

PARENT TO PARENT

ANNUAL REPORT 2018-2019



STAFF

Head of Service

Trudy Doidge

Admin & Finance Manager

Debra Ritchie

Operations Manager/ Neonatal Worker

Jackie O'Neill

Admin. Assistant

Susan Donnachie

Support & Advocacy Workers

Mairi Simpson

Wendy McLean

Isabel Barclay (Until October 2018)

Debbie Shepherd

Sheila Day

Charleen Morton

Mandy Anderson (From August 2018)

Early Intervention Workers

Sheena Thomson

Lynn Stewart

Audrey Vincent (from August 2018 to February 2019)

Young Persons' Advocacy Workers

Sally Hudson

Lynn Irving (Maternity Leave from October 18)

Pat Stuart

Lynzi Chalk

Chloe MacDougal (from September 2018)

Young Persons' Advocacy Assistants

Lynn Stewart (until September 2018)

Charleen Morton (until September 2018)

Our Mission is:

To provide support, information and advice to families of children with additional needs.

To enable the voice of parents and young people with additional needs to be heard by the statutory and formal bodies.

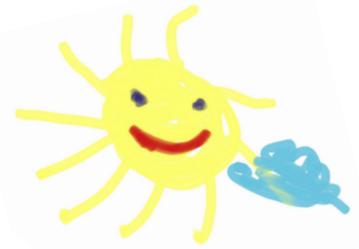
To enable and empower parents and young people to take control of matters that may affect their lives, and to have a sense of belonging.

Our aim is:

To offer support, contact and information through self-help, mutual support, assistance, research and education

To support parents to overcome their feelings of loneliness and isolation

To reduce their stress by reinstating hope and increasing their confidence



WOW WHAT A YEAR 2018-2019 WAS!!!



We welcomed new staff members to the team, said goodbye to a retiring member of staff, even welcomed a new baby as one of our staff members enjoys her new baby girl.

As usual this financial climate provides us with the challenging ascent to ensure that Parent to Parent continues to bring in the income to sustain our services, a challenge that is always faced head on, and somehow we manage to win through.

2019 -2020 still presents some challenges but we are determined to hold our heads up high, and not give up, our families rely on our support.

So as I reflect on the past year I continue to be humbled by the sheer determination and love our parents and carers have for their child who is faced with trying to fit into a world where not everyone understands the gifts and qualities that they bring. So to all parents and carers of a child with additional support needs I would like to say:

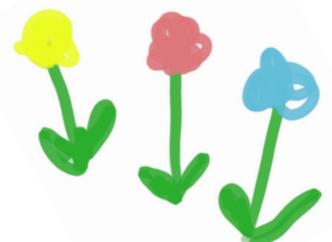
You are truly inspiring, your child's progress might not be that easy to see on a day-to-day basis, but when you reflect from time to time on how far they have come, please give yourself some credit. Would that progress have happened if you hadn't been planning, praying, pushing for it, every hug, every conversation, makes a difference. But you are also making a difference in the world: every time you give information about your child's disability to someone, you make a difference for the next child. Every time you give advice in a support group or online forum, you make a difference for that parent and family. You are a force for good.

Thank you for the privilege and honour of allowing us to walk alongside you, and to all my staff team and board members, thank you for all your tireless support and energy. Together we all make a difference.

Trudy Doidge

Head of Service

WE CAN'T CHANGE THE
WORLD BUT WE CAN CHANGE
SOMEONE'S WORLD



The need for support, help and advice for parents and carers of children with additional needs continues each year and between April 2018 and March 2019 1105 parents were supported by Parent to Parent. Children and young people also received support and advocacy from the Young Persons' Workers who helped them address issues that were worrying them. The majority of referrals had to wait for support as need continued to be high but new and improved ways of working enabled the support workers to reduce the waiting time for most families.

Help to understand and manage their child's challenging behaviour continues to be a great need among parents and Parent to Parent ran workshops across the region. These focused on ways to cope with as well as manage the behaviours and were linked to a support group so that parents could attend for further support after the workshop. Some of the support workers were trained to deliver other parenting support programmes such as 123 Magic and the New Forest programme. The workers used these programmes on an individual basis with parents of young children with additional needs.

