



Involving parents in services

Plus all the latest news,
training, resources and events

In this issue

3–4 Focus:
Involving parents
in services

5–8 News

9 Resources
new books and
online resources

10–11 Training
and funding

12 Conferences

The benefits of involving parents in services

On the one hand it is fantastic that parenting is still high on the political agenda, but on the other, the results of our recent survey show that support for parents on the ground is being drastically affected with many parenting professionals at risk of losing their jobs. You can read more about the results of our survey on page 8.

Graham Allen recently published his first report into early intervention, proposing not only the creation of an Early Intervention Foundation but also a national parenting campaign to raise awareness among the public and professionals alike of the importance of the early years of a child's life in developing their social and emotional capability. You can read more about Allen's report on page 6.

In this age of cuts, with the need to innovate to find more economical ways of providing parenting support, involving parents in both the delivery and commissioning of services is a topic we thought would be helpful to focus on in this issue. Peer

support is an approach which is used widely in other areas, such as among school children and business managers and it is increasingly seen in the world of family and parenting support. You can read all about established peer support initiatives such as Empowering Parents, Empowering Communities below and on page 4.

Lastly we would like to reassure you that Parenting UK is determined to make the case for the value and cost effectiveness of parenting support to both central and local government to try and ensure that families will not be left with nowhere to go when they find they need help.

Best wishes



Pamela Park, Chief Executive



Empowering parents, empowering communities – peer support parenting programmes in Southwark

Empowering Parents, Empowering Communities (EPEC) is a community-based programme, training local parents to run parenting groups in schools and children's centres. There are two main reasons for using this approach – first it empowers the parents who become facilitators and is often a route for them into further work in the field, and second, it makes the groups more accessible and less stigmatising for parents coming to them.

Parents from diverse backgrounds in the London borough of Southwark who are active in their local communities are encouraged to train as facilitators of the 'Being a Parent' parenting programme.

Parents who want to train as facilitators all undertake the Working with Parents for Professionals and Volunteers, accredited at Level 3 by the Open College Network which runs a day a week for 10 weeks.

The training uses discussion groups and role play, where

new skills can be practised in a supportive environment. The parents training to run the 'Being a Parent' groups learn about: supporting parents and parenting skills; ideas about coping with children's behaviour; listening skills; group work theory and practice; and ethical issues in parenting education.

Learning takes place through direct teaching, discussion in large and small groups, role play, reading, research and facilitation skills practice. Parents are assessed on their contribution to the course, a written portfolio and their facilitation practice.

All students successfully completing the 10-week course are required to go on to co-facilitate a 'Being a Parent' group, which forms part of the assessment. They are given regular support and supervision through the EPEC programme.

One parent facilitator said, "at the whole heart of the 'Being a Parent' course is that we're being parents together and none of us are perfect parents."

To help parents to undertake the training, free crèches are provided alongside each group and parents attending the course can choose to gain accreditation for their work through the Open College Network.

There are then some opportunities for trained facilitators to be employed to run 'Being a Parent' groups on an ongoing basis as part of the EPEC programme.

Ongoing, regular observation and supervision is crucial and there are 'in-service' workshops for the parent facilitators. For many, the first group can be very challenging, but they gain confidence over time. Over 80% of parents attending the 'Being a Parent' groups stick with the programme through to the end and the programme has already received a national Sure Start award for innovation and user involvement.

'Being a Parent' is an eight-week course aiming to help parents and carers, with children aged between two and 11 years old, learn practical communication skills for everyday life and develop their abilities to bring up confident, happy and co-operative children.

"The most helpful topic is smacking and listening to our children. Also how to look after ourselves," says one parent who attended one of the courses which are currently held in various venues across the London Borough of Southwark. Parents are pleased and excited about the changes they've made and the differences in how they relate to their children can be seen.

One of the keys to EPEC's success is that the 'Being a Parent' courses are peer led, so the group of EPEC-trained facilitators are all parents who initially became part of the EPEC family by attending one of the 'Being a Parent' courses themselves.

"The facilitators have been so amazing, hardworking, friendly and ready to share their own personal views," says one parent.

Another key aspect of EPEC is that it reaches an ethnically and economically diverse range of parents. EPEC's parent facilitators are indeed themselves a group of ethnically and economically diverse parents who live in the local community. As a result, the course has so far been taught in English, French, Somali and Arabic.

Ensuring these changes are real and proving the course's effectiveness is important. Research is being carried out by the Centre for Parent and Child Support to gather an evidence base to show that the courses are effective in supporting parents of children aged 2-11. In the first 18 months of the EPEC project, there have been 31 courses held in different venues across Southwark, with a total of 261 parents attending. In terms of whether parent facilitators are as effective as traditional trained professionals, the research seems to be showing a comparable effect size to other programmes and a lower drop-out rate (85% of parents stay to end of the course).

A qualitative study has been carried out on EPEC's facilitator training. Preliminary findings show that parent facilitators find the skills learned in the 'Being a Parent' programme as not only being useful with their own children but also in any relationships with others. Facilitators are enthusiastic about the course, the

training, the support available and supervision that is provided.

