



Welcome to the latest edition of the Face 2 Face Network newsletter!

We would love to know what you think of the newsletter – email us with your comments.

We will continue to produce the newsletter quarterly and would welcome information about network events, websites and news for inclusion, please email face2facenetwork@scope.org.uk with any information you would like to share.



Network News

Welcome to Caroline and Julia

The Face 2 Face Network are delighted to welcome Caroline Bamber and Julia Johnson to the team. They have been recruited to develop five schemes in the Lancashire area.

Caroline Bamber – Face 2 Face Development Co-ordinator, Lancashire

Caroline has a background in development work, working for the local early years service. On a personal level she is the parent of a child with profound learning and physical disabilities.

Julia Johnson – Face 2 Face Befriending Co-ordinator and Trainer

Julia has worked as a befriender for Face 2 Face for the past 3 years. She is the parent of an 11 year old girl with severe learning difficulties, autism, epilepsy and behavioural problems.

Both Caroline and Julia have already been busy establishing Face 2 Face in Lancashire and are currently organising a series of meetings to introduce the scheme to both organisations and potential volunteer befrienders. Both say they are really excited about their work and look forward to seeing Face 2 Face flourish in this area.

Can You Help?

The Face 2 Face Network is currently looking to actively promote the service across the country. The press office at Scope are supporting us in this endeavour and have asked for us to identify parents who would be willing to share their story to either newspapers, magazines or by appearing on television. If this is something that you would be interested in please get in touch with Vicki Hill for further information at vicki.hill@scope.org.uk

Train The Trainers

The Face 2 Face Network held a Training the Trainers course on 12th and 13th January to introduce new trainers to the F2F Foundation Training Course and Training Resource Pack.

The aim of the Face 2 Face Foundation Training is to ensure that volunteer befrienders are prepared for befriending and are competent in handling the variety of situations with which they may be presented. Also to ensure those parents using the Face 2 Face service will receive the sensitive and appropriate befriending they seek. The Training Resource Pack is used by trainers to train parent volunteers and is modular based with clearly identified outcomes. The pack includes a total of forty hours training.

The Network would like to extend their thanks to Francine Swaby and Ros Bentley, two experienced Face 2 Face trainers, who facilitated the Training the Trainers course. Feedback from delegates was very positive:

'The main thing I will take away from the course is confidence and strategies to support people emotionally.'

'The best part of the course was meeting and sharing with such a fantastic group of people.'

The Face 2 Face Network is planning to hold the next Training The Trainers Course later this year and further details will be available shortly.

Trainers are recruited on the basis of knowledge, skills and experience and must be committed to working within the partnership approach underpinning the Face 2 Face service.

If you would like further information about The Face 2 Face Foundation Training, Training Resource Pack or would like to become involved, email face2facenetwork@scope.org.uk or phone 0844 800 9189

Face 2 Face Website

For further information on Face 2 Face including more news please visit our website www.face2facenetwork.org.uk

Our website includes a general introduction to Face 2 Face, provides information on the befriending process, details how to become a befriender, provides network funding information, questions and

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answers, news, contact details for local schemes and details on our online and telephone befriending service.



Strengthening Families Update

The Strengthening Families project has now trained thirty trainers to deliver the training package across the UK. The Train the Trainer event took place at the Arden Hotel in Birmingham over two days.

Project Manager, Vicki Hill says *"We were inundated with applications from potential trainers. I think this indicates how important the training material is and how great the need is for the Strengthening Families project in the UK. I am delighted that we were able to recruit such a high calibre of trainer and look forward to their input in developing the project further"*.

The trainers travelled from across the country to embark on the project, with two trainers coming as far afield as Northern Ireland.



The two training days were very intense and allowed participants to experience both delivering and receiving the training package. The project is now running a Strengthening Families Awareness Training day aimed at parent befrienders from the Face 2 Face online service. This will give parents an opportunity to become familiarised with the material and to go on to become co-trainers if they wish to do so at a later stage.

