



Dear Members

You will recently have received a letter from us which included information about our new service, [parentchannel.tv](http://parentchannel.tv), which will be part of the Parent Know How suite. Thanks to everyone for the enthusiastic response – we will be in touch shortly with further information.

The new service will be launched in January, and we do hope that you will join us for a celebratory event. This will be the first of several events in the spring: the [parentchannel.tv](http://parentchannel.tv) launch on 13 January; a briefing event focusing on workforce issues, an event on vulnerable families and our annual conference – to be co-hosted by One Plus One – all later in the spring. Please watch out for an events flyer and do mark the dates in your diaries!

Best wishes for a festive holiday season

Pamela Park, Chief Executive

## Parenting services fail to engage both parents, says Fatherhood Institute

A new report launched by The Fatherhood Institute has urged local services to take further steps to engage fathers in parenting programmes, suggesting that up until now too much emphasis has been placed on the relationship between the mother and child.

The government requires local services to engage with fathers, and parenting service commissioners are being encouraged to promote this. The report shows that when both parents are involved, families are more likely to stay the course, with positive changes occurring sooner and lasting for longer.

The report, entitled 'Fathers and Parenting Interventions: What Works?' looks at existing strategies for recruiting fathers, highlighting those successful approaches that support father-child relationships. Research shows the importance of gender-specific parenting services, examining lifestyles and attitudes of different types of fathers.

Adrienne Burgess, who wrote the report, notes that parenting programmes are more cost effective when aimed at the whole family, with "mothers, fathers and children all benefitting" from the learning. She suggests that some programmes need to be modified, employing well-trained staff who understand their own attitudes around men and fathers, to work effectively with father-child relationships.

The report also looks into reasons why fathers don't attend programmes in the first place, pointing out that low attendance is not necessarily due to lack of interest - when services are targeted directly at fathers, explaining how their children will benefit from their attendance, the response is usually positive.

The report provides a 10-point checklist for implementing these improvements, which states that parenting programmes should reflect the experiences of both parents, effecting strategies that address the father's role in parenting, and increasing the proportion of male staff, while consulting regularly with local fathers and mothers.

The summary can be downloaded for free, and the full report is available for £10 at [www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)

Page 2-3	Focus – early intervention in Nottingham
Page 4-5	News – find out what's happening in the parenting sector
Page 6-7	Profile – new separated/separating parents project and service for couples in conflict
Page 9	Resources - new research and online resources
Page 10-11	Training and funding
Page 12	Conferences and events

## Early intervention

Nottingham city's mission - 'early intervention, pre-emption and prevention' - has led to an extensive Early Intervention Programme, aiming to break cycles of intergenerational underachievement and deprivation experienced by some children, families and adults in the city.

Part of this mission is the Family Intervention Project pilot which works with the most vulnerable, chaotic and dysfunctional families to tackle the causes of problems rather than just the symptoms, intervening earlier to help prevent problems escalating into crises. Family Intervention Projects provide intensive support to the most vulnerable, chaotic and dysfunctional families involved in anti-social behaviour or youth offending, or affected by longstanding unemployment. Families are often facing a range of enforcement actions, such as anti-social behaviour orders, eviction, or court orders.

Representatives from the council recently visited the Prime Minister to present the successful results and benefits of the project among families in Nottingham which gives intensive support to the most vulnerable and chaotic families. Gordon Brown praised the project and has vowed to set up similar schemes across the country. Nottingham's pioneering Early Intervention Programme, has a long-term, 22 year vision.

Ian Curryer, Acting Corporate Director for Children's Services, said: "We are just 18 months into the programme and we are already starting to see benefits that we have been able to share with the Prime Minister and No 10. If we intervene early we will have better results for our families and save ongoing long-term costs caused by problems escalating. Our challenge is to move the funding that is saved by all agencies to those services who are intervening early."

There are a total of 250 Family Intervention Projects operating or being set up across the country as a whole which will support around 5,300 families a year. National evaluation and ongoing monitoring of the first 699 families to complete the programme has consistently found significant reductions in the number of family members facing legal action or at risk of other problems.

Family Intervention Projects are cost-effective. Average costs per family, per year, range from around £8,000 to £20,000 which is significantly less than the demand these families currently place on services. For example, the cost to rehouse just one family following enforcement action and care proceedings costs local agencies between £250,000 – £350,000 in a single year.

## Case study: Family Intervention Project

The family was referred to the Nottingham Family Intervention Project (FIP) following reports of anti-social behaviour, non attendance at school and concerns about child neglect. The four eldest children in the family had not been attending school for the past 18 months and the two youngest children, who were accessing education, were at risk of permanent exclusion due to their very challenging and aggressive behaviour. Parenting was extremely problematic with little evidence of boundary setting or consistent discipline methods. The father had acute mental health difficulties and the mother appeared to be dependent on alcohol and suffered from depression.

The family was referred to the FIP in view of the level of reported anti-social behaviour – complaints on a daily basis – and the consequent significant threat of homelessness. A multi-agency conference was convened during which the FIP identified and prioritised the work that was required and provided co-ordination for the services involved.