Hunaida Osman took the original course and now teaches the techniques to other parents, "I was definitely the sort of parent who got angry easily and just shouted, 'Stop that!'" she says. "I've got much better at explaining why I don't want my children to do something,



and at praising them when they do something right. And it's been great for the parents I've taught too; for some families who are on a low income, living in crowded conditions, with children who are playing up, you really need a bit of help and support in the best ways to deal with those kids."

As the evidence shows, the EPEC project is about effectively running parenting courses and imparting crucial skills to help parents, but it is also about providing a community that parents can feel part of. Before attending the first session, parents report that their own stress levels are high and these were measured (through completed research questionnaires) to be in the borderline/clinical range. Results so far show that there was a significant reduction in child problem behaviour for children whose parents attended the 'Being a Parent' course. Parents with the higher level of need showed the highest improvement. Retention rates were high, being measured at over 80%.

In creating a warm, welcoming and non-threatening environment where parents can talk about themselves, their children and gain skills alongside making friendships, the EPEC project has created a community which is a lifeline for many parents in the area. Those who were previously stressed and had difficulty in parenting their children have gained a sense that they are not alone and are empowered to be 'good enough' parents and cope with the demands of living in today's world with young children.

For more information about Empowering Parents, Empowering Communities and the Centre for Parent and Child Support which runs the programme, see www.national.slam.nhs.uk/services/camhs/camhs-cpcs/

Partnerships with Parents and Carers – from parents to social enterprise

Written by Kerry McMahon, Principal Officer, Partnerships with Parents and Carers

Parents' and carers' involvement in their children's education and overall development is widely recognised as critical to the potential for children and young people to achieve positive outcomes.

In Salford we are committed to empowering parents and carers to become involved in shaping services that their children need and to working in partnership with them to develop high-quality services that families want and will use.

Working in true partnership with parents is crucial if we are to use limited public funding effectively and deliver services that are high quality and value for money.

Salford Children's Services Directorate has developed partnership structures with parents and carers that facilitate their involvement in governance and decision making at many different levels: participation in their children's education and development; commissioning of services (planning, design, delivery and evaluation); contribution to and challenge of policy, strategy and practice across the directorate.

Salford's structures for partnerships with parents and carers includes having a Parent Forum in all children's centres, Parent Councils in around a third of our schools to date, a Children's Services Strategic Parents Group, and Aiming High Parents Group for parents of disabled children and a representative on the Children's Trust.

Funding from Children's Services Directorate and Aiming High have provided for a range of support that helps remove some of the barriers to participation enabling parents and carers to contribute to service development, as equal partners. This support has included transport costs, venues, resources such as laptops, childcare so that parents can attend meetings, rewards and training.

Salford's own Think Efficiency Programme that has been in place for some time and budget realignment have been a catalyst for both the Children's Services Parents Group and the Aiming High Parents group to consider their future vision and long-term sustainability. This resulted in them making a decision that it would be beneficial for the groups to merge and become one Social Enterprise.

Having made this decision the parents used some of their funding to commission an organisation called Voice Social Marketing who will advise, guide and support them through the process. Parents in the groups possess a range of skills (in addition to the raft of skills required to be a good parent) including delivery of Person Centred Planning training, support for schools to engage parents and to set up Parent Councils, critiquing policies and strategies, carrying out consultations, delivering presentations and workshops on a range of parenting and parental engagement topics. They are currently working on their vision statement, business plan, branding and marketing, and developing a portfolio of services.

The group's aims are to remain as a critical friend to Children's Services Directorate while evolving in order to take advantage of new opportunities. Establishing themselves as a

Social Enterprise will support their individual goals of personal development and/or routes to employment; position them to attract funding by selling their skills in the 'market place' (in and out of Salford); and potentially enable them to deliver local services by bidding for grant funding that may otherwise bypass Salford.

These are challenging times for Local Authorities and the families they seek to serve. However, parents and carers in Salford, while still requiring support and commitment from the Local Authority during this transition period, are excited by the potential to develop new and stronger partnerships with the City Council and its partners.

Community Mothers

Community Mothers is an evaluated breastfeeding support programme involving local women who, as volunteers, provide support and encouragement to breastfeeding mothers within their own communities.

The first Community Mothers Programme was set up in North Lanarkshire in 2002 in partnership with Sure Start, North Lanarkshire Council. There are now other Community Mothers programmes up and running.

The Community Mothers are all registered volunteers with NHS Lanarkshire and are recruited, trained and supported by midwives who co-ordinate the programme. Lanarkshire has one of the lowest breastfeeding rates of any other council area in Scotland and some areas are less than the Scottish average.

Targeting areas of low uptake for breastfeeding is a key objective of the Lanarkshire Breastfeeding Strategy and the Community Mothers programme is one of a number of initiatives in place to ensure that more mothers and babies experience the full benefits of breastfeeding.

The programme aims to improve uptake and continuation for breastfeeding in targeted areas of Lanarkshire and also to maximise the potential of volunteers in terms of lifelong learning.