The project has also secured £17,000 from the DfES in order to produce a DVD highlighting the impact that having a child with a disability may have on the parent's relationship. Staff are currently working in partnership with 'Women and Theatre', who are an

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organisation in Birmingham specialising in research and producing pieces of theatre around social/health issues. It is envisaged that a number of Face 2 Face befrienders will be invited to share their experiences and appear on the DVD. If you are interested in being involved in this exciting opportunity please contact Vicki at vicki.hill@scope.org.uk or tel 0770 2099073.



Scheme News

Somerset Parents For Parents

With another three people having just completed training, this makes a total of twenty one befrienders for the vibrant Parents For Parents scheme in Somerset – an excellent start to the New Year! Zenah Rowe would like to send her best wishes to all co-ordinators and befrienders .

Face 2 Face, Exeter, Mid and East Devon

A group of volunteers with a varied range of experiences, started training in January and the group are looking forward to launching the scheme as a service in April this year.

Trish Oliver, Co-ordinator in Exeter recently participated in Face 2 Face “Training the Trainers” in Bromsgrove. She says *“This was inspiring and has equipped me with lots of ideas I am keen to try out with my group of volunteers”*.

Anyone wishing to get involved locally is welcome to contact Trish at patriciajoliver@hotmail.com. Referrals will be accepted from the beginning of April.

South Essex Face 2 Face

Julie Willers, Co-ordinator for South Essex Face 2 Face has been nominated for The High Sherriff of Essex Award for Volunteer Management. She says “I am extremely honoured and proud to have reached this stage. Whether or not we win the award, I hope that this encourages other schemes when things are tough”.

She was nominated by Lindsay Randall, one of Julie’s volunteers. The following is taken from her nomination letter:

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When I first volunteered for Face 2 Face training I didn't know what to expect. I went along to our first meeting/training session and was pleasantly surprised to be made to feel very welcome. We each had to attend 10 training sessions, in which we learnt about all areas of our work and most scarily, about ourselves. I was supported throughout this and never felt pressurised to reveal anything that I was uncomfortable to talk about. At the start of my training I was given my trainer and co-ordinator's phone numbers and was encouraged to ring either of them whenever I needed to. I received such wonderful support that I am now firm friends with them both.

Before volunteering for Face 2 Face I was a stay at home mum. Since completing this training course my self esteem and confidence have risen dramatically and with Julie's encouragement I am now on various steering groups and committees and have started an NVQ course at college.

I can't thank Face 2 Face enough for all the support they carry on giving me and I really feel that they deserve to win this award, for Face 2 Face, the volunteers and all the families that we help.

Julie would like to add, "My thanks to Lindsay for this nomination and to all the volunteers for their hard work, dedication and faith in what we do".

New Scheme In Gloucestershire!

Thanks to funding from The Barnwood Trust, Face 2 Face is setting up a new scheme in the Gloucestershire area. If you would be interested in becoming a befriender then please contact Juliet Blackburn on 0844 800 9189 for more information.

Teams in The North

Following the award of £500,000 worth of contracts from the Governments Parenting Fund last year to Face 2 Face schemes in Redcar and Cleveland, Stoke on Trent, North East Lincolnshire, Cornwall and Liverpool, the North teams have been working together to develop services to Fathers.

Working with dads, co-ordinators, volunteers and a range of professionals, they have been feeding into the development of a steering group with a view to formalising the development of Face 2 Face activities, promoting an accessible, engaging and inclusive service for dads.

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On Saturday 27th January North East Lincs Face 2 Face hosted a breakfast event especially for dads and step dads at the Millfields Hotel, Grimsby.



The aim of the event was to provide a platform where fathers could meet with each other and talk about issues affecting them and their families as a result of having a disabled child.

Organisers Carol Batchelor and Jacqui Wood said that the event was a great success with many issues being raised from how to find appropriate respite to education and statementing.