The family's housing situation was considered to be a key priority and the private landlord agreed to suspend plans to evict the family whilst the FIP began work with all family members. The FIP worked with the whole family visiting late (midnight) and early (7am) to help ensure children went to bed at night and got up in the morning at appropriate times.

The parents were subject to parenting contracts with acceptable behaviour contracts served on the children and

the mother was supported to access specialist alcohol counselling services.

Education and training provision was put in place for all the children, including statements of special educational need and one of the children has just achieved five A-C grades in her GCSE examinations.

Tenancy support and debt management was provided; conditions in the home are much improved with no signs of the previous squalid conditions. A multi-agency team around the family met every six weeks to review progress in dealing with their many complex needs.

In the last nine months there have been no further complaints about the family's behaviour. All the school-age children are now in full-time education with over 90 per cent attendance. The mother has benefited from the specialist counselling support, her confidence has risen and she has attended employment training.

The way the family lives now follows a structured pattern and this is providing much needed security for the children and helping ensure they attend school and keep out of trouble. There have been major improvements in parenting, including by some of the children who are themselves young parents. This family has now exited the FIP and the positive changes have been sustained.

# Nottingham – stronger families project

Supporting victims of domestic violence

Nottingham is one of the first cities in the UK to run a programme that works with both children and their mothers who have experienced domestic abuse.

Stronger Families is one of sixteen innovative projects that make up Nottingham's Early Intervention Programme, focusing on tackling intergenerational cycles of deprivation and underachievement within Nottingham.

The aim of the project is to create a safe space for children and provide them with the opportunity to disclose, process and understand the violence and abuse that they have witnessed to help the healing process.

A programme of focused and time limited group and individual sessions are being run for children and young people aged four to 16 and their non-abusing parent to support parents to avoid future abusive situations, help parents support their child better and help the children and young people affected understand and overcome problems.

A two-year contract has been awarded to Women's Aid Advice Centre, which provides a free, confidential and independent service run by women for women and their children experiencing or escaping domestic abuse. The Women's Aid Advice Centre is leading on the project in partnership with Nottinghamshire Domestic Violence Forum and Family Care.

Stronger Families aims to deliver a rolling programme of up to 12 groups between now and March 2011, working with over 190 mothers and children.

Councillor David Mellen, Portfolio Holder for Children's Services, said: "Children in families where domestic abuse has occurred can have difficulties expressing their emotions. Fear of separation or loss, shame, guilt, anger and anxiety can lead to behavioural problems and poor self esteem, which can go on to affect the child in later life. Mothers, whose reserves are already low, can also find it difficult to build up their relationship with their children, at a time when it's needed most.

"Despite being in the early stages of delivery, Stronger Families has received positive feedback from service users who have taken part in the first programmes. We hope we can build on this and make a difference to the lives of families across the city."

Stronger Families works with children and mothers in separate groups over a 12 week period. Children and young people attend interactive sessions which are designed to build self esteem and help them understand that what has happened is not their fault. They will learn to be aware of their own feelings and encouraged to share their experiences.

The mothers group will concentrate on a different topic each week and will give mothers a chance to better understand



their children's reactions and behaviour whilst also giving them the skills to support their own children and strengthen their relationship.

Referrals come from agencies who work with children and/or families who have experienced domestic violence and have children between four and 16 years old who live in the Nottingham City area.

Professionals (both men and women) from statutory, voluntary and community organisations are needed to act as facilitators to delivering the children's or the mother's groups. Training, support and supervision will be given prior to and throughout the delivery of the group programme. A diverse range of facilitators are required with contrasting styles and creative ideas as well those who may be new to delivering groups and may need more support.

If you are interested in becoming a facilitator or know of any young person or family who would benefit from this project, please call 0115 934 8487 or email: [delphis.waac@googlemail.com](mailto:delphis.waac@googlemail.com)

## 'Tough love' parenting style most successful for building character, the key to life chances – says Demos

Think tank Demos has launched a report which investigates how character – application, empathy and self-regulation – is what gives us the necessary skills to thrive in 21st century Britain. But these skills are learnt before the age of five, making parenting the key to improving social mobility.

The report, *Building Character*, investigates the relationship between parenting style on the development of key character capabilities in children through a quantitative, longitudinal analysis of children growing up in the UK. It uncovers how social, economic, and technological change has made character more important in determining children's outcomes over the past 30 years and, in light of this, how parent's approach to bringing up their children massively influences the development of these key skills.

Parents who combine warmth and consistency – a style described in this report as 'tough love' – are the most successful in developing character capabilities in their children. But this kind of parenting is unevenly distributed across society and parents with low levels of confidence, support or income are less likely to use this approach. Moreover, recent social and economic change has put a premium on character capabilities; they are more important than ever before to success. The report recommends the following policy goals:

- the return of Sure Start to focus on early intervention
- improved pilots for the Family Nurse Partnership
- an early years role for health visitors
- a 'NICE' for evidence-based parenting interventions

To read the report in full [www.demos.co.uk/publications/parenting](http://www.demos.co.uk/publications/parenting)

## Record number of parent support advisers

Nearly 60 per cent of schools are now benefiting from parent support advisers according to the Training and Development Agency for Schools (TDA).

