<b>Family Support Introduction for Volunteers</b>	<ul style="list-style-type: none"><li>• Understand the key basic concepts for supporting families including supporting the parent to support the child and emotional regulation</li></ul>

The 6 courses in **pink** form our '3D Families Approach' course and the 6 courses in **blue** form our '3D Families Service Delivery' course



# Our Resources Offer

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## Toolkits

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Our toolkits provide simple and easy to understand information, ideas and templates for implementation. Our toolkits which will be available include:

- Setting up a Family Support Project: A Step-by-Step Guide
- Delivering Family Support Sessions: A Step-by-Step Guide
- A locality approach to Family Support Systems Change
- Delivering a Perinatal Family Support Service
- Delivering Parent & Child Play Sessions
- Delivering Peer Support Groups
- Setting up a Baby & Child Clothing & Equipment Bank

## Templates

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Our catalogue of templates to support you on your family support journey including:

- Operational Templates
- Programme Templates

## Podcasts

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Listen to our '3D Families' Podcasts covering a range of topics in the family support space available via our website



## Our Consultancy Offer

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**Coaching, advice and guidance from the beginning of your journey or for specific parts of your journey. This can be facilitated as part of a package including training and resources.**



Marion Lindsay is our Senior Children & Family Worker and has 25 years experience working with children and families at 3D Drumchapel. Marion is a trained facilitator in many programmes including Triple P, Solihull Understanding your Child, Baby Massage, Seasons for Growth and Safe Spaces. Marion also facilitates parent & child sessions, outdoor play sessions, peer support groups, home visits and one-to-one support for parents. Marion has been a lead pioneer in developing and facilitating new services at 3D including our 'Muddy Buddies' outdoor play programme, and '3D Thrive'

delivering intensive family support for families referred to us by Social Work.

*"Marion has years of experience facilitating a wide variety of groups within 3D and is a fountain of knowledge on many topics pertaining to family support. She is an excellent communicator and instantly puts people at ease. Marion listens to people and gains their trust all while managing to encourage them to have the courage to be open and honest resulting in participants getting the most out of every session."* Triple P Co-Facilitator



Sharon Colvin is our Chief Executive and has been leading the work at 3D for the past 17 years. Sharon has a community work degree and has spent time as a community worker in the East End of Glasgow and also living and volunteering at community development projects in South America. Sharon is a Solihull trainer and has completed the Scottish Coaching & Leadership for Improvement Programme with the Scottish Government and the Trauma-informed Leadership for Improvement Programme with the Scottish Government and the Trauma-informed Leadership

programme with NHS Education Scotland. Sharon established and leads the Drumchapel Children & Families Network which brings together all sectors to build relationships, share best practice and deliver innovative change with and for children & families.

*"Sharon is an excellent trainer with a sound knowledge of the subjects she delivers. It is evident that additional reading and study is undertaken and this gives additional value to the content. Sharon has a kind, caring and nurturing manner that engages participants and builds a level of trust in the group where people feel safe to share experiences, learn and grow together. It is always a pleasure to co-deliver with her."*

Co-Trainer for the 2 day Solihull Approach Foundation course.

## 3D Futures +

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We offer a special discounted BUNDLE benefiting from the full spectrum of our 3D Futures offer which includes:

- 12 X Family Support Essentials Training Sessions
- 4 X Consultancy Sessions
- 4 X Coaching Sessions
- Full day shadowing the work at 3D Drumchapel for 12 people
- 3D FAMILIES Award
- Annual membership to the 3D Futures Network



## Who we are: Our Approach

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Positive outcomes for both individuals and partners were widely recognised by participants in research carried out by Community Enterprise with our stakeholders in 2021. Exploring the pathways through which this impact was achieved formed a key element of this research. A range of key aspects of 3D Drumchapel's approach were identified within this as mediating factors that enabled outcomes to be achieved. These included:

- Buy-in from all staff, management, and volunteers: into the ethos and values of organisation (and putting these into practice). This was felt to be pivotal in creating a welcoming, non-judgemental environment where learning, development and support could take place.
- The development of long-term relationships: with families, the community, and partners. Seen to be essential for breaking down barriers, building rapport and trust and encouraging active engagement of parents and families.
- Effective community engagement: fostering co-design over services was felt to build a sense of ownership and pride over the services and activities on offer. This was also seen as vital to ensuring 3D met the needs of local families and accurately voice local priorities to a wider audience.
- Focus on peer support: linked to improvements in social and emotional wellbeing and reduction in feelings of anxiety, depression, and isolation. Also seen to foster skills development and learning.
- Being innovative, creative, and flexible: as an organisation 3D was credited with the ability to quickly shift to meet changing needs and challenges. This was felt to impact positively on organisational sustainability as well as on a range of individual service user outcomes. Impacts of this were also highlighted from partners recognising and responding to this approach.
- Commitment to collaborative approaches: strongly linked to 3D's leadership of Drumchapel Early Years Network(now called Drumchapel Children & Family Network). Willingness to share and encourage best practice, new methods and lifelong learning amongst partner and statutory organisations was praised as having ripple effects of practice and policy across the sector.

