I Matter Supported Online Learning for Families
With Community Wheel Pilot – Evaluation – Kendal Plus PCN - 2025-2026

3 families presenting in primary care were offered access to supported online learning. This was 2 couples and a single parents. The 5 children being thought about were aged 7 – 15 years. 3 out of 5 parents were local professionals, including a GP, a teaching assistant and a adult psychiatrist.

The plan had been to offer an early intervention offer in partnership with the I Matter Trainee Lead Practitioner, (EA) a social prescriber in a second PCN, supported by myself (CB).

However, it quickly became clear that none of the families could be easily described as early intervention. They were all struggling with some persistent challenges and were all struggling to access local services. One child had been out of school over a year.

We therefore agreed a higher level of study support than had initially been anticipated.

The families were given log on access to the I Matter Framework Fundamentals. They had two forms of study support
1. Check in sessions with EA or myself to discuss their learning.
2. A monthly I Matter Community Wheel group session. This was a structured discussion using a methodology based on Philosophy for Communities.

The purpose of the study support sessions was to help parents make the links between the content they were learning about the I Matter Framework and their own specific situation. The purpose of the Community Wheel sessions was to reduce social isolation and support peer-peer learning.

The learning experience was very well received by all three families who each managed to turn specific challenges around in their home setting.
In their feedback families referred to
+ the relief of not feeling on their own
+ the value of learning from others
+ the feeling of being empowered to take back responsibility for the tone in their homes
+ the benefits of a shared language for helping them work as a team

The adult psychiatrist wrote: As a mental health professional I can also see how valuable this would be for so many families and schools too. If this could be offered early on when problems emerge, a lot of more severe problems and CAMHS referrals could easily be avoided.. I hope one day this gets launched across the country