The scheme provides breastfeeding information to pregnant women at ante-natal clinics and breastfeeding workshops as well as providing ongoing support to mothers following discharge home from hospital – either at home or being a friendly voice of encouragement over the phone.

All the volunteers take part in breastfeeding skills training which is based on major elements of the Unicef Baby Friendly Breastfeeding Management Course. The training programme is delivered over eight half-day sessions in community venues and crèche facilities are provided.

Following completion of the training (participants must have at least 80% attendance), volunteers undergo a period of supervised volunteering with midwives from the Project Team. This involves speaking to pregnant women and breastfeeding mothers in a variety of settings including ante-natal clinics, Wishaw maternity hospital, the mother's home, Breastfeeding Support Groups, Breastfeeding Workshops or on the phone.

For further information about this programme see www.nhslanarkshire.org.uk

Further resources and research

HomeStart UK

Home-Start is a voluntary organisation. Volunteers share their humanity and their knowledge, as an informal source of information, until the parents are coping and even enjoying life again.

www.home-start.org.uk/about/Final_document_-_as_printed.pdf

Children England's 'parent mentoring' project –

results of an evaluation of a pilot parent mentoring project whose aim was to train mentors to enable parents of secondary school children to help support parents of younger children, especially around transition period.

www.mandbf.org.uk/resources/library/?Mode=Detail&Resource=393

Evaluation of Hit the Ground Crawling – peer support programme for expectant fathers

<http://www.fatherhoodinstitute.org/wp-content/uploads/2010/07/Supporting-the-transition-to-fatherhood-Hit-the-Ground-Crawling-in-Staffordshire.pdf>

Peer mentor project – alternatives to accommodation-based support for teenage parents

<http://www.education.gov.uk/childrenandyoungpeople/families/childpoverty/sharinggoodpractice/a0069065/peer-mentor-project-alternatives-to-accommodation-based-support-for-teenage-parents>

family and friend carers include parental abuse or neglect, imprisonment, illness, disability, bereavement and domestic violence. Many of the carers who are coping with parental alcohol or drug misuse are also dealing with one or more of these other factors:

- Almost half (47%) of family and friend carers raising children due to parental drug or alcohol are likely to be struggling financially. Only 4 in 10 (37%) receive any financial support from their local authority.
- They are particularly likely to have a difficult relationship with the child's parents. 1 in 3 (32%) describe the relationship with the child's mother as 'difficult' and 1 in 4 (24%) have no contact, while only 22% describe the relationship as 'good'. Over 4 out of 10 (43%) report no contact with the child's father.
- Half (49%) say they are looking after at least one child with a disability or special needs. Children in this group are particularly likely to experience emotional or behavioural problems, reflecting the often difficult experiences they may have had before they came to live with their grandparents or carers.
- Over half (53%) of the carers have a chronic health condition or disability themselves. 52% say they are stressed and a further 11% report feeling depressed. Just 2% receive help from social services with their health condition or disability.
- 7 out of 10 (71%) carers say they are "dissatisfied" or "very dissatisfied" with their experience of children's social services.

Grandparents Plus is calling for better access to services and support for family and friend carers and protection from the impact of welfare reform and spending cuts.

Family Action calls for mental health issues to be prioritised

Families with mental health issues must be made a priority under government plans to adopt an early intervention approach in the children's sector, says leading charity Family Action.

Chief executive Helen Dent has called for a joined-up approach to services and financial support for families with mental health needs. Dent warned that the government's plans for Family Champions would need to address a number of challenges in working with the most vulnerable families.

Family Action have just launched 'Against All Odds', a campaign to raise awareness of parental mental health and the impact on children's life chances and child poverty.

Dent says, "Four hundred and fifty thousand parents have mental health problems and many are unable to work. Their children are twice as likely to experience psychiatric disorder."

The campaign is calling for families where a parent has mental health difficulties to be a priority for early intervention and the forthcoming child poverty strategy.

Parental alcohol or substance abuse is single biggest reason why grandparents are raising their grandchildren

140,000 children across the UK are being raised by grandparents and other family and friend carers due to parental alcohol or substance abuse, according to a new survey by Grandparents Plus.

The charity is joining forces with The Children's Society, Adfam and Mentor UK to highlight the plight of carers raising children under challenging circumstances – saving the taxpayer an estimated £5.5 billion a year in care costs.

The survey reveals that parental drug or alcohol abuse is the single biggest reason why grandparents step in to bring up children, with almost half (46%) stating this was the main reason or one of the main reasons. 1 in 10 children in the UK are affected by parental alcohol abuse while 1 in 25 are affected by parental substance misuse.

The rise in heavy drinking, particularly among young women, and the increase in the numbers of problem drug users may lead to even more children living with grandparents or other relatives in future.

Other factors leading to children being brought up by

Lords debate the value of good early parenting

The value of good parenting on the development of children was debated in the House of Lords this month as a discussion was raised by Parenting UK patron and long time advocate of the importance of parenting, Lord Northbourne.

