

All of us film transcript

Thomas: How's my hair, is it alright?

Shannon: Ready? One, two, three, go.

Shannan + Maria: It takes all of us.

Carla: It takes all of us.

Thomas: It takes all of us.

Sue: It takes all of us.

Mark: All of us

Shannan + Maria: To raise happy, healthy children. [laugh]

Carla: We know that taking care isn't always easy and we all need help from time to time. Parents might be struggling at the minute due to money issues, health concerns, or a whole range of factors outside of their control and there is help available across the city.

VO: Sometimes parents and carers might reach out to somebody they know; it might be a worker in a library or a community centre.

Sue: We provide different types of programs for ages and stages of different types of young people from 0-16. All of the courses help parents and carers understand why, perhaps, a child or a young person in a particular way in a particular time in their life, and this really helps to strengthen their parent and child relationship. We have developed web pages called "Support for Families" on the Edinburgh Council website. Some parents might be looking for early stages of child development, or possibly family activities or financial support, and we hope that by creating these web pages that parents can access support easier and quicker and when they need it.

Shannon: Stepping Stones helped me in words I can't describe. Just changed me as a person. So good and the opportunities they've offered us, and what we've done...

Maria: Yeah, we are first mums, and sometimes it's very difficult to know why the kid is doing this or...

Shannon: We can just talk it out [Maria: Yeah] and make ourselves feel better about it all.

Thomas: Parents really just appreciate having someone else to speak to, and appreciate knowing that they're not alone, and that other people are going through similar stuff. Nobody

knows everything, and, therefore, it's good to get a bit of information and a bit of support when you need it.

Mark: In the midst of a baby's scream, that can be highly stressful. The support has helped me become a more confident father.

Shannon: And I would just say to reach out, just taking that one step, you know, cause I never used to feel, I never used to want to come to groups, that used to totally make me paranoid and anxiety and just, you know, like I won't get it, you know what I mean? But, you do.

Maria: Just speak with someone about your problems. I have anxiety. Now with Stepping Stones I just stopped my medication and now I'm really, really good now.

Shannon: Yeah!

Thomas: I think people need to ask for help as soon as possible, and continue to ask for help.

Mark: Know that you are not alone.

Carla: So it is really about speaking out and getting that help early on and you can find help by calling the NSPCC on 0808 800 5000, or you can visit edinburgh.gov.uk/allofus.