## Who we are: Our Services

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Our dedicated Family Support Programme is detailed below.

1

**Perinatal Programme:** We provide a programme of support for expectant parents from pre-birth through to 1-year post-birth.

2

**Parent & Child Play Programme:** We facilitate a variety of play-based parent & child sessions based on the age and stage of the child.

3

**Parenting Programmes:** We support parents to be parents through the facilitation the Mellow Bumps, Triple P and the Solihull programme.

4

**Peer Support:** We create space for parents to come together to support each other.

5

**Wellbeing:** We facilitate sessions that support health and wellbeing.

6

**Family Support In Schools:** We have Family Support Workers based in local primary schools to provide family support to families within the schools and also bridge the families to our other family support services at 3D.

7

**One to One Support:** We offer one to one support via home visits, walk & talks, telephone support and support over a cuppa at our base.

8

**Intensive Family Support:** We journey more intensively with families referred to us by social work.

9

**Practical Support:** We provide practical support for families in the form of food and fuel vouchers and source other practical support wherever we can and where it is required. We refer and signpost families to other necessary services.

## Who we are: Our Services

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**Volunteer Development:** We have many volunteering opportunities at 3D and we provide pathways, support and development for our volunteers.

11

**Bairn Necessities & Bairns' Boutique:** Our volunteers collect and redistribute a bank of good quality baby and children (0-5 years) equipment and clothing to families who need it and also operate a shop selling good quality children's goods in the local community.

12

**Drumchapel Children & Families Network:** Leading a collaborative to bring about systems change to improve outcomes with and for children and families in Drumchapel. Bringing together children & families, third sector, social work, health, education, police and housing.



## Who we are: Our Impact

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3D Drumchapel is an award-winning Charity who has been journeying with children (0–12 years) and their families in Drumchapel, Knightswood and Yoker, to build strong foundations for families to thrive For over 25 years.

The impact of our work is evidenced by the awards we have received over the years which include:

- The Queen’s Award for Voluntary Service October 2021. The Queen’s Award for Voluntary Service is the highest award given to volunteer groups across the UK.
- The Scottish Children’s Health Award (September 2020). This award is run by Children’s Health Scotland and 3D won the Improving Life Experiences Award.
- The Children & Young People Now Award (March 2020). Children & Young People Now is the publication for leaders and senior practitioners across children’s and young people’s services and the awards are given for excellence in service delivery.

## Testimonies

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“I am thinking differently, I am practising differently. I see the value in this approach.” 3D partner



“We evidence more progress where 3D have been involved...maybe something to in the skills and ethos of the organisation....there is something special.” 3D partner



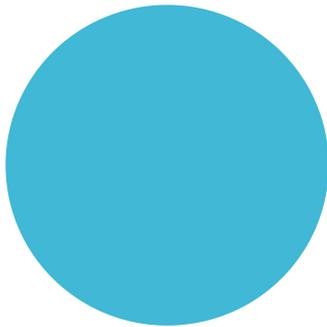
“The ideology of 3D makes it stand out, the idea of ownership, everybody at every level is bursting with pride for the Organisation and believe in the difference they are making. You can just see they have real purpose...they definitely have something right.” 3D partner

## Who we are: Our Impact

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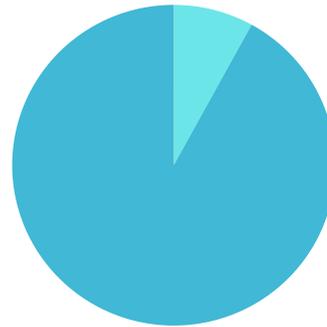
Over the 3 years 2021 - 2024, 3D Drumchapel has supported 1410 parents and 1277 children (0-12 years) and across this period, parents reported the following progress:

Improved family relationships



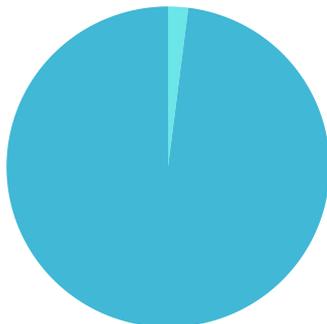
100%

Better able to understand and respond to their child's needs



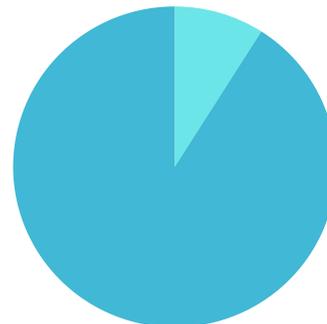
92%

Improved wellbeing of family members



98%

Improved child development



91%

## Our 2024-2025 Impact

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550

Families supported

761

Children supported

965

Adults supported

764

Number of Sessions

38

Volunteers

## Who we are: Our Impact

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In 2021, we commissioned Community Enterprise to undertake an external evaluation of our work. Below is an excerpt of the key findings:

- All families involved in this research highlighted the significant, positive impact 3D Drumchapel services had on their health and wellbeing – particularly in terms of mental health and social connections.
- Involvement in 3D services was felt to improve confidence, self-esteem, and resilience amongst local parents. This was felt to be linked to a range of elements including the creation of a safe, non-judgemental space where learning, socialisation and peer support could take place.
- Improved relationships and communication were highlighted across all research participants. This was seen within family dynamics where involvement with 3D had improved child-parent communication and understanding. Partners also expressed improved local relationships and communication as a result of working collaboratively with 3D Drumchapel (strongly linked to Drumchapel Children & Families Network).
- Specific child development outcomes were linked to involvement with 3D Drumchapel services. The long-term relationships, 1-1 tailored support, and trust were all mentioned as key to these improvements. Removal of children from the Child Protection Register was recognised by several partners and parents as a key indicator of impact on the lives of local children and families.
- The collective benefits of improving health and wellbeing outcomes for children and families were believed to have a broader impact on their community (although people did find these hard to quantify). Key partners of 3D suggested effects could be felt through e.g., their commitment to community engagement as well as their role as a community anchor organisation. These were believed to have had an impact more broadly through greater empowerment, community representation, and localised decision-making.

## Who we are: Our Impact

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- The ethos and values of 3D Drumchapel were felt to be a key contributing factor to why positive outcomes had been achieved. These were linked to: long-term, trusting relationships with local families; community-led and flexible services, best practice through transformative leadership and highly skilled staff, and a collaborative and open approach to local partnership opportunities.
- It was highlighted that 3D Drumchapel was a well-known organisation on a local/regional level. The Drumchapel Children & Families Network was felt to have influence in terms of developing best practice.



"3D offered help and support at one of the most difficult times in my life. I suffered quite severe postnatal depression. 3D were my lifeline." 3D parent



"My relationship with my child is far better. 3D helped me heal but also supported me in a non-judgemental way...cannot underestimate the power of a friendly chat and a hug...this service is an invaluable lifeline to new parents." 3D parent



"I wouldn't be where I am now if it wasn't for 3D. I moved into the community feeling isolated and mentally drained. 3D helped me and my family with social activities, wellness and parenting programmes, support networks and more.....A priceless organisation and vital part of our community." 3D parent

## Our Pricing: Charities, Churches & Community Groups

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- Each 3 hour '3D Family Support Essentials' training course is £50 per person or £500 per course (max 12 people) if delivered in-house or online. Each training course includes a slide-deck & a workbook section. For every block of 6 training sessions delivered as part of a tailored programme, the 6<sup>th</sup> session will be offered free.
- The '3D Families Approach' training course (6 sessions / 18 hours) is £250 per person or £2,500 per course (max 12 people) if delivered in-house or online.
- A half-day (3 hours) consultancy session is £200 and a full day (6 hours) session is £400 both offered in-person and online.
- A 1:1 coaching session (2 hours) is £100. A group coaching session (3 hours) is £50 per person both offered in person or online.
- A half day (3 hours) shadowing experience at 3D Drumchapel will cost £100 per person and a full day (6 hours) is £150 per person. Volunteer Placements are also possible and can be individually negotiated.
- Access to our full catalogue of resources is £500 per Organisation.
- Annual access to our exclusive 3D Futures Network of Family Support Organisations across Scotland is £30 per year per individual or £60 per year per Organisation.
- Please speak to us to we can arrange a tailored BUNDLE of support specific to your needs.
- We offer a discounted 3D Futures+ BUNDLE which includes 12 x training sessions & toolkits for 12 people, 4 x consultancy sessions, 4 x coaching sessions, 1 x day shadowing at 3D for 12 people, access to the catalogue of resources and an annual membership to the 3D Futures Star Network for a total cost of £8,000.