Lord Northbourne, a crossbench peer who speaks regularly in the House of Lords about education and children, took part in an online debate as part of a joint editorial project between the BBC and the House of Lords to gather views from the public to present to the House on 3 February.

The debate raised many of the well-known issues around the importance of good parenting such as the first three years of a child's life being the most crucial to development and there were many notable figures speaking including Baroness Floella Benjamin.

It is encouraging to see parenting being debated at such a high level and strong support for ensuring all children get the best start in life.

Allen review recommends Early Intervention Foundation

The recommendation to form an Early Intervention Foundation is just one of the many suggestions Labour MP Graham Allen makes in his recent report *Early Intervention: The Next Steps*.

The review clearly sets out the case for early intervention looking at the Nurse Family Partnership model in the United States as a starting point for how early intervention programmes should be evidenced in the UK.

The review makes many recommendations including calling for the UK to adopt the concept of the foundation years to give more emphasis on the early years and a call for the nation to be made aware of the benefit of early intervention to society as a whole to build the social and emotional bedrock in children aged 0-3.

The review recommends that 15 local early intervention places should be established to spearhead its development, "run by local authorities and the voluntary sector". The review also recommends a list of 19 'top programmes' which he believes should be supported to see how they might demonstrate how early intervention can be beneficial but states that this list should not be regarded as exhaustive or complete and should be reviewed by the proposed Early Intervention Foundation.

The report recommends that a "new rigorous methodology for evaluating and assessing Early Intervention programmes should be instituted and developed in the UK".

One of Allen's primary recommendations is for "a greater proportion of any new public and private expenditure be spent on proven Early Intervention policies" but also adds that any new extra funding should be used to expand programmes which have been proven to work.

Other recommendations made in the report include: introducing the concept of the foundation years from 0-5 (including pregnancy); regular assessment of children's development from birth up to 5, focusing on social and emotional development; improving workforce capability for those working with 0-5s; and finally a national parenting campaign to raise public awareness of the importance of the first years of life in developing social and emotional capability.

He proposes doing this through the creation of an alliance of interested groups, charities and foundations to ensure that, "the public, parents, health professionals and, especially, newly pregnant women are aware of the importance of developing social and emotional capability in the first years of life, and understand the best ways of encouraging good later outcomes for their children."

A second report will follow looking at innovative ways of financing early intervention.

Expanded health visiting service plan focusses on early intervention

The Department of Health has published the new health visitor implementation plan – a call to action to recruit 4,200 new health visitors and strengthen the health visiting service.

As well as increasing the number of health visitors, the programme intends to offer existing health visitors the opportunity to refresh and develop their skills, and states "we will make sure that the learning from the Family Nurse Partnership (FNP) and other evidence based programmes and methods aimed at helping families with complex needs is available to all, alongside a new programme to update knowledge and skills in community health".

The action plan addresses concerns that some health visitors feel undervalued and reinforces the importance of children's centres, by pledging that every centre should have access to a named health visitor.

The plan promises that the "rejuvenated" health visiting service will:

- develop, support and promote early years services set up by families and communities themselves
- deliver the Healthy Child Programme – ensuring all children get the essential immunisations, health and development checks
- ensure a rapid response for problems like postnatal depression or a sleepless baby
- provide ongoing support as part of a range of local services working together and with disadvantaged families, to deal with more complex issues over the long term

The new health visiting service will be a key part of the response to the challenges posed by the recent reports by Frank Field and Graham Allen around child poverty and early

intervention, respectively.

The report sets out what this will mean for commissioners, providers and the health visiting profession:

Interactions at community level: building capacity and using that capacity to improve health outcomes and leading the Healthy Child Programme for a population.

Universal services for all families: working with midwives, building strong relationships in pregnancy and early weeks and planning future contacts with families. Leading the Healthy Child Programme for families with children under the age of 5.

Additional services that any family may need some of the time: for example care packages for maternal mental health, parenting support and baby/toddler sleep problems – where the health visitor may provide, delegate or refer. Intervening early to prevent problems developing or worsening.

Additional services for vulnerable families requiring ongoing additional support for a range of special needs, for example families at social disadvantage, families with a child with a disability, teenage mothers, adult mental health problems or substance misuse.

Making sure the appropriate health visiting services form part of the high intensity multi agency services for families where there are safeguarding and child protection concerns.

To read the full plan, go to www.dh.gov.uk

First research study on how local authorities work with domestically abusive fathers

The charity Family Rights Group had published findings from the first research study in the UK which specifically examines how social workers work with fathers who are domestically abusive. The two year research builds upon previous studies by Family Rights Group, which examined barriers to the way in which fathers of children in need, at risk or in care, are involved by Children's Services.

The report is entitled '*Working with Risky Fathers - Fathers Matter volume 3: Research findings on working with domestically abusive fathers and their involvement with children's social care services.*' It includes: a study of recommendations from serious case reviews; a summary of services in the UK and internationally working with perpetrators of abuse; and indepth research in three English local authorities, including focus groups with social workers, fathers who have abused and with mothers who have been abused, and file audits of 70 children in need and/or child protection cases where domestic violence was a feature.