"They were also offering each other ideas that had worked for them, and exchanging contact numbers" said Jacqui "and they all want to come to another one"

Two speakers also attended the morning. Joint organiser, Greg Gilbert, Men's Health Programme Co-ordinator for NE Lincs PCT, gave a presentation on stress and how to deal with it. He also supplied literature for dads to take away, including a great little book called 'Dad Did It' – with loads of ideas on things to make with your children. Face 2 Face trainer Albert Atkinson talked about the work of

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the volunteers and the importance of engaging dads as well as mums. Jacqui Wood can be contacted by telephone on 01472 852005 and 07841 940265 or by e mail at jacqui.wood@scope.org.uk

Another dads breakfast is being held on 17th March between 10am and 12.30pm at Moat House Hotel, Festival Park, Stoke on Trent. If you are the dad, step dad or male carer of a child with additional needs then why not come along! Please contact Denise Deakin on 01782 874974, 0792 1046511 or at denisedeakin@face2facenetwork.org.uk to book your place. Further details can be found on our website.

Within Redcar & Cleveland, Emma Gardener is working with local extended schools co-ordinators to look at how Face 2 Face might be supported on their roll-out, and has been working with the Educational Psychology department in the County roll-out of Early Support. This has proved invaluable to the service as Emma is working regularly with the Portage team who sit within Education Psychology. She says, *"I am enjoying the working relationship with this diverse team because it is encouraging referrals and Face 2 Face recommendations"*.

Emma is currently recruiting volunteer befrienders and welcomes any information on what readers feel might support the work with dads – she can be contacted on 07841 940266.

Cornwall Family Fun day marks name change!



Cornwall has had a Face 2 Face scheme for nearly 5 years. Initially there was one group of twelve befrienders in the middle of the county. They were called Parent to Parent. After their successful first year they secured funding through the SureStarts who over the next two years funded a further 3 groups of befrienders in

Penwith, China Clay and North Cornwall areas. Cornwall now has five groups of befrienders providing a countywide service, as well as being linked to the Plymouth, Barnstaple and Exeter schemes.

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In addition to supporting parents through one to one befriending they work in partnership with the local Children's Centres to offer monthly parent groups with the facility to bring their children along. These 'Oasis' groups are attended by parents, grandparents and carers who come along alone or with their disabled children and/or siblings.

They are proving to be a very successful way of supporting parents, generating referrals and provide an exit strategy from our Face 2 Face service.



This year the service has finally changed its name to Face 2 Face and marked the name change at the recent Family Fun day. The day was held at Truro College, where they hired a large hall and five classrooms, enabling them to invite all 70 of their befrienders and their families from across the county to a day of activities.

The day was supported by a number of providers who offered a real mix of activities. The Royal Cornwall Museum provided a Tudor theme to dressing up, writing with quills and exploring artefacts. The Children's fund facilitated a craft room with mask and hat making.



Story telling from Barnardos was very popular with its mix of sensory activities and signing to tell popular stories.

In addition they had access to the swimming pool, made Face 2 Face balloons into stress balls and enjoyed a buffet lunch.

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Befrienders who have recently completed their training were also presented with certificates by the assistant director of Family Services. The service works very closely with Family Services, who in addition to funding Face 2 Face across Cornwall have recently commissioned the service to deliver awareness training to child care settings. The training focuses on providers making parents of disabled children feel welcomed and secure in using the childcare for their children. The training has been developed and delivered by some of the volunteer befrienders.



The Fun Day was attended by over one hundred parents and children and Tamsin Coade, Community Co-ordinator in Cornwall commented that "It was a great way to thank all the volunteers for their fantastic hard work and support.

Planning for next years event is already underway!!"



News in General

Fully Informed Children

In The Picture, Scope's ground breaking project which aims to promote the inclusion of disabled children in early years' picture books has recently published a research report examining methods of sharing information with disabled children. The report "*Sharing information with disabled children in the early years*" is available to download from the In The Picture website www.childreninthepicture.org.uk

Following on from this research, the team have developed a toolkit and training aimed at supporting organisations in the development of methods and practices to include all children. The training will be

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delivered in practical workshop style sessions around the country - sessions arranged so far are:

- 21 March 2007 - Manchester
- 1 May 2007 - Peterborough
- 8 May 2007 – Wakefield
- 17 May 2007 – London
- 21 June 2007 – Birmingham

Sessions will run from 10.30 am – 3.30 pm, the cost will be £50 [including VAT] per delegate to include a buffet lunch and a copy of the research report.

For more information and to book a place contact:

inthepicture@scope.org.uk or telephone 0116 254 6751.