The Operations Manager continued to support parents of babies who spent the first few weeks or months of their life in the Neonatal Unit in Ninewells Hospital, Dundee. Many parents feel isolated, worried and stressed when their baby

is admitted for intensive care and the extra support provided by Parent to Parent can alleviate some of these feelings.

The four Young Persons' Advocacy Workers helped 200 children and young people to voice their views and concerns and to feel their views are taken into consideration. The In-school groups continued in Angus and Dundee until September. In Perth & Kinross the groups continued until March at Crieff High School where the young people have identified a Friendship Bench and a worry box. The group are supporting their peers to sit on the bench if they feel lonely, and one of the group will come and join them, they have also identified a worry box, so young people can let others know what is worrying them. Funding for the groups has now ceased but we are on a mission to find continuation funding.

Fund-raising

There were several fund-raising events held throughout the year, all organised by our staff team and parents. These included a pop-up charity shop, sponsored kilt-walk, charity fun night and a hypnotist evening. There were also donations from parents who wanted to show their appreciation for the support they had received. A total of £5,700 was raised which is greatly appreciated.



Angus Unnamed Randomness etc. – voiced their concerns regarding how toxic name calling can be and how it affects young people.

Dundee Courageous Muskateers – raised their concerns about mental health in young males.

Perth Voices 4 Change – told their individual stories of how they were able to turn adversity into positivity.

Families, friends and decision makers from all three areas were there to listen to the young people's presentations, and to congratulate them on receiving their Certificates of Achievement for listening to others and raising their voices to make a difference for children and young people with additional support needs.

Whilst the project has come to an end the experience and learning the young people achieved is still apparent with the natural networks of support still apparent today- supporting each other and their wider peers to have a voice.

We have done a great deal of work to support our young people to feel connected to their local communities. Three young people have continued their campaign to ensure that young males have a space to feel comfortable to talk about how their mental health, and are looking to set up a 'pupil to pupil' support group in lunchtimes at their high school.

Equally our Perth group has gone on to develop a friendship bench and a worry box, they have identified a Peer Mentor rota for a Wednesday and Thursday lunchtimes, and are being supported by a 'named' teacher for any worries that may be out with their reach. A joint celebration event in partnership with Crieff High School was held to celebrate the launch of the Friendship Bench

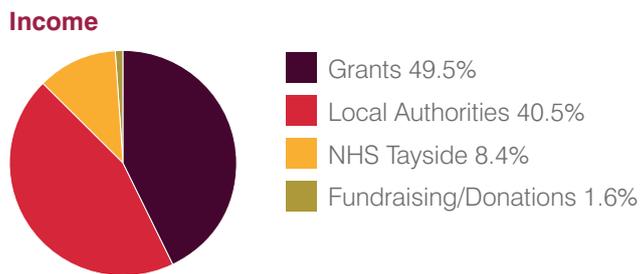
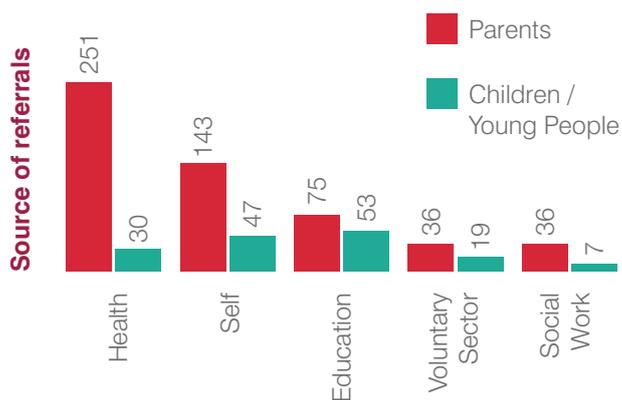
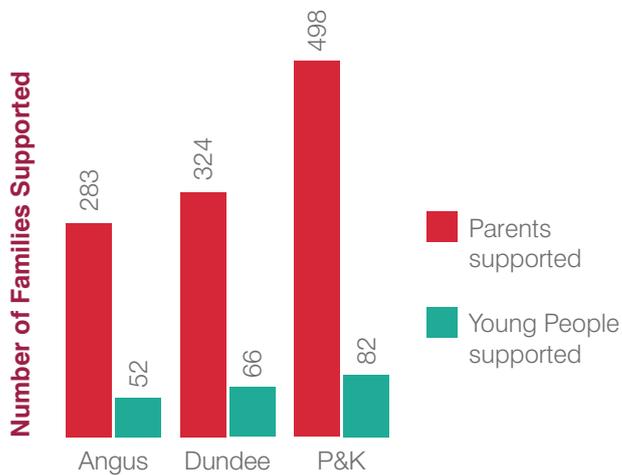
In short the young people have definitely more confidence and skills, improved physical, mental and emotional health and are continuing to support their peers in their local communities.

