

# SOUTHERN AREA OUTCOMES GROUP

## BCMs Parents Support Service

January 2016-December 2016

BCMs Parent Support Service offers both practical and emotional support to parents in the Armagh and Dungannon areas. We work with parents of all ages and children from 0-17 years of age. We recognise that being a parent is the most important job there is, and also one of the hardest.

Parent Support focuses on the individual support needs of parents and children, working in partnership with other agencies to provide a holistic service. We aim to strengthen the capabilities of parents using practical and emotional support thereby reducing the need for social intervention by

- the delivery of emotional support to families and children
- the provision of health promotion support and advice
- the provision of practical supports to parents/carers and
- early intervention and detection



Supporting those who need it most



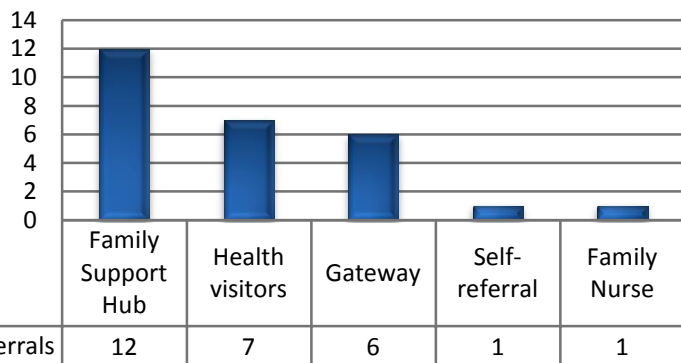
### Outcome of Project as set out under Priority Area 1:-

- Promote social and community engagement for parents and children
- Maximise extended family support
- Support parents and children in developing resilience and resourcefulness in managing the demands of daily living
- Develop links within the community for the family
- Promote engagement with more specialist services and supports where necessary

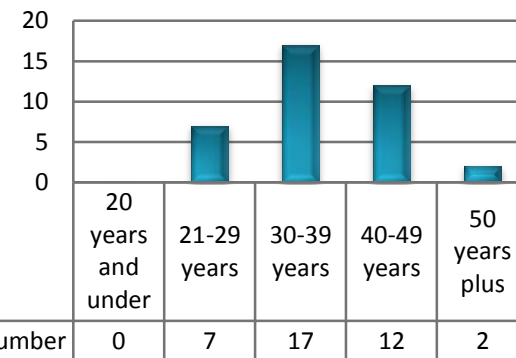
# HOW MUCH DID WE DO?

In 2016 we received 27 referrals and worked with 27 families including 38 parents and 76 children.

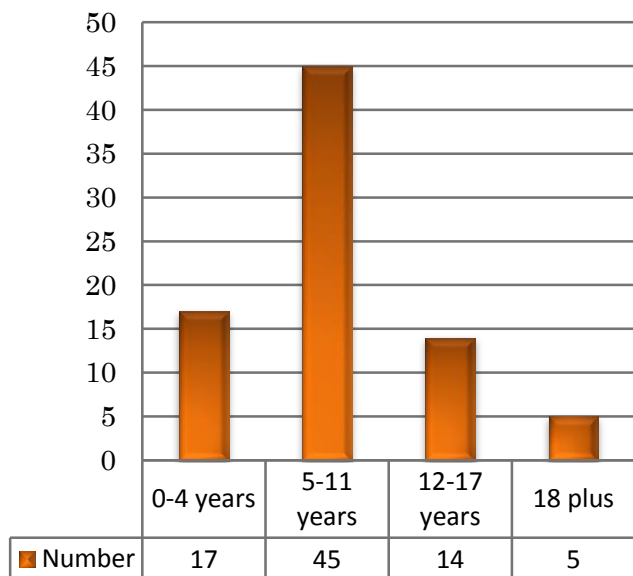
## Referrals to Project



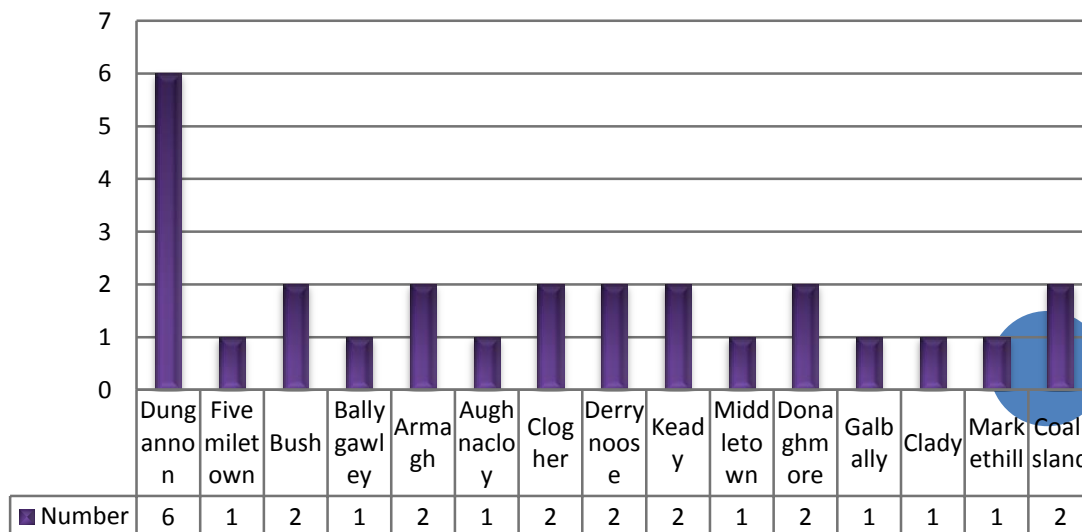
## Age of parents receiving support in 2016