Following a two-year pilot scheme to test out the role, 3,469 parent support advisers and similar roles are now supporting over 13,000 schools in England. The role is designed to bridge the gap between parents and schools.

New research from the TDA suggests that parent support advisers, and other support staff, are already making a real difference in schools and are highly valued by parents. In a recent survey, 58 per cent of parents believed attempts to involve them in school life were much better than when they were at school, and over three quarters, 78 per cent, believed the provision of support staff had improved.

The TDA is encouraging headteachers to think about how they might best deploy support staff to help mothers, fathers and carers better engage with their children's learning, and to help identify and remove specific barriers to learning so that all children and young people can reach their potential.

Evidence from the official evaluation of the parent support adviser pilot, carried out by the Centre for Educational Development, Appraisal and Research at the University of Warwick (CEDAR), not only supports the idea that the role has improved relationships between parents and schools but suggests they have also made a difference to attendance.

According to the CEDAR report the proportion of persistent absentees decreased by almost a quarter in secondary schools with a PSA. At the same time, nearly all parents who had been

helped by a PSA (95 per cent) felt more confident to tackle problems and 88 per cent of senior staff had noticed improved parental engagement. Parent Support advisers provide parents with one-to-one support, which can include home visits, coffee mornings and parenting support programmes. They are able to identify the needs of pupils at an early stage and make parents aware of a wide range of local services that can offer further help and advice such as health and social care.

Graham Holley, Chief Executive of the TDA, said:

**“Clearly, PSAs are playing a vital role in strengthening the existing channels of communication between parents and schools. The CEDAR report demonstrates that they are a critical addition to the team of people working in and around today's schools. PSAs and similar roles help schools engage with individuals who were previously hard to reach – providing the opportunity of personalised assistance with learning and other great benefits for parents, pupils and schools.”**

The TDA has developed a series of resources for schools and local authorities as well as training materials for PSAs. To find out more, visit: [www.tda.gov.uk/psa](http://www.tda.gov.uk/psa).

## One in three 11–16 year olds targets of cyberbullying

Charity Beatbullying has published the report *Virtual Violence - Protecting Children from Cyberbullying* which looks at the true extent of cyberbullying among young people in the UK and in particular, highlights the number of extreme cases where a young person is persistently and systematically cyberbullied.

The report states that according to the latest research, nearly one in three 11-16 year olds has been deliberately targeted, threatened or humiliated by an individual or group through the use of mobile phones or the internet. For a quarter of these the experience was ongoing, meaning that 1 in 13 children were persistently cyberbullied.

Persistent cyberbullying is bullying that is happening day in, day out, over a period of months or sometimes years. It is continuous bullying by the same person or group. As expected, children who were persistently cyber bullied experienced a longer duration of bullying. Around a third of those persistently bullied said it lasted a year or more, or else was still going on. Another fifth said it had lasted months.

### Cyberbullying and vulnerable groups

The report included a survey of over 2,000 secondary school pupils shows that cyberbullying is of increased concern for certain 'high risk' groups of children:

- Pupils with a learning difficulty or disability are 16% more likely to be persistently cyber bullied over a prolonged period of time.
- Pupils receiving Free School Meals, (an agreed universal indicator of increased deprivation, limited/ing social mobility, poverty and educational under-achievement) are 13% more likely to be persistently cyber bullied over a prolonged period of time.

- Pupils from white non-British ethnic backgrounds all reported a higher incidence of this intense form of cyberbullying.

## New review of negative impacts of relationship breakdown on parenting

One Plus One have published a major review of the international research literature on the impact of relationship breakdown on the physical and psychological health of adults and children and the consequences for parenting, parent-child relationships and child wellbeing.

The review, *When Couples Part: Understanding the Consequences for Adults and Children*, by Lester Coleman and Fiona Glenn, finds that parents who are distressed are less attuned to their child's needs and may be ineffective. Partnerships today are also found to be more likely to fail so increasing numbers of very young children experience the breakdown of their parents' relationship.

Conflict and distress between parents is shown to have a detrimental effect on children and the research indicates that the way conflict occurs and is managed also plays a part. Good parenting can protect children from the effects of relationship breakdown.

To read the executive summary go to: [www.oneplusone.org.uk/publications/whencouplespartexecutivesummary.pdf](http://www.oneplusone.org.uk/publications/whencouplespartexecutivesummary.pdf)

A full copy of the report can be purchased from One Plus One. Please email: [info@oneplusone.org.uk](mailto:info@oneplusone.org.uk)

## Family intervention projects cut antisocial behaviour

The government's so-called "tough love" family intervention projects (FIPs) which work with the most challenging families have significantly reduced antisocial behaviour and enforced evictions, according to independent evaluation.

Evaluation into the pilot projects found there were many positive outcomes among the families that were targeted which had a track record of antisocial behaviour problems.

Among the 699 families that had completed the project, two-thirds were no longer involved in antisocial behaviour and the number of families facing eviction because of their behaviour had reduced from 47 per cent to 15 per cent.

