

PACEsetter

Summer
2007



Parent And Community Education from CANDL

What next for PACE?

In May 2004, although we didn't know it then, a new era began. On the 13th of that month, 12 parents came to the King's Family Centre in Hackney for the first session of the 'Strengthening Parents, Strengthening Communities' Parenting Programme. Neither they nor the facilitators (Margaret and Lynda) really knew what to expect, and they were all slightly unsure. But the Programme proved to be a success, and the rest, as they say, is history.

As I write this in May 2007 the statistics are impressive. We have delivered 14 Programmes in 4 different venues; we have offered Programmes in the morning, the afternoon, the evening and on a Saturday, and have supported over 100 parents and approximately 300 children. We have also run one-off workshops covering relationships, rites of passage and anger management, and have begun our first extended specialised course, looking at anger management in a series of 6 sessions.

And that's not all! 4 parents, (Sally, Barbara, Lenny and Karon) have trained with the Race Equality Foundation, run a Programme, and been accredited as

Facilitators, and we have helped 2 local community workers, (Norma and Vien) to gain accreditation. We are continuing to support these Facilitators, offering further training and supervision.

So what will the next 3 years bring? We are now looking at ways that the work can be expanded; unfortunately our current funding runs out in August 2008, and so we are beginning to look for possible new sources. We would like to expand the training side of things; perhaps gain approval as an Open College Network Centre, which would enable us to offer accredited training to parents undertaking the programmes and to parent-facilitators, whilst still delivering the grass-roots SFSC Programme that we believe is so effective. We would also like to offer parallel Programmes to parents and young people, and expand the specialised courses. But all this depends on funding – we will keep you informed! □

A very happy group of successful Parents and their families



Hooray... the things that cheer us up! (No Aarghs! this time—too much good news to share!)

Another Programme completed! Another parent accredited!

You may remember from the last edition that we ran a SFSC Programme at St John the Baptist church in Shoreditch, which was attended by 3 regular participants. The Programme finished just before Easter, and on April 3rd we held a very successful Award Ceremony.

Families and friends came together, and as you can see, one of the highlights of the evening was the food! As the group was relatively small, we decided to patronise the local kebab shop – a great success!

During the ceremony we also celebrated the fact that Karon Woollett, who had co-facilitated the Programme, is now a fully accredited SFSC Facilitator. (Karon can be seen at the right edge of the lower photograph)

This Programme has proved that a small group can benefit just as effectively as a large one – what a pity that funders will not always recognise that! □



Participants, their families, and CANDL delighted at the parents' achievement

Kebabs and salad enjoyed by all!



Health visitors - a myth or a reality?

In March this year YouGov carried out a poll which shows that 76 per cent of parents in England want parenting support and advice on their child's health and development from a trained health visitor with up-to-date knowledge. 83 per cent of parents want that support and advice in the home. But when Primary Care Trusts were surveyed, it was found that how often or even whether parents get visits from a health visitor is a post code lottery while health visitor numbers overall are in freefall.



The research was carried out by the Family and Parenting Institute, the UK's leading centre of expertise in families and parenting. The Institute

carries out research, listens to what parents want and delivers messages from research to people working with families. It has now issued a report stating its belief that health visitors are the key to effective early intervention, and something must be done to address the shortfall. They argue for a well-funded, well-trained universal health visitor service available to all parents of children under five, with specialist support for the most vulnerable families.

Every family with children under five should have a named health visitor. Their role is to offer support and encouragement to families through the early years from pregnancy and birth to primary school and beyond. They should work closely with GPs and cover the geographical area of the GP practice. If you have an under-five do you know who your health visitor is? Do you see her (the overwhelming majority of health visitors are female) on a regular basis? Do you know how to contact her if you need help?

Developmental checks are supposed to take place at 6-8 weeks, 8-9 months, 18 – 24 months and 4-5 years, but I know from experience that these checks just do not happen, due mainly, I understand to a shortage of Health Visitors. Let's hope that the FPI report is taken seriously by those with the power to change things. □

Did you know? Weird parenting facts

- In 1997 Bobbie McCaughey set the record for the most surviving children from a single birth when 7 of her children survived.
- The shortest interval between two sibling births is seven months
- The odds of giving birth to twins is 1 in 33, and triplets is 1 in 539
- The longest interval between sibling births is 41 years
- The most popular day for births is Tuesday, and the most popular month is August
- Between 1725 and 1765 the wife of Feodor Vassilyev gave birth to 69 children—(she was probably too tired to tell anyone her name!)

Disability, your child and the church

When a child with special needs is part of your family, life can get very tough. There are often endless forms to fill in, visits to be made, and sometimes it feels that you are unable to lead a 'normal' life (whatever that is!). You would expect though, that going to church would be one activity you could do as a family, without too much difficulty. Sadly, this is not always the case. Although at present we only have anecdotal evidence, we sense here at CANDL that the stigma of disability seen outside the church is also sometimes evidenced inside it; access is part of the problem, but there is also the feeling that children with special needs such as autism, Downs Syndrome and ADHD are not accepted as they should be in some church communities.

We would like to look into this issue more deeply, and need your help. If you have experienced difficulties taking your child to church, please contact us; if you are a church that has made inclusion a priority, then we would like to hear about your experience, and if you are a parent with a positive story to tell, then let us know. Confidentiality is assured, and our contact details are at the bottom of the page. Thanks! □

STOP PRESS!!!

As PACEsetter went to press, we heard that Lenny Williams, a parent who took part in the Programme in 2006 has been accredited as a SFSC Facilitator, having worked with Lynda Green at Hackney Quest. Congratulations, Lenny! More about this in our next edition.

We have also heard that Sally Masango and Barbara Dormer, two of our parent accredited trainers, have successfully obtained jobs in the parenting field. Sally is working for the Race Equality Foundation on the SFSC Programme, and Barbara is working for the Dalston Youth Project. Well done to you both! □

PACEsetter



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