The research recognised the extremely complex task that social workers have in working with many of the families involved and that the three authorities should be applauded

for their willingness to participate in the study and the commitment demonstrated by many of their staff in a very difficult climate.

Nevertheless there are significant lessons that all local authorities, social workers and senior managers and Government need to learn:

- The onus of child protection social work continues to be focused on the mother to protect the child, even when she is a victim of domestic abuse;
- Fathers (especially non resident) are too often not engaged or assessed as a risk or resource to the child. That was true of many of the fathers in this study who had been perpetrators of repeated domestic violence, but it was also a finding from Family Rights Group's previous research studies (Fathers Matter 1 and 2) where the father might be the protective factor for the child (e.g. from the mother's neglect or her new partner's physical abuse). This is backed up by the examination of serious case reviews which found three cases where the birth father had tried to alert Children's Services about their concerns about the welfare of their child, including in the Peter Connelly case, where social workers failed to recognise the significance/assess the mother's new partner.
- Even where the father had perpetrated domestic abuse, they were often in contact with their children, yet all too rarely were parenting assessments undertaken/or perpetrator programmes offered that forced them to face up to their abusive behaviour.

For further information about the findings see: www.frg.org.uk

No health without mental health – new strategy

The Department of Health has this month published its new mental health strategy, *No health without mental health* which includes expanding access to evidence-based psychological therapies for young people and an emphasis on early intervention and prevention.

The government claims the strategy attributes the same importance to mental health as is afforded to the nation's physical health.

Campaigners have said the strategy is a positive step for children and young people's mental health services. But the report has also received criticism, with warnings that the strategy will be hard to implement in the current climate of cuts.

The think tank Centre for Social Justice has also criticised the report for overlooking the strong connection between family breakdown and mental health problems. The centre is now calling for treatment to be more focused on helping the whole family unit as a way of preventing mental illness among children.

To read the full strategy go to www.dh.gov.uk

Making the case for parenting support

Many thanks to all our members who responded to the survey we ran during November and December to find out what the effects of the spending cuts are on the ground for parenting support. The results were very revealing about the effect of drastically reduced local budgets and how this will affect families across the UK.

Our survey found that crucial services for parents, especially those most in need, are being cut across the country. Of the survey respondents, 51% said their job had been directly affected by funding cuts with 29% losing their job and a further 366 colleagues also affected. Job security for 57% of respondents is still unclear as they await decisions over funding.

The survey revealed that among the services being cut are parent support advisers, co-ordination and delivery of local parenting programmes, one to one and early intervention parenting support as well as some Family Intervention Projects. 56% of respondents said that more than 500 families in their area would be affected. Parenting professionals surveyed are concerned that harder to reach families will become more isolated and will experience more exclusion and deprivation as cuts will affect home visits, linking up with other services and helping parents to understand the assessment processes.

The survey also reveals concerns that with the loss of many parenting workers and early intervention support, more pressure will be placed on other services, mainly social services, raising the number of families needing more intensive and costly support. One parenting worker said, "Family support will no longer exist unless it is provided by the social care department. This will radically reduce the number of individuals who engage and take part in services, and create extra work for an already extremely busy department."

Many respondents believe the knock-on effect of reducing funding for universal parenting support will mean more families having to wait until they reach crisis point before receiving help and an increase in the number of children being taken into care. "The most vulnerable will remain the most vulnerable," wrote one respondent, "poorly equipped and unable to move on and out of poverty."

Pamela Park, chief executive of Parenting UK says, "With these dramatic cuts in funding we are in danger of seeing over a decade of good work in improving parenting support being undone. Parenting UK has spent the last 15 years raising awareness of the need for parenting support and most areas have great programmes in place but families may now be left without any form of support in many areas of the UK."

In a recent speech for Parenting UK in December 2010, Tim Loughton MP said, "I urge all Local Authorities to consider both the social and economic evidence and treat parental support as an absolutely essential local service rather than just as a disposable one."

To make the case for continued support for parents and families, Parenting UK have recently written to all directors of children's services and lead members in local authorities urging them to consider the cost benefits of supporting families now when deciding where to make budget cuts. We have so far received several positive responses.

Interim Munro report on child protection published

Professor Eileen Munro's interim report on child protection, has been published and focuses on helping children rather than on the regulations, inspections and procedures that have thrown the system out of balance.

The interim report examines the areas of the child protection system where reform needs to take place. According to Munro, the level of bureaucracy in the system has meant social workers are not able to do the jobs they came into the profession to do.

The report highlights the importance of having multi-agency services based in the community to help keep children safe and support their wellbeing, identify the children and families most in need and give them help as early as possible. The areas for reform in the interim report include:

- the importance of a management and inspection process that monitors whether children are getting the help they need rather than being a tick-box exercise
- developing social work expertise by keeping experienced, more senior social workers on the front line so they can develop their skills and better supervise more junior social workers
- giving other professionals – health, police and family support services – easier access to social work advice when they have concerns about abuse and neglect
- revising and reducing the statutory guidance, *Working together to safeguard children* – which is now 55 times longer than it was in 1974 – so that core rules are separated from professional advice
- considering having a national system of trained reviewers of serious case reviews, who can share findings so that lessons can be learnt nationally.