Truancy, exclusion and bad behaviour reports reduced from

56 per cent to 25 per cent of those that had completed the project. Child protection concerns among this group fell by 23 per cent to 13 per cent.

Reductions were also seen in drug and alcohol problems and reports of domestic abuse.

The government has also recently launched bidding guidance for housing associations and children's services to bid to run an expansion of the projects. Earlier this month, the government announced its £15m Challenge Fund, which includes £7.5m from housing providers and the same amount from government to extend existing FIPs and run new projects.



Image sourced from Children's Workforce Development Council Integrated Working case studies

## Innovative Parental Separation Project for Camden

The 2008 **Kids in the Middle** report highlighted the huge numbers of children in the UK affected by parental separation and the resulting fallout in terms of distress and anxiety when parents are unable to maintain the support which children need during a time of turmoil and perhaps conflict. One in three British children is affected by parental separation before they reach the age of 16 and every year between 150,000 and 200,000 parental couples separate, prompting the break-up of the family home. The survey which was the foundation for the report found that:

- 76 per cent of respondents thought that children were affected by parents arguing with each other
- 98 per cent agreed that children should be a priority when parents are managing a separation
- 80 per cent felt that children weren't encouraged to talk about their parents' separation
- 72 per cent of children felt they needed someone to talk to about their feelings.

The scale of the issues presented in the report has led the Department of Children, Schools and Families to identify £4.75m of funding this year for innovative approaches to offer family support during or after parental separation. One of only 10 schemes will be based in the London Borough of Camden where a partnership of local agencies has come together to set up an integrated, non-stigmatising and easily accessible pathway to support for local families.

The Separating/Separated Parents Project will offer help to identify problems and a route to relevant services via family workers based in a network of GP practices. This model is based on an already successful pilot offering family information and support from a clinical setting. The new project is led by Haverstock Healthcare Limited, a federation of GP practices

in Camden. Family assessment and support services will be offered by Elfrida Rathbone Camden, a local charity. Other significant partners are the London Borough of Camden and NHS Camden whose support for linkage with statutory services and strategic overview has meant that the project has a strong platform to find the right service for children or their parents and to make sure that they can actually get help from those services.

The service which Elfrida Rathbone Camden will deliver in partnership with Haverstock Healthcare will be accessible to families registered with the majority of Camden's GP practices. The family support service will also enable signposting, improved access to and engagement with existing support services through integrated working. It will be essential for this project to reach out and engage with children and their families at the moment of distress, when parents are considering or going through separation. The parental separation team will:

- assess and identify a plan of support for the family taking into account the different needs of children/young people and parents
- co-ordinate contact and referral to other services including: emotional support; mediation; practical advice services – financial, legal, housing, employment; schooling; parenting support
- assist the family directly – for example to access specific services or to receive a brief intervention programme of support directly from the Family Worker
- review and evaluate outcomes for the family.

The Kids in the Middle report recommends that in families where parents are going through separation to have access to a range of practical support at an early stage including mediation, legal and financial advice, as well as help to think about the effects and outcomes for their children in a non-confrontational way. Children themselves need help to express and talk about how they are feeling and about what kind of support they need. The Separating/Separated Parents Project will offer a bridge across a range of supports which engage with the needs of parents and carers but which also encourage and help them to focus on and work together to achieve the best outcomes for their children.

### For more information about the project contact:

#### Elfrida Rathbone Camden

Lyn Davis, Parents & Co Project Manager: 020 7424 1611  
lyn@elfridacamden.org.uk  
Alexis Keir, Director: 020 7424 1610  
alexis@elfridacamden.org.uk

#### Haverstock Healthcare Limited

John Cooling, Chief Executive: 07860 714774  
john.cooling@haverstockhealth.com

# “Parenting Together – from Conflict to Collaboration” new service for couples in conflict over children

Written by Leezah Hertzmann, Parenting Together Project Leader and Psychoanalytic Psychotherapist and Susanna Abse, Director Tavistock Centre for Couple Relationships and Psychoanalytic Psychotherapist

**The Tavistock Centre for Couple Relationships** has launched an innovative new counselling and therapy service for parents in conflict about their children. The service aims to work with parents who live together or apart, including those in relationships where families are brought together with children from previous relationships.

The “Parenting Together” service is an exciting development in the Tavistock Centre’s range of services to couples and parents. The intervention provided in this service is built on a solid basis of peer-reviewed research studies which found that the quality of the relationship between the parents is consistently correlated with how children fare (Davies, Cummings, & Winter, 2004; Emery, 1999).

When couples are unable to resolve their disagreements and either escalate their anger or withdraw into stony silence, their children are at risk of experiencing both academic difficulties and behaviour problems. Some of this negative effect occurs because relationship difficulties tend to spill over into the tone of the parent-child relationships (Cox, Paley, & Harter, 2001). We should note that these findings apply not only to two-parent married couples but also when cohabiting couples fail to work together around childrearing issues or after separation or divorce (Johnston, 1994; Pruett, in press).