Delivered by
youngstart



Our Young Start: Space & Time Project funding ceased in October 2018. The aim of the project was to support young people to have a voice about matters that were affecting them and their peers and to identify solutions. The young people were encouraged to talk to others and to decision makers to inform them and where possible facilitate change. Each group voted on their own individual names and have identified their collective concerns from mental health support for young people aged 11-18 years to bullying.

The Young people hosted a "Celebration of Success" evening on 20th June 2018 at Downfield Primary School. Representatives from these groups presented their themes



Acknowledgements

Parent to Parent is grateful for the financial support it received from Angus, Dundee and Perth & Kinross Local Authorities and NHS Tayside. Several Trust Funds and other organisations also contributed to the development of the service during the year. These include:

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|----------------------------|--------------------------------|
| Miss Agnes Hunter Trust | Kiltwalk |
| Alexander Moncur Trust | The Northwood Charitable Trust |
| Big Lottery | NHS Community Innovation Fund |
| Corra Foundation | The Robertson Trust |
| Coupar Angus Support Group | The Tillyloss Trust |
| Gannochy Trust | William Coull Anderson Trust |
| Haramead Trust | Young Start |
| Henry Smith Foundation | |
| Hugh Fraser Foundation | |

We could not provide the level of service we do without the assistance of many other organisations. These include:

Angus Carers, Angus Council Education Dept., Arder Church, Ardlar Complex, Carnoustie Baptist Church, Dundee Disabled Children's Association, Dundee City Council Education Dept., Kinross Learning Centre, Letham Sheltered Housing Hub, Perth & Kinross Education Dept., The Pitstop Forfar, Red House Hotel Coupar Angus, Sunflower Centre Perth Royal Infirmary, Voluntary Action Angus, Woodlea Cottage.

Carnoustie & Monifieth Medical Group

The Head of Service was approached by the Carnoustie and Monifieth Medical Group to discuss the possibility of providing a weekly surgery within their health centres for their patients, both parents and young people. This was agreed and the surgeries started in October. It proved to be very successful and plans are underway to try to continue it beyond the original funding period.



This new model of service offers appointments with our family workers and young person advocacy worker for parents and young people who need some support.

Parents/Carers are able to make an appointment with a Parent to Parent Family Worker for 1:1 support to talk through the concerns they may have about their child, and together identify coping strategies to support them and their child.

The child/young person is given a 1:1 appointment with our Young Persons' Advocacy Worker who will support them to understand their anxieties and to identify some useful coping strategies

"Yes she seems a lot better recently, no panic attacks at all, she's still a bit quieter than normal, but there has been a big difference in her since she started seeing you" quote from a parent re her daughter
At the end of March 2019 23 parents and 16 young people were referred to the service.

Examples of support provided during the year

A referral was made for parents of a premature baby born to parents who had recently moved to the area. The baby was born with cardiac problems and was extremely ill for the first few months of her life. The Mum had to give up work to care for their baby and the Dad was self-employed. He had to take time off work when the baby was admitted to hospital in Glasgow for surgery and both parents soon became overwhelmed with worry and stress. They felt very isolated as they had no family or close friends living nearby and were struggling to cope. They were made homeless because they could not pay the rent on their flat and did not know what to do. At this point they were referred to Parent to Parent and their support worker gave them support, information, advice and practical help. She informed them about Disability Living Allowance and Carer's Allowance and helped them apply for them, she brought them food from the food bank on two occasions, applied to the Christmas Toy Appeal and the Family Fund. She encouraged the mum to join her support group for parents of babies with additional support needs where the mum gained much needed friendship and support from the other parents there. The family was allocated a flat and is now starting to move forward. The baby still requires medical attention with frequent hospital appointments and the worker goes with the parents to give some support as they find the appointments daunting. The worker will continue to support them for as long as they need her help.



Contact Details

If you would like further information about Parent to Parent please contact:

Head of Service
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Dundee DD2 3TP

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e-mail admin@parent-to-parent.org

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