## Our Pricing: Public & Private Sectors

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- Each 3 hour '3D Family Support Essentials' training course is £80 per person or £800 per course (max 12 people) if delivered in-house or online. Each training course includes a slide-deck, & a workbook section.
- The '3D Families Approach' training course (6 sessions / 18 hours) is £450 per person or £4,500 per course (max 12 people) if delivered in-house or online.
- A half-day (3 hours) consultancy session is £250 and a full day (6 hours) session is £500 both offered in-person and online.
- A 1:1 coaching session (2 hours) is £150. A group coaching session (3 hours) is £100 per person both offered in person or online.
- A half day (3 hours) shadowing experience at 3D Drumchapel will cost £150 per person and a full day (6 hours) is £200 per person. Volunteer Placements are also possible and can be individually negotiated.
- Access to our full catalogue of resources is £1,000 per Local Authority or Company.
- Annual access to our exclusive 3D Futures Network of Family Support Organisations across Scotland is £50 per year per individual or £100 per year per Local Authority or Company.
- Please speak to us to we can arrange a tailored BUNDLE of support specific to your needs.
- We offer a discounted 3D Futures+ BUNDLE which includes 12 x training sessions & toolkits for 12 people, 4 x consultancy sessions, 4 x coaching sessions, 1 x day shadowing at 3D for 12 people, access to the catalogue of resources and an annual membership to the 3D Futures Star Network for a total cost of £12,500.

# Contact Information

For more information or to make an enquiry, please contact:



**Sharon Colvin**

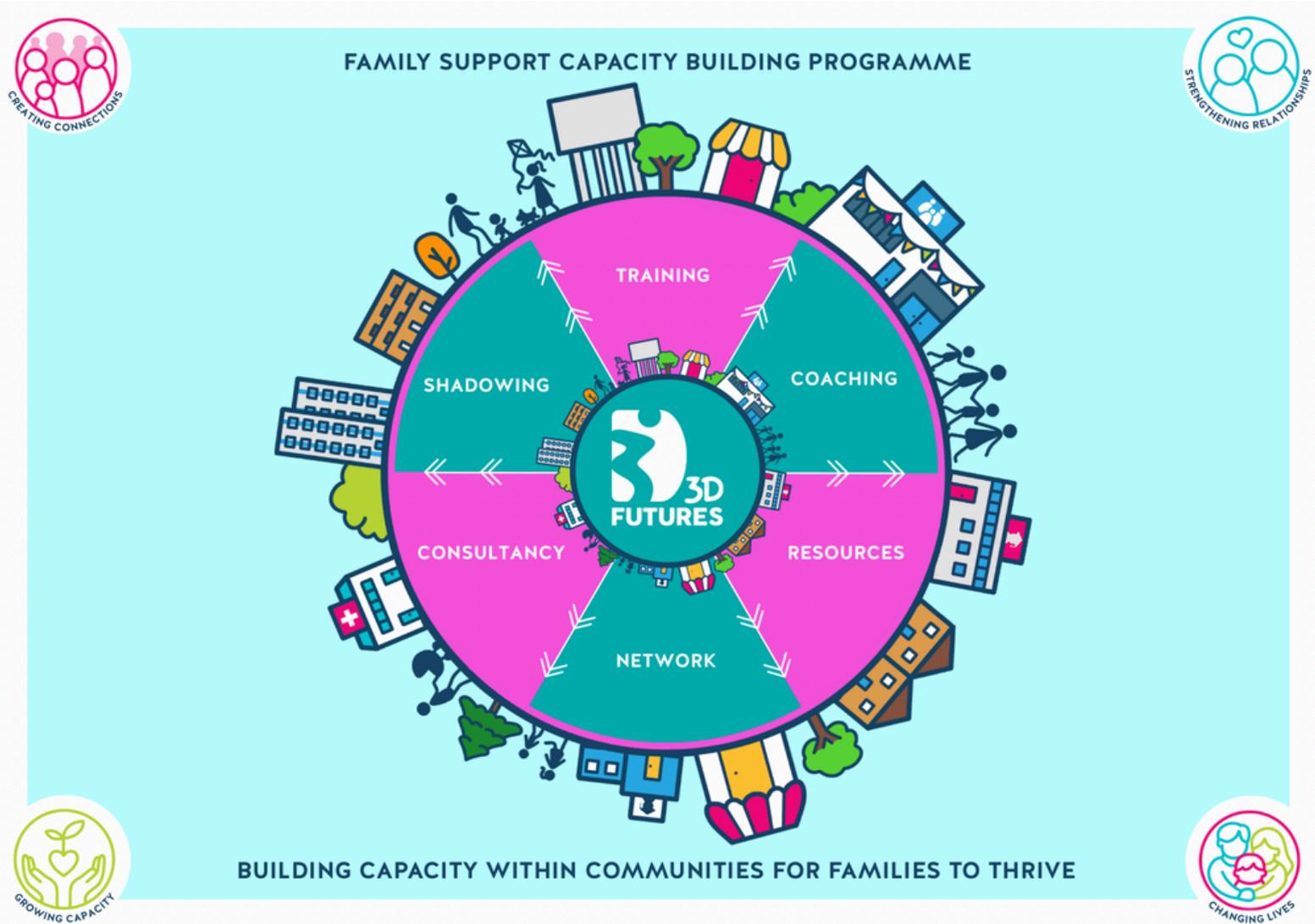
Chief Executive Officer



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