While much of this research began in the United States, recent studies of UK populations provide similar findings (Grych, Harold, & Miles, 2003; Shelton & Harold, 2008). Harold and his colleagues found that children’s perceptions of marital conflict, and not their perceptions of negative parenting, were the mechanism that appeared to account for the links between marital conflict and children’s aggression or low academic achievement (Harold, Aitken, & Shelton, 2007). Whilst mediation is an effective intervention for many parents, it is also true that others will need a more therapeutic longer term approach to help with more entrenched difficulties.

With this convincing body of evidence in mind, the Tavistock Centre began to develop an intervention to specifically tackle inter-parental conflict and we were successfully awarded funding from the DCSF. In October 2007 we began piloting the Parenting Together Service and since then we have been developing our 12-session model – “Mentalization Based Inter-Parental Therapy,” working closely with Professors Mary Target and Peter Fonagy at University College London and the internationally renowned Anna Freud Centre. The work has

now resulted in a newly completed manual of intervention.

The mentalization-based approach has been shown to be highly effective in research studies with people in heightened emotional states. Mentalization is the ability to perceive and communicate one’s own mental state and those of others. The intervention specifically focuses on helping parents regulate these heightened emotional states which in turn helps them to focus on their children better. Furthermore, mentalization-based treatments are being adapted for work with a wide variety of different patient groups, have been found to be very acceptable to children and adults alike, and are cost effective and robust in their evidence base. This technique can be used as a stand-alone intervention, or can be ‘added on’ for those practitioners already practicing some form of couple/parent/family therapy/mediation approach. It is not an entirely new



therapy because many of the techniques have their basis in well known psychodynamic and systemic practices.

We are now delivering the first training programme in mentalization based inter-parental therapy which will mean that we can see more parents as we will have a larger team of experienced psychotherapists and counsellors to work in the service. As part of the service development we will begin to evaluate the outcomes of the brief intervention as well as assessing the impact and effectiveness of the training course. We are also beginning a wider dissemination of the model by offering training and supervision to other workers in the family support field.

The service is available to all parents whatever their financial circumstances. If you would like to find out more about our parent counselling and therapy service – “Parenting Together” – then please contact us either by email: [psychotherapy@tccr.org.uk](mailto:psychotherapy@tccr.org.uk) or phone 020 7380 1950.

# Parent channel.tv

## Join us for the launch of parentchannel.tv – a new online resource for parents

Parentchannel.tv is an exciting new online service being launched by Parenting UK and partners, as part of the Parent Know How Innovation Fund. The new website for parents will be live in January 2010 with the official launch on 13 January.

This new website offers parents short and engaging videos about problems they may face as parents. It provides a new way of supporting parents and carers, especially those not currently accessing services.

The videos are designed for parents with children from the ages of 5-19 and range across three main categories of learning, behaviour and well-being. Through the website and videos, parents will be offered practical advice delivered by parents and experts combined with signposting to other resources and organisations.

You can access [www.parentchannel.tv](http://www.parentchannel.tv) from January 2010 so make sure you have a good look and tell your colleagues so that they can guide and recommend the site to parents.

We'd like you to join us in celebrating this wonderful new venture. If you'd like to come to the parentchannel.tv launch, please email us at [events@parentinguk.org](mailto:events@parentinguk.org) (places limited).

**Event details:** 13 January, 3.30-5.30pm, London (venue tbc)

Remember to go to [www.parentchannel.tv](http://www.parentchannel.tv)

## The Future of Parenting Strategies: What works in supporting vulnerable families?

A joint conference by Parenting UK and Care Matters

Date: 02 Mar 2010

Venue: Central London, Venue TBC at later date

Almost every day we hear stories in the media about the causes of family breakdown – poverty, divorce, absent fathers, domestic violence, parents in prison, drug and alcohol misuse and mental health problems. These problems affect the whole family and can cause lasting damage to the children and family relationships. Tackling the difficulties faced by parents and children in vulnerable families needs to be a multi-agency approach, helping both the parent and child as part of the solution. On the whole, most parents are doing a good job, but there are times when they may need that extra bit of support and advice, and there are times when a family needs to be helped out of a potentially critical situation, such as when facing eviction, court orders, or anti-social behaviour.

In response to the work being done around the country to support vulnerable families, this unique one day conference will focus on developing strategy, engagement with parents and families and best practice examples from across the UK. Through a series of speeches and workshops delivered by key members of the parenting workforce, delegates will be given the opportunity to explore the impact of parenting strategies and how parenting practitioners are working to support vulnerable families.

Book your place early to avoid disappointment. £50 discount if booked by 31 December. Visit [www.carematterspartnership.co.uk](http://www.carematterspartnership.co.uk)

## Parenting UK News Bulletin

The next issue of the news bulletin will focus on ways of working with parents with learning difficulties or disabilities. If you would like to contribute something on this topic, or if you have suggestions for future issues please contact Rachel Tonkin, [rtonkin@parentinguk.org](mailto:rtonkin@parentinguk.org)

You can also advertise in the bulletin, please contact Rachel to discuss rates available to members and non-members, [rtonkin@parentinguk.org](mailto:rtonkin@parentinguk.org)

# Resources

## Online

### Vodafone Parents Guide

Vodafone has launched a website to support parents to understand their children's online activities and support them in their digital world. The Vodafone Parents' Guide has been developed with leading parenting website Mumsnet and tested extensively to ensure it builds parents' confidence.

