



Tender for Services: Delivery of Wellbeing Workshops for Single Parents (June 2025): Gingerbread – Supporting Single Parent Families

Introduction

Gingerbread invites proposals from experienced, trauma-informed facilitators to deliver three online wellbeing workshops for single parents in June 2025. These workshops are part of our annual wellbeing programme, aimed at improving the mental, emotional, and physical wellbeing of single parents across England and Wales.

Scope of Work

We are commissioning three one-hour, online workshops, each to be delivered live and pre-recorded for on-demand access. In addition, facilitators will provide five short (30-second) social media video clips to promote the session and extend its reach.

The three workshops are:

1. **"Press Pause: Mindfulness and Self-Compassion for Single Parents"**
Focus: Introduction to mindfulness and self-compassion practices to manage stress and build resilience.
2. **"Stretch, Breathe, Release: A Yoga Session for Single Parents"**
Focus: Gentle, accessible yoga to support physical and emotional wellbeing through mindful movement and relaxation.
3. **"You Deserve Kindness Too: A Self-Compassion Workshop for Single Parents"**
Focus: Understanding self-compassion, addressing self-criticism, and developing emotional resources.

Deliverables

- One-hour *live* online workshop (to be held at 8pm on an agreed date in June 2025)
- One-hour *pre-recorded* version for on-demand access (delivered by 5 June 2025)
- Five 30-second video clips suitable for social media use (delivered by 5 June 2025)
- Optionally, contributors may offer supporting materials (e.g. self-guided packs)

Facilitator Requirements

Facilitators must:

- Have experience working with single parents or carers
- Be skilled in trauma-informed and inclusive facilitation
- Be confident holding emotionally safe spaces



- Have relevant qualifications or lived/professional experience (e.g. mindfulness, yoga, therapeutic work)
- Hold professional insurance and, where relevant, first aid training
- Be comfortable being recorded and featured in Gingerbread's digital content

Specific workshop qualifications:

- *Yoga session*: Qualified yoga instructor with experience in accessible, adaptive practices
- *Self-compassion workshops*: Familiarity with frameworks such as Kristin Neff's self-compassion model

Target Audience

All workshops are open to single parents of all genders, backgrounds, and experience levels. No prior knowledge of mindfulness, yoga, or emotional wellbeing practices is assumed.

Selection Criteria

Tenders will be assessed based on:

- Relevance and depth of experience
- Understanding of single parents' lived experiences
- Approach to trauma-informed and inclusive facilitation
- Creativity and quality of proposed content and practices
- Value for money

Budget

Please provide a quote for delivery of one, two, or all three sessions. Include breakdowns for live delivery, pre-recording, and video production. Travel costs are not applicable as sessions are online.

Application Process

Please submit your tender including:

- A short proposal outlining your experience and approach
- CV or professional bio
- Links to any relevant sample content or recordings (optional)
- Fee proposal (including any optional add-ons)
- Confirmation of availability in June 2025

Deadline for Submissions: 12th May 2025 at 2pm

Send your proposal to: Ella.Whaley@gingerbread.org.uk

Appendix A: Workshop Detailed Briefs

1. Workshop Brief: Mindfulness and Self-Compassion for Single Parents

Title:

"Press Pause: Mindfulness and Self-Compassion for Single Parents"

Duration:

1 hour (online live) – on agreed date in June at 8pm

1 hour pre-recovered session – for use for on demand service (completed by 5th June)

5x 30 second social media clips

Overview:

This gentle, practical workshop is designed to support single parents in navigating the challenges of daily life with greater calm, clarity, and kindness. Rooted in mindfulness and self-compassion practices, the session provides a moment to pause, reconnect, and learn simple tools to support emotional wellbeing and resilience.

Aims:

- To introduce single parents to mindfulness and self-compassion in a warm, inclusive, and accessible way
- To offer a safe, non-judgmental space for reflection and connection
- To equip participants with practical strategies to manage stress, reduce self-criticism, and build emotional strength

By the End of the Workshop, Participants Will:

- Understand the basics of mindfulness and self-compassion and how they can benefit wellbeing
- Experience simple, guided practices to calm the mind and soothe difficult emotions
- Take away practical tips to apply in everyday life—even in the busiest of moments

Workshop Outline:

1. Welcome and Grounding (10 mins)

- Brief introductions and group agreements
- Naming common pressures faced by single parents
- What mindfulness and self-compassion mean in real life

2. Guided Mindfulness Practice (10 mins)

- A simple grounding practice (breath or body scan)
- Gentle reflection on how it felt

3. Understanding Self-Compassion (15 mins)

- The three elements of self-compassion (mindfulness, kindness, shared humanity)
- Why it's not selfish to be kind to yourself
- Short journaling or group discussion

4. Everyday Practices (15 mins)

- Tools like the "self-compassion break," compassionate inner voice, or micro-moments of pause
- Adapting practices to work for busy parents (while cooking, walking, etc.)