Website: www.childreninthepicture.org.uk

Update

Since writing scheme news, Julie Willers has left her position as co-ordinator for South Essex Face 2 Face. We would like to thank her for all her hard work and wish her well for the future.



Events

National conference: Sleep? What's that?

Working with families of children with disabilities / special needs who have sleep problems

March 14th 2007, Postgraduate Centre, City Hospital, Birmingham, B18 7QH. 9.45 a.m. to 4.00 p.m.

The Handsel Trust has recently completed a study into the incidence and impact of sleep problems in families of children with disabilities.

Their findings suggest there are over 100,000 families suffering without help

The day's programme looks at sleep from the perspective of families, practitioners and national research. Speakers and workshops will describe best practice and the way forward for services in terms of supporting families with sleep issues. The conference will be of interest to managers and practitioners in health, education, social

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services, the voluntary sector, parents, members of user-families, and representatives of parent and user organisations.

Speakers include –

- **Philippa Russell C.B.E.** Disability Rights Commissioner and Disability Policy Adviser for the National Children's Bureau.
- **Dr. Penny Lacey**, School of Education, University of Birmingham.
- **Miranda Parrott**, co-author of *Sleep? What's that?*
- **Jasia Beaumont** reporting on the Southampton Children's Sleep Disorder Service
- **Jean Rossiter & Tina Duffy** reporting on the Simply Sleep Protocol in St. Helens.

For further information, please visit www.handseltrust.org
e-mail handsel.trust@virgin.net or call 01497 831550

Interconnections Conference

Monday 18th June. 9.45 a.m. to 4.00 p.m.

Armada House, Bristol, BS1 4BQ

The helping relationship is fundamental to all work with disabled children and their families. When there is no helping relationship, outcomes will be reduced or negated.

This 2007 Bristol Conference follows very successful Helping Relationship Conferences in Newcastle-upon-Tyne in 2005 and London in 2006.

The keynote speaker is **Professor Hilton Davis**, Director, Centre for Parent & Child Support, South London & Maudsley NHS Trust and author of *Working in Partnership with Parents: The Parent Adviser Model*. Professor Davis has given us a language and a theoretical structure for discussing and establishing genuine partnerships with parents. His work is also essential in establishing partnerships between practitioners who are being asked to collaborate closely with each other in joined-up intervention systems.

Other speakers include –

Shirley Young, parent of two disabled sons, Director of SNIP (Special Needs Information Point) in Edinburgh and Chair of the Family Fund

Jenni Thomas OBE, Founder & President of the Child Bereavement Trust.

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Costs to include lunch -

Services and projects are invited to send a group of delegates. In support of this we are offering a sliding scale of charges. It is hoped that some group booking will include parents.

1 place: £185 + vat.

2 places: £170 each + vat.

3 places: £155 each + vat.

4 places: £140 each + vat.

Programme and booking forms are being finalised. Please contact Interconnections or watch the website for further information.

Interconnections: Tel/fax 01497 831550, E-mail p.limbrick@virgin.net or visit www.icwhatsnew.com



Websites, Books and Resources

The Strengthening Families Training Package

Are you interested in finding out more about how parents have to adapt when they have a disabled child and how they can be supported? The Strengthening Families training course can help you do this by covering areas such as active listening skills, contemplation and reflection and emotional issues parents may face.

The training is suitable for anyone who works with disabled children and their families and the first 60 organisations to apply will get a reduced fee. By applying now, up to 15 members of staff can be trained for £500 (excluding VAT).

To find out more please contact Vicki Hill, project manager at vicki.hill@scope.org.uk or on 0844 800 9189.

SenseToys offers you everything from educational toys for pre-schoolers to games for special needs children and gifts for autistic children. With play tips and ideas for each toy, you can help your child have fun while learning through play - <http://www.sensetoys.com/>

www.direct.gov.uk/disability-money is a website offering information on the main disability benefits, a quick reference to financial support and educational and learning.

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Message from the Network

The Face 2 Face website and [newsletter](#) belongs to the network and the people that use it.

[Please contribute](#) to this newsletter with your news, events, sponsors, fundraisers, websites, recommendations and anything else you feel may be of benefit to Face 2 Face.

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Telephone	0844 800 9189

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