The aim of the website is to help parents play an active and essential role in their children's digital world and to get to grips with their use of mobiles, Twitter and other online social media. The Vodafone parents guide is the first resource to bring such a wide range of topics together in one place. Divided into two sections, 'Get to grips with technology' and 'Get involved and stay in control', it offers up-to-date guidance on challenging issues, such as children's excessive use of technology, managing their presence in social media, access to location technology, cyber-bullying and the risks of meeting strangers online.

[www.vodafone.com/parents](http://www.vodafone.com/parents)

### New Online Money Advice for Single Parents

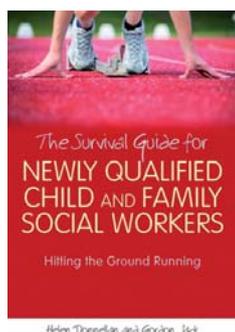
One Space, the popular social networking site for single parents from Single Parent Action Network (SPAN), has launched a new online Money Survival Kit to give immediate help to single parents facing financial crisis.

Working in partnership with SCOOP Aid (Sheffield Committee of One Parents), the 'Money Survival Kit' provides a range of, easy to use, interactive online resources with practical solutions to help single parents tackle immediate problems such as mortgage arrears, preventing bankruptcy, Child Support Agency issues and managing fuel bills.

For more information visit [www.onespace.org.uk](http://www.onespace.org.uk)

## Books and research

### The Survival Guide for Newly Qualified Child and Family Social Workers: Hitting the Ground Running by Helen Donnellan and Gordon Jack

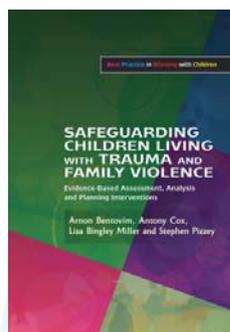


Are you prepared to juggle the workload of a busy social worker? Do you have a plan for your continuing professional development? This practical guide provides a wealth of suggestions to help you to hit the ground running in the early stages of your new career.

November 2009  
ISBN: 978-1-84310-989-1, 224pp  
Paperback, £18.99

### Safeguarding Children Living with Trauma and Family Violence: Evidence-Based Assessment, Analysis and Planning Interventions

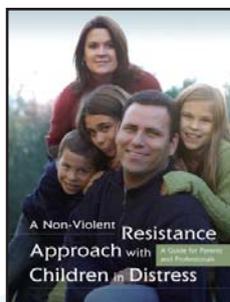
by Arnon Bentovim, Antony Cox, Liza Bingley Miller and Stephen Pizzev



Offering a systematic approach to evidence-based assessment and planning for children living with trauma and family violence, this practical book shows how to assess and analyse the needs of the child, make specialist assessments where there are continuing safeguarding concerns (using the Assessment Framework) and plan effective child-centred and outcome-focused interventions.

2009, 352pp  
ISBN: 978-1-84310-938-9  
Paperback, £24.99

### A Non-Violent Resistance Approach with Children in Distress: A Guide for Parents and Professionals by Carmelite Avraham-Krehwinkel and David Aldridge



Parents, teachers and other professionals often struggle to know how to deal with disruptive, abusive or aggressive behaviour. This book addresses the urgent need for a realistic, practical and effective approach to dealing with severe disruptive behaviour in children and adolescents.

Adapting the principles of non-violent resistance originally advocated by Mahatma Gandhi, the book provides de-escalation techniques which empower the adult and unburden the distressed child.

December 2009  
ISBN: 978-1-84310-484-1, 192pp  
Paperback, £17.99

## Busymummy

[www.busymummy.co.uk](http://www.busymummy.co.uk)  
[alexia@busymummy.co.uk](mailto:alexia@busymummy.co.uk)

### Supporting Young Fathers

This is for anyone who is supporting young fathers. By the end of the programme participants will have discussed engaging young fathers, issues of identity, supporting young fathers, ideas for young fathers groups, listening to young fathers.

25 February 2010, Cleveland  
 24 May 2010, Sheffield

### Discussing Abusive Relationships

Domestic abuse is prevalent in teenage parents. Many professionals need support in discussing and signposting other agencies. This workshop provides a resource pack to help with signposting, advice on typical cases and a safe environment to request specific support.

8 January 2010, Essex

### Planning and Accrediting a Young Parent Group for Teenage Parents

This training is suitable for Children's Centre staff, Connexions PA's, Family Support Workers, Group facilitators, Young Parent Professionals. This course is accredited as part of the AQA Unit Award Scheme and certificates of attendance will be provided by Busymummy.

14 January 2010, Brighton  
 18 May 2010, Staffordshire

### Engaging Young Parents

This one-day training course is for anyone who is working with young parents and is expected to engage their clients to participate in education or parenting programmes.