5. Final Practice & Takeaways (10 mins)

- Loving-kindness or self-compassion meditation
- Closing virtual circle: one thing they're taking away or committing to try

Who It's For:

Single parents at any stage of their journey, whether navigating parenting solo for the first time or juggling long-term pressures. No prior experience with mindfulness needed—just an open mind and a willingness to show up for yourself.

Facilitator Requirements:

- Trauma-informed, inclusive facilitation style
- Experience working with or understanding the needs of single parents or carers
- Ability to hold space with warmth, empathy, and lightness

Optional Add-Ons:

- Self-guided mindfulness pack (draft Jaz to review)

2. Workshop Brief: Yoga for Single Parents

Title:

"Stretch, Breathe, Release: A Yoga Session for Single Parents"

Duration:

1 hour (online live) – on agreed date in June at 8pm

1 hour pre-recovered session – for use for on demand service (completed by 5th June)

5x 30 second social media clips

Overview:

This gentle and inclusive yoga session is designed specifically for single parents—offering a chance to slow down, reconnect with the body, and release

physical and emotional tension. Through mindful movement, breathwork, and relaxation, participants will experience a restorative hour focused on self-care, strength, and calm.

Aims:

- To support the physical and emotional wellbeing of single parents through accessible yoga
- To create a calm and welcoming space for self-connection and stress relief
- To encourage body awareness, relaxation, and a sense of community

By the End of the Session, Participants Will:

- Feel physically stretched and relaxed
- Learn basic yoga postures and breathing techniques to reduce stress
- Feel more connected to their body and more present in the moment
- Leave with a greater sense of calm and self-compassion

Session Outline:

1. Welcome & Check-in (5-10 mins)

- Gentle introductions and brief grounding
- Setting intentions for the session
- Emphasis on listening to your body and going at your own pace

2. Gentle Warm-Up (10 mins)

- Seated or standing movements to release tension from neck, shoulders, back, and hips
- Simple breath awareness to connect mind and body

3. Flow & Stretch (25 mins)

- Accessible standing and floor-based postures to build strength and flexibility
- Options provided for all levels (including chair-based alternatives if needed)
- Focus on movement that supports energy and ease

4. Relaxation & Restorative Poses (10 mins)

- Calming postures to unwind and relax the nervous system
- Guided breathing and body scan

5. Closing Circle (5 mins)

- Time to reflect and share (optional)
- Self-care reminder or simple practice to take away

Who It's For:

All single parents, regardless of age, fitness level, or yoga experience. The session is non-judgmental, child-free, and designed to prioritise the wellbeing of parents who may rarely get time for themselves.

Facilitator Requirements:

- Qualified yoga instructor with insurance and first aid training
- Experience delivering trauma-informed or accessible yoga
- Confident adapting for all body types, abilities, and energy levels
- Warm, inclusive, and empowering approach
- Ideally some understanding or lived experience of the challenges faced by single parents

3. Workshop Brief: Self-Compassion for Single Parents**Title:**

"You Deserve Kindness Too: A Self-Compassion Workshop for Single Parents"

Duration:

1 hour (online live) – on agreed date in June at 8pm

1 hour pre-recorded session – for use for on demand service (completed by 5th June)

5x 30 second social media clips

Overview:

This one-hour, trauma-informed workshop is designed to support the emotional wellbeing of single parents by introducing them to the power of self-compassion. Parenting alone often means high pressure, little rest, and lots of self-judgment. This session offers a gentle, supportive space to pause, reflect, and learn practical tools for treating oneself with more kindness and care.

Purpose:

To empower single parents to:

- Recognise and soften their inner critic
- Learn how self-compassion supports emotional resilience and wellbeing
- Build a kinder relationship with themselves in the midst of life's challenges

Learning Outcomes:

By the end of the session, participants will:

- Understand the basic principles of self-compassion and why it matters
- Identify common blocks to self-kindness (e.g., guilt, perfectionism)
- Experience guided self-compassion practices they can use in daily life
- Leave feeling seen, supported, and more emotionally resourced

Workshop Structure:**1. Welcome & Scene Setting (10 mins)**

– Introductions and ground rules

- Acknowledging the emotional load of single parenting
- What self-compassion is (and isn't)

2. Understanding Self-Compassion (10 mins)

- The three components: mindfulness, self-kindness, common humanity
- Why it matters—especially for parents going it alone

3. Guided Practices (20 mins)

- Gentle self-compassion exercises (e.g., "self-compassion break," supportive self-talk, soothing touch)
- Reflection prompts or optional sharing

4. Everyday Application (10 mins)

- How to build moments of self-compassion into busy lives
- Dealing with guilt and resistance
- Tips for continuing the practice at home

5. Closing & Reflection (10 mins)

- What participants are taking away
- Resources or signposting for ongoing support

Audience:

This workshop is specifically for single parents of all genders, backgrounds, and parenting experiences. No prior experience with mindfulness or emotional wellbeing work is required.

Facilitator Requirements:

- Skilled in delivering trauma-informed, inclusive workshops
- Familiarity with self-compassion frameworks (e.g., Kristin Neff's model)
- Lived or professional experience with the challenges single parents may face
- Confident creating a warm, non-judgmental, and emotionally safe space