Munro said "Too often questions are asked if rules and procedures have been met but not whether this has helped children. Everyone in the profession can think of meetings and forms that don't actually make a child safer.

"Whilst some regulation is needed, we need to reduce it to a small, manageable size. Professionals should be spending more time with children, asking how they feel, whether they understand why the social worker is involved in their family, and finding out what they want to happen."

Parenting UK News Bulletin

If you have any suggestions or would like to contribute an article to the bulletin please contact Rachel Tonkin by emailing rtonkin@parentinguk.org

You can also advertise or insert flyers in the bulletin, please contact Rachel to discuss rates available to members and non-members, rtonkin@parentinguk.org



Working in Partnership: The Family Partnership Model

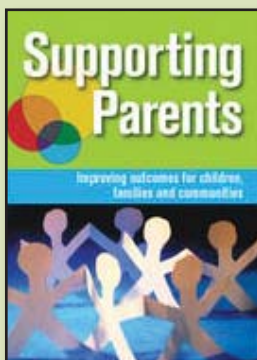
by Hilton Davis and Crispin Day

Working in Partnership: The Family Partnership Model is a revised and updated text that addresses the importance of working in partnership with families. It offers a clear and detailed description of all aspects of the Family Partnership Model, which focuses on how to build effective

working relationships with parents in order to ensure they have the support they need to create healthy environments for their children. This book will be of interest to professionals, students and volunteers based in community health, social services, mental health, education, youth services, child centres and child care settings and parents.

Published: Pearson 2010, £33.50

www.psychcorp.co.uk/psychology



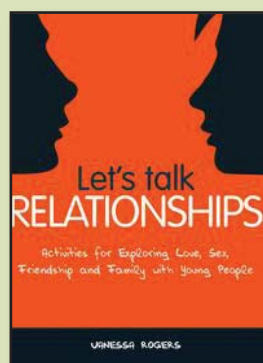
Supporting Parents: Improving Outcomes for Children, Families and Communities

The importance of supporting parents is increasingly being recognised in research and policy, and there are continuing concerns about the consequences of failing to provide adequate support for parents.

This timely book provides practical advice on how to set up and deliver

parenting services that support parents and improve outcomes for children. It explores the latest research, policies and practices, includes reflective questions to encourage the reader to develop their own perspectives and considers changes to how modern families function. It also looks at providing support for fathers and male carers. This book is valuable reading for students, lecturers, practitioners, service managers and policy-makers and anyone working with children and their parents.

Published: Oxford University Press 2010, £21.99



Let's Talk Relationships Activities for Exploring Love, Sex, Friendship and Family with Young People

by Vanessa Rogers

Let's Talk Relationships offers a multitude of creative ways to get young people aged 13–19 talking about positive relationships, helping them to stay safe, healthy and happy. Ideal for groups or one-to-one work,

this resource features over 90 tried and tested activities.

Published: Jessica Kingsley 2010, £17.99

Online

Divorce and Separation Calculator

A new tool from the Consumer Financial Education Body developed with the support of the Family and Parenting Institute and other members of the Family Forum, the website provides impartial guidance on the financial aspects of splitting up.

The calculator can help you to draw up a budget; work out what you have and what you owe; and look at how you might split what you have. All visits are anonymous and no individual data is stored and you can use exact or approximate figures and do not have to enter a partner's details. This tool is for people who are divorcing, separating or dissolving a civil partnership in England or Wales.

<http://divorce.moneymadeclear.org.uk/>

Netmums online parenting course

Most parents would like ideas or help with their parenting at some time in their child's life. Netmums are offering an online parenting course, put together with Family Links, which aims to give parents faith in their own abilities, to know when good enough is good enough.

The course comes in 3 parts. Once you've signed up, participants will receive regular emails over 8 weeks (with a week off in between each part of the course) and can opt out at any point.

www.netmums.com

C4EO – new online resource for parents of disabled children

C4EO has developed a new area of their website to help parents of disabled children. This information is useful for those parents who are actively involved, through parent forums and other participation channels, in shaping and driving improvements in the way services for disabled children and their families are developed and provided. Being armed with the evidence for what works will help parents be powerful advocates for making sure services meet the needs of families with disabled children.

The C4EO Disability homepage will give you access to the research reviews, the summaries of key messages, presentations, related data and local practice examples. www.c4eo.org.uk/themes/disabledchildren/

Dads Included Toolkit for developing father-inclusive services

The Dads Included Toolkit – which updates and supersedes the Toolkit for Father-Inclusive Practice – outlines how to make your service work for dads as well as mums and, most importantly, for children, for whom a good relationship with dads is so important.

www.fatherhoodinstitute.org

Anna Freud Centre

www.annafreud.org

Working With Teenage Parents: training for practitioners

The course offers you a chance to gain additional knowledge of theoretical concepts and relevant research, to enhance emotional understanding and to discuss policy developments relating to infants and their young parents:

- The focus is on mental health issues and infancy as a critical period of psychosocial development.
- The training addresses physical, behavioural and emotional risk factors associated with psychological immaturity of very young parents.
- It promotes early identification of problems associated with parental emotional disturbance, neglect, violence and trauma.
- The experiential component of the course enhances awareness of cultural and ethnic diversity of families, and offers opportunities to identify personal bias and blind spots, and to tolerate the anxieties such work entails.