1 February 2010, Dudley  
 5 April 2010, Southampton  
 10 June 2010, Manchester

### Goal Setting for Young Parents

This one-day training course is for anyone who is expected to support young parents to set goals.

17 February 2010, London

### Parent Coach Training

This one-day training course is for anyone who is supporting parents through coaching or would like to add coaching techniques to their portfolio of support.

9 February 2010, Leicester  
 12 May 2010, Lincoln

### Running A Young Parent Group

This course will provide information for any young parent professional who has been asked to deliver groups but has no prior experience. This day includes information on group facilitation, group coaching, maintaining pace, building group rapport, ideas for activities.

20 January 2010, Bristol  
 21 April 2010, Coventry  
 6 July 2010, Oldham

## Parent Coaching Works

[www.parentcoachingworks.com](http://www.parentcoachingworks.com)  
[enquiries@parentcoachingworks.com](mailto:enquiries@parentcoachingworks.com)

### Introduction to Parent Coaching

One-day training to complement and develop the skills of parenting facilitators and professionals. An interactive day using parent coaching toolkit exercises to support parents both individually and in groups.

14 January 2010, London  
 25 March 2010, London

### Further Parent Coaching Techniques

Builds upon the work covered in the Introduction to Parent Coaching and introduces further inspiring and effective techniques. The training focuses on resources for positive, effective and creative solutions to the challenges parents face. Materials can be used with individuals and groups and can be adapted to use with teenagers.

15 January 2010

### \*2 DAY TRAINING SPECIAL OFFER\*

Book both training days Introduction to Parent Coaching on 14 January 2010 and Further Parent Coaching Techniques on 15 January 2010 and receive 10% discount. (offer applies to individuals only) In house training available by arrangement.

## Brief Therapy

[www.brief-therapy-uk.com](http://www.brief-therapy-uk.com)

### A Solution Focused Approach to Working with Children, Young People & Families

The Solution Focused Brief Therapy model is not confined to being used in "therapy" but is a practical, empowering, strengths based approach that can be

harnessed by workers across all fields for "conversations" around coping skills and achieving change to provide best outcomes for clients - including: Family Support workers, School Parent Support Assistants, Primary & Secondary TSAs, Youth Offending staff.

This new course includes research and findings from across the Neurosciences and the trainer will be encouraging participants to experiment with harm-free behavioural change ideas for implementation with their client group.

19 January 2010, London

## Family Links

[rebecca.smith@familylinks.org.uk](mailto:rebecca.smith@familylinks.org.uk)  
[www.familylinks.org.uk](http://www.familylinks.org.uk)

### Parent Group Leader Training in the Nurturing Programme

Four day training course offering a thorough introduction to the principles and practice of the Nurturing Programme for anyone working with parents and carers. It is designed for community professionals such as health visitors, social workers, school nurses, youth offending teams, Sure Start teams, Children's Centre staff. The course emphasises the importance of facilitative approaches, both in group work and one-to-one support. Training for groups of up to 16 delegates is available throughout the UK.

3-4 and 10-11 February 2010, Oxford  
 8-11 March 2010, Oxford  
 3-4 and 10-11 March 2010, Hull

### Islamic Values Parent Group Leader Training

This four day Parent Group Leader Training equips participants to facilitate the Nurturing Programme with Muslim parents. This training will specifically consider how the Nurturing Programme relates to Islamic values and will include the use of the document "Islamic Values and The Parenting Puzzle".

24/25 February and 3/4 March 2010, Wolverhampton

Entries on these training pages are provided by individuals/organisations offering the training. Inclusion here does not imply endorsement by Parenting UK.

## London Councils Grants - London

London Councils' members invest £28m a year funding over 300 voluntary organisations. All of the grants they make seek to improve the lives of people who live in, work in and visit London. Commissioning themes include:

- Children & Young People
- Crime Reduction
- Health & Social Care
- Homelessness
- Legal & Advice
- Violent Crime

You can find more about the grants on their website:

[www.grants.londoncouncils.gov.uk/](http://www.grants.londoncouncils.gov.uk/)

## Cranfield Trust

Cranfield Trust volunteers provide one-to-one consultancy to charities local to them. To qualify for their help, charities, social enterprise or community interest companies must be working to address issues of poverty, disability or social exclusion.

During the current economic downturn many charities are facing very uncertain times. The Cranfield Trust can help by offering support with projects in the following key areas:

- Financial management
- Business planning
- Human resources issues
- Change management and restructuring

They have a pool of over 600 highly skilled professionals ready to work with your organisation to help you manage effectively during these challenging times. See more information on how to start a project on their website.

[www.cranfieldtrust.org](http://www.cranfieldtrust.org)

## Tudor Trust

The Tudor Trust is most interested in helping smaller, under-resourced organisations which offer direct services and which involve the people they work with in their planning. The groups they fund don't have to be registered charities; they can also make grants to other groups as long as they can show them how they would use their grant for charitable purposes. There is no maximum or minimum grant amount. Grants can take the form of core funding (including salaries and running costs), development funding, project grants or capital grants

for buildings or equipment. Some of the other characteristics they are looking for when they make grants include:

- organisations which are embedded in and have developed out of their community – whether the local area or a 'community of interest'
- organisations providing direct services to marginalised people
- a focus on building stronger communities by overcoming isolation and fragmentation and encouraging inclusion, connection and integration
- high levels of user involvement, and an emphasis on self-help where this is appropriate
- work which addresses complex and multi-stranded, often difficult, problems in unusual or imaginative ways
- organisations which are thoughtful in their use of resources and which foster community resilience in the face of environmental, economic or social change
- organisations and people who know what difference they want to make and have the energy and vision to make it happen.

