

Dear colleague,

The following courses are now free for residents of Stockport:

- **Understanding your pregnancy, birth, labour and your baby**
- **Understanding your baby (0-12 months)**
- **Understanding your child (0-19 years)**
- **Understanding your child with additional needs**
- **Understanding your teenager's brain**
- **Understanding your brain (course for teenagers)**

We're delighted that Stockport NHS Foundation Trust has now purchased a multi-user licence for these Solihull Approach online courses. The courses above are for anyone playing an active role in a child's life, up until they are 19 – this could be mothers, fathers, partners, carers, professionals of all kinds, grandparents, other family and involved friends.

Created by experts, the courses are proven to improve emotional wellbeing and the relationships between parents and children.

Please help us share the news

Anyone in Stockport can join the courses for free by following these simple instructions:

1. Visit the [Our Place](#) website
2. Use the access code: REDROCK
3. You will be asked to create an account so that you can resume the course where you last left off.
4. You will also be asked to verify your postcode to make sure that you're a Stockport resident. If you are a professional using this service, please add your postcode as SK1 3XE.

As we move forward, we aim to share a toolkit of resources to help promote the courses to everyone you work with – please watch this space!

We would appreciate it if you could help spread the word about this fantastic opportunity. If you need any further information, please contact Claire Gwyer (claire.gwyer@stockport.gov.uk), who would be happy to help.

Thank you for your support - your help will make a huge difference to the young people across our borough.

Maura Appleby

Principal Lead (Health), Stockport Family