## Age of children receiving support in 2016



## Families by geographical area



# HOW MUCH DID WE DO?

In addition to one to one support the following workshops/events were held:

Workshops/events:*	Attendance
Interactive and messy play (January)	3 parents
Online safety (February)	4 parents
Easter egg hunt and the importance of play(March)	8 parents and 10 children
Reading and the importance of reading (April)	5 parents and 6 children
Promoting Positive Behaviour and Employers for Childcare (May)	4 parents
Jo Jingles and the importance of music in child development (June)	5 parents and 6 children
Healthy snacks and Employers for Childcare (July)	3 parents and 4 children
Tannaghmore Gardens (August)	7 parents and 11 children
Managing challenging behaviour (September)	6 parents
Halloween event at the Argory (October)	5 parents and 8 children
Volunteer Now (November)	3 parents
Having me time, afternoon tea (December)	7 parents and 1 child

## How did the workshops/events impact on our families?

- Peer support, being able to share similar experiences and knowing you aren't the only parent who is having difficulties.
- Improved physical and mental health
- Received practical tips and techniques to try out at home which was followed up by the parent support worker
- Reduction in feelings of isolation and loneliness
- Increased awareness and knowledge in specific areas and supports available locally

\*The funding for these workshops and events was raised by our Parent Support Worker who completed a triathlon with her sister and friend and raised a total of £1,200

# HOW WELL DID WE DO IT?



Supporting those who need it most

- All families received one to one support in their own homes weekly or fortnightly depending on their need.
- Support is tailored to the individual needs of families therefore families receive varying levels of support.

## Early intervention and detection:

- 3 UNOCINIs have been completed over the past year and 2 case conferences have been attended by our parent support worker
- Flexible visiting is offered to all families and in December 9 visits took place outside normal working hours
- 5 families received additional support from our 2 volunteers. This included assistance with cleaning and play
- All families received advice and guidance on child safety and internet safety

Scale	Decrease	Same	Increase
Physical health	0%	21%	79%
Your well-being	4%	8%	88%
Meeting emotional needs	0%	21%	79%
Keeping your children safe	0%	21%	79%
Social networks	0%	0%	100%
Education and learning	4%	8%	88%
Boundaries and behaviour	4%	4%	92%
Family routine	4%	8%	88%
Home and money	8%	17%	75%
Progress to work	0%	58%	42%



# IS ANYONE BETTER OFF?

## Emotional support:

- All families have been linked with their local communities and made aware of groups/events.
- 7 families were accompanied to groups including Mother and Toddler Groups, library, Surestart and local community centres.
- 19 families were informed about other specialist services. These included Niamh Louise, Cedar Foundation, Surestart, Parenting NI, CAPS, AA and access to services via their GP.
- All families were encouraged to avail of support from their extended family members.
- Parent Support Worker provided all families with the opportunity to discuss their concerns and was a listening ear for them.
- 6 parents attended parenting courses including Mellow Parenting, Incredible Years, Parenting Your Teen, Surestart Incredible Toddlers and Family Health Initiative.



**SureStart**



**Parenting**



Supporting those who need it most



## Health promotion:

- 100% of families are registered with GP, dentist and optician and attend appointments as required. One family was supported to avail of the Community Dental Service.
- 17 families were supported to attend medical appointments
- 18 families were linked with other health care professionals
- All families were provided with advice on healthy eating and one family availed of the Cook-it programme.



# IS ANYONE BETTER OFF?



Parents'  
Support

Supporting those who need it most

## Practical support:

- 4 families received assistance with shopping and 7 families received support with cleaning
- 16 families received advice and guidance on implementing family routines
- 14 families were aided to prepare for school through completing application forms, attending open days and in relation to moving schools.
- 2 families received support with homework
- 11 families were helped with interactive and messy play and play appropriate to the age of the child
- 11 families have received support to maintain their accommodation, 3 families have moved home and 6 families availed of home safety checks provided by the council.
- 11 families have been assisted with budgeting and 7 families were supported to reduce debt. Families have availed of support from CAB, CAPS, Vineyard, Employers for Childcare and Jobs and Benefit offices.
- £2960 was received by 7 families from Glasspool and Buttle applications to purchase beds, mattresses, bedding, storage, wardrobes, clothing, kitchen equipment and table and chairs.
- 1 parent received £500 from the Womens Bursary to cover transport and childcare costs for the parent to return to education.
- 14 families received toys and food hampers from BCM and 8 families were provided with fidget bags
- 21 families received advice and guidance on appropriate boundaries and 21 families also were provided with behavioural tips and techniques.



# IS ANYONE BETTER OFF?



Supporting those who need it most

*'I needed emotional support as I was having problems with my sons father. I felt very depressed, I didn't get out much and felt very isolated, alone and the stress of being a single mum'*

*'Benefits, housing, getting bunk beds, family routine, school issues, emotional support, food hampers and oil stamps'*

*'Benefits, getting back to work, bedtime routines and children's behaviour'*

*'Every bit of help helps with parenting!'  
'Definitely worth having this service especially in times of need. They are very supportive'*

*'There is no shame in needing help. Thanks to the girls I was able to function in a time of turmoil. I built a better relationship with my kids and was able to replace items in my home that I could not afford otherwise.'*

- *64% of parents felt more confident as a parent, 73 % felt more knowledgeable and 64% felt more informed*
- *9% of parents felt no change*
- *100% of parents said they would recommend our service to other parents*