[www.tudortrust.org.uk](http://www.tudortrust.org.uk)

## Noel Buxton Trust

The Noel Buxton Trust makes grants to charities active in the following areas:

- The welfare of children in disadvantaged families and of children in care. This will normally cover families with children of primary school age and younger, although work with children in care will be considered up to the age at which they leave care.
- Penal reform, the welfare of prisoners and their families, rehabilitation of prisoners and work with young people at risk of offending.

The Trust is a small one and seldom makes grants of more than £4000, often considerably less. Apply by letter, setting out the reasons why a grant is being requested. Applications should include the applicant's charity registration number and the name of the organisation to which cheques should be made payable if different from that at the head of the appeal letter. Please include with your application: budget for current and following year; details of funding already received, promised or applied for from other sources; latest annual report/accounts in the shortest available form.

Contact: The Secretary, The Noel Buxton Trust, P O Box 393, Farnham Surrey GU9 8WZ

[www.noelbuxtontrust.org.uk](http://www.noelbuxtontrust.org.uk)

## Where to find funding

The following provide general guidance and information on funding:

Association of Charitable Foundations - [www.acf.org.uk](http://www.acf.org.uk)

Charities Aid Foundation - [www.cafonline.org](http://www.cafonline.org)

Charities Information Bureau - [www.fit4funding.org.uk](http://www.fit4funding.org.uk)

Directory of Social Change - [www.dsc.org.uk](http://www.dsc.org.uk)

Funderfinder - [www.funderfinder.org.uk](http://www.funderfinder.org.uk)

Grants 4 Funding Portals - <http://www.grants4.info/portal/index.asp>

GrantsNet - [www.grantsnet.co.uk](http://www.grantsnet.co.uk)

## December

### How Can We Achieve Best Outcomes For Looked After Children

Centre for Public Policy Seminars  
14 December 2009, London  
[www.cppseminars.org.uk](http://www.cppseminars.org.uk)

## January

### Parentchannel.tv launch

13 January 2010, London  
[www.parentinguk.org/3/our-events](http://www.parentinguk.org/3/our-events)

### Regional Seminars - Change 4 Life

Continyou  
19 January 2010, Coventry  
[www.continyou.org.uk](http://www.continyou.org.uk)

### The Child Health Strategy: Meeting the Needs of Children, Young People and Their Families

Inside Government  
20 January 2010, London  
[www.insidegovernment.co.uk/children/child\\_health/](http://www.insidegovernment.co.uk/children/child_health/)

### Help with childcare costs - find out about childcare legislation and the help that parents may be able to get to pay for childcare

Daycare Trust  
21 January 2010, Birmingham  
[www.daycaretrust.org.uk](http://www.daycaretrust.org.uk)

### Thinking together - parental and infant mental health

Homerton College, Cambridge  
28 January, Cambridge  
[www.bbzeitlyntrust.org.uk](http://www.bbzeitlyntrust.org.uk) for more info

### Including Men in Children's Learning: Evidence from Successful Practice

Fathers Plus  
27 January 2010, Durham City  
[www.fathersplus.org](http://www.fathersplus.org)

## February

### Changing Parenting Culture

Economic and Social Research Council  
16 February 2010, London  
[H.Reece@lse.ac.uk](mailto:H.Reece@lse.ac.uk)

### Working Together to Safeguard Children: Implementing Lord Laming's Recommendations

24 February 2010, London  
[www.insidegovernment.co.uk/children/child\\_protection/](http://www.insidegovernment.co.uk/children/child_protection/)

## March

### The future of parenting strategies - what works in supporting vulnerable families?

Care Matters Partnership and Parenting UK  
2 March 2010, London  
[www.parentinguk.org/3/our-events](http://www.parentinguk.org/3/our-events)

### Children England National Conference

Children England  
9 March 2010, Leeds  
[www.childrenengland.org.uk](http://www.childrenengland.org.uk)

### Call for papers:

#### Family Troubles? Exploring Changes & Challenges in the Family Lives of Children and Young People

The Open University  
8 and 9 July 2010, London

Contributions are welcome from those researching across a wide range of different events and issues that constitute family change – such as marriage, divorce, births, deaths, movement in and out of education and employment, disability, illness, intra-national and inter-national migration, domestic abuse, substance mis-use, offending behaviours, 'good fortune'. Please send your submissions to [A.S.C.Batt@open.ac.uk](mailto:A.S.C.Batt@open.ac.uk)

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We welcome your comments on and contributions to our News Bulletin. Please address any correspondence to [rtonkin@parentinguk.org](mailto:rtonkin@parentinguk.org)  
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