Friday 18 March 11.00 - 16.30

Saturday 19 March 09.00 - 17.30

Friday 1 April 11.00 - 16.30

Saturday 2 April 09.00 - 12.30

Stepping into Play

www.inspire.eu.com/

Facilitators' training day

The Stepping into Play is a six-session programme targeted at parents and carers to empower them to offer their children high value play with low cost resources. It is one of the most comprehensive and fun programmes to run with parents/carers on play.

22 February, Birmingham

Young People in Focus

www.youngpeopleinfocus.org.uk

Supporting Young Fathers – Spotlight on Promising Practice

Although work with young fathers is extremely patchy across the country, a body of expertise has developed through the innovative work of a number of projects and services. This workshop

gives participants the opportunity to work closely with two leading projects in the field.

18 May, London

Certificate in Supporting Parents of Adolescents Accredited Training Programme

The course is relevant for all practitioners working with parents of young people (aged ten and over) and it has been validated as meeting eight of the National Occupational Standards for Working with Parents.

(see website for more details)

Challenging Years! parenting programme – Facilitator training

This one-day facilitators' training course will prepare practitioners for running the Challenging Years! programme. Challenging Years! is a short and accessible parenting programme for parents of young people in early adolescence. Challenging Years! examines the changing relationships between parents and their children as they make the transition to secondary school. The programme encourages parents to consider the new challenges their children will face as they move towards greater independence, and is ideal for running in schools and community settings.

24 May, London

ContinYou

www.continyou.org.uk

Smooth Moves

Changing schools can be a time of anxiety for parents/carers as well as children. It is important that they feel confident and equipped to support their children at this difficult time. Our Smooth Moves programme is designed to:

- support local authority facilitators and designated school staff, headteachers, school support staff, childcare staff, and children's centre staff to build on existing support for parents/carers and children in preparation for transition
- promote effective partnerships between the school, parents/carers and pupils
- enable parents/carers to support their child to thrive at home and at school.

Smooth Moves consists of five sessions for practitioners to deliver to parents/

carers, covering: change; expectations and boundaries; staying connected – communication and bullying; transition and growing up; and transition preparation.

18 March, Birmingham

24 March, Leeds

30 March, Taunton

Eileen Murphy

www.brief-therapy-uk.com/

A Solution Focused Approach Helping clients to make and sustain behavioural change

The Solution Focused Approach (deShazer '85) is model of working that encourages anyone working with anyone to move forward rather than remain stuck in a problem or in a behaviour.

The approach encourages the worker to be "curious" in their work: curious about times, for instance, when the problem behaviour has not been displayed or the individual has dealt with the difficulty differently.

The course includes the language of the Solution Focused model, the visuals and structure of the Examine, Repair & Move On Approach offering subtle, conversational sessions that help people move on to their preferred futures and the Optima Communication Skills - providing engaging and courteous approaches when connecting and communicating.

The training includes a framework that provides workers with a reminder that it is our curiosity that is most useful when working with clients - curiosity about what works for the client; what doesn't work for the client; what attracts; what repels and what the client's preferred future looks like. We can then ensure that we use our expertise in collaboration with the expertise of the client - the real expert on how they live their life.

16 May, London

£130 plus VAT (£100 plus VAT to Parenting UK Members)

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

Kelly Family Charitable Trust

The Trust has decided to prioritise its funding in favour of charities whose activities involve all or most family members in initiatives that support and encourage the family to work as a cohesive unit in tackling problems that face one or more of its members. The overall objective is to reinforce the potential benefit and support the family members as a unit can give to each other.

The Trust will consider both capital and revenue grants. The Trust is happy to support requests for core funding as well as project-based grants, and actively encourages applications from relatively new organisations to help them become established. Grants are awarded twice a year to charities whose aims fall within the criteria of the Trust. Grants will generally be in the range of £1000 - £5000, but Trustees will consider requests for higher amounts.

Applications must be submitted by 1st March and 1st September to be considered at the subsequent meeting. The Trust application form is available to complete by downloading the form and returning it to the Grants Administrator by email or post.

www.kfct.org.uk

John Lyon's Trust

Grants are given to registered charities (or groups that have automatic charitable status) for the benefit of children and young adults who are resident in the London Boroughs of Barnet, Brent, Camden, Ealing, Hammersmith and Fulham, Harrow, the Royal Borough of Kensington & Chelsea and the Cities of London and Westminster.

Grants are available to: support education and training, particularly for young adults; broaden horizons and encourage an appreciation of the value of cultural diversity through activities such as dance, drama, music, creative-writing and the visual arts provide child-care; support for parents, help where parental support is lacking; enhance recreation through sport, youth clubs and playschemes; and help young people achieve their full potential develop new opportunities for young people.

Further details and a guide to writing a good proposal letter are available on www.johnlyonscharity.org.uk

BIG – Reaching Communities

Reaching Communities funds projects that help people and communities who are most in need, and can really make a difference. Projects can be new or existing activities, or be the core work of your organisation. They want to fund projects that respond to needs identified by communities, and those that help those most in need, including those people or groups who are hard to reach.

The budget for Reaching Communities will be at least £100 million each year until 2013. The rule which prevented organisations from reapplying within 12 months of being rejected at Committee stage has been removed. The current success rate for applicants at Outline Proposal stage is around 25 per cent and the success rate at full application stage is 39 per cent.

You can apply for the funding if you are a registered charity; a voluntary or community group; a statutory body (including schools); a charitable or not-for-profit company; a social enterprise.

www.biglotteryfund.org.uk

Foyle Foundation

Designed to support smaller charities in the UK, especially those working at grass roots and local community level, in any field, across a wide range of activities. Charities with an annual turnover of less than £100,000 per annum can apply. Larger or national charities will not normally be considered under this scheme. Nor will the scheme generally support charities that are able consistently to generate operational surpluses or which have been able to build up unrestricted reserves to a level equivalent to three months turnover.

One year grants of between £1,000 and £10,000 are available to charities which can demonstrate that such a grant will make a significant difference to their work.

www.foylefoundation.org.uk/small-grants-scheme/

Where to find funding

You can find further information about funding on the Parenting UK website. The following provide general guidance and information on funding:

Association of Charitable Foundations – www.acf.org.uk

Charities Aid Foundation – www.cafonline.org

Charities Information Bureau – www.fit4funding.org.uk

Directory of Social Change – www.dsc.org.uk

Funderfinder – www.funderfinder.org.uk

Grants 4 Funding Portals – www.grants4.info/portal/index.asp

March

Working with Gypsy and Traveller communities to tackle domestic abuse

2 March, Nottingham

A one-day event to consider approaches to tackling domestic abuse, associated problems including mental health, and dilemmas regarding safeguarding children.

www.ccclimited.org.uk/gtda_02_03_11.html

A Foundation for Life – The New Landscape for the Early Years

2 March, London

There is overwhelming evidence that children's life chances are determined by their development in the first years of life. It is therefore crucial that services for 0-5 put children's life chances at the forefront of everything that they deliver.

www.4children.org.uk

What about the children - national conference What babies need parents to know

8 March, London

www.whataboutthechildren.org.uk/events-and-conferences

Invisible Fathers: working with young fathers – one-day course

10 March, Birmingham

This course is designed for managers, front-line workers and volunteers in a variety of settings including Children's Centres and other early years services, maternity services, Connexions, teenage pregnancy and youth offending teams

www.fatherhoodinstitute.org

Children in Scotland Workforce Development Conference 2011 - Improving practice, improving lives: securing better outcomes for children, young people and families

15 March, Glasgow

Developing the children's workforce is central to helping children and their families achieve their potential. Building on the findings from Working it Out and Working for Inclusion programmes, this major conference will consider the challenges involved in developing the children's workforce to build capacity within their families and communities to help tackle child poverty, promote social inclusion and improve outcomes for all.

www.childreninscotland.org.uk

The Early Intervention Grant: Making Tough Choices at the Local Level

17 March, London

As part of the localism agenda, the government has introduced an Early Intervention Grant (EIG) which will replace a number of ring-fenced grants which currently fund a range of services including Sure Start centres. With the announcement of the local authority settlement, local authorities will have to make very difficult decisions as they set their budgets for the coming financial year.

www.westminster-briefing.com/?p=19539

Children's Services: Protecting the Futures of Our Children

31 March, London

The forum will offer delegates an opportunity to discuss the latest policy and practice developments in child social care. Sessions will examine the future for the sector in a tight economic environment and will look at the need for greater multi-agency working to ensure standards in services.

www.insidegovernment.co.uk/children/childrens-services/

April

Resilience – why bother?

6-7 April, Brighton

This exciting conference promises to be a creative mix of different individuals and groups, coming together to examine what resilience research is telling us AND consider ways of working in light of these findings. Just how does resilience help us to foster healthy responses in times of trouble?

www.brighton.ac.uk/snm/

May

All About Children and Families: The new policy terrain for children and families – will it pass the Family Test?

10 May, London

4Children is putting the spotlight on the new terrain for children and families bringing together leading policy developers and deliverers to discuss and debate whether the new landscape will pass the Family Test. At this time of major government reform and increased emphasis on local needs and community engagement 4Children's 2011 annual conference will explore leading thinking and developments nationally and locally.

www.4children.org.uk

We welcome your comments on and contributions to our News Bulletin. Please address any correspondence to rtonkin@parentinguk.org

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phone 020 7284 8370 fax 020 7485 3587

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