



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](mailto:face2facenetwork@scope.org.uk) with any information you would like to share.

## Face 2 Face website

For further information on Face 2 Face including more news please visit our website [www.face2facenetwork.org.uk](http://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 answers, news, contact details for local schemes and details on our online and telephone befriending service.



## Scheme News

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## Face 2 Face Oxford

Face 2 Face is being launched in Oxford and we are currently recruiting parent volunteers to attend the training course. There are still a few places available and we are hoping to run the 40 hour course one day a week during school hours from the beginning of September.

If you are interested in becoming involved with the Oxford scheme please contact Juliet Blackburn by telephoning 0844 800 9189 or by email at [Juliet.blackburn@scope.org.uk](mailto:Juliet.blackburn@scope.org.uk).

You can also visit our website at [www.face2facenetwork.org.uk](http://www.face2facenetwork.org.uk) for more information on what is involved in becoming a befriender.

## Bridgend

Face2Face Bridgend is continuing to grow and attract a steady stream of dedicated parents wishing to befriend. We hope to begin the first training programme in September of this year.

In April Face 2 Face Bridgend hosted the performance of Stronger by Women in Theatre. Photos of the cast are shown below.



The event was well attended by both parents and professionals and it was great to see so many parents giving up their valuable time to attend. Many were moved by how the performance mirrored their own experiences. Professionals came from a wide range of voluntary and statutory agencies and we were pleased that both Counsellor Butcher and Carwyn Jones showed their support.

For more information on Stronger please visit our website at <http://www.face2facenetwork.org.uk/Stronger.htm>

Face2Face Bridgend is still recruiting volunteers so if you would like more information on befriending please contact Maizie Elfin on 01656 741316, 0781 2082031 or by email at [maizie.elfin@scope.org.uk](mailto:maizie.elfin@scope.org.uk)

## North East Lincolnshire

A new training course is to begin in May 2008 with 8 new volunteers, bringing the total number of volunteers in N E Lincs to 16.

Their work with Dads continues and regular Dad's Breakfasts are very popular with usually about 10 Dads attending who all enjoy the get-togethers - several are interested in becoming befrienders.

### NOTE

**A mention of any product, treatment, therapy, web link or event does not constitute endorsement.**

If you would like more information or wish to become involved in N E Lincs please contact Jacqui Wood on 07841 940265 or by email at [Jacqui.wood@scope.org.uk](mailto:Jacqui.wood@scope.org.uk) .



## Personal Contributions

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Each quarter we ask parents to contribute to the newsletter, either by sharing information or personal experiences in whichever way they choose. Parents are also encouraged to talk about their own experiences of having a child with a disability during the befriender training course and this can be done by simply talking through their situation or in the form of creative writing and poetry.

Karen Burrows is a befriender in Lancashire and has very kindly allowed us to include two of her poems.

I have been walking  
Through darkness  
Not living, existing  
One breath at a time  
One step at a time

I have been walking  
Through darkness  
Looking and Looking  
They said it was there

Then one day I turned  
And looked, and looked  
Yes, I see it  
Yes, it's true –

The light at the end  
Of the tunnel

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The Café is full  
But please don't sit with us

Yes, she looks sweet  
But please don't sit with us

Yes, she is looking happy  
But please don't sit with us

It has taken a while to calm her  
So please don't sit with us

To read more about parents' own experiences please visit our website at  
<http://www.face2facenetwork.org.uk/whatpar/parentsay.htm>



**Online Service**

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Online Training Course at  
Sunfield, Clent, Nr. Stourbridge, West Midlands.

Are you a parent of a disabled child? As a parent you have something unique to offer. Because of your own experiences you can empathise with new parents and help them to make positive adjustments to the news of their child's disability.

This free training course (with accommodation if required) will run over three separate weekends, all of which need to be attended:

- **13<sup>th</sup>/14<sup>th</sup> September**
- **18<sup>th</sup>/19<sup>th</sup> October**
- **22<sup>nd</sup>/23<sup>rd</sup> November**

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Included are the following:

- Schemes, roles, referrals
- What is befriending
- Qualities of a befriender
- Active listening
- Trust and self-disclosure
- Taking Care of Yourself
- Tasks of adjustment
- Difficult feelings
- Boundaries

The online and telephone befriending service complements the Face 2 Face schemes and delivers the same support. To meet increasing demand this service has been developed to support the delivery of the befriending service to as many parents, in as many places as possible and provides a befriending service to

- parents who do not have a local Face 2 Face scheme
- those who find it easier to discuss their feelings online or by telephone
- those with commitments that make meeting in person difficult.

Places are limited so to book yours, or for more information, please contact Juliet Blackburn at PO Box 452, Bristol, BS32 4WT. You can also telephone 0844 800 8189 and email [juliet.blackburn@scope.org.uk](mailto:juliet.blackburn@scope.org.uk)

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## **Strengthening Families Training Course**



*Individual places still available on the following courses:*

<b><u>9<sup>th</sup> June 2008</u></b>	<b>Sunfield PDC - Clent, Nr. Stourbridge, West Midlands.</b>
<b><u>16<sup>th</sup> June 2008</u></b>	<b>Scope Cymru - The Wharf, Schooner Way, Cardiff.</b>
<b><u>1st July 2008</u></b>	<b>St Lukes Conference Centre, Bath. Avon.</b>
<b><u>14<sup>th</sup> July 2008</u></b>	<b>Scope – Winston House, Wakefield.</b>
<b><u>11<sup>th</sup> August 2008</u></b>	<b>Scope – Market Road, London. N7 9PW.</b>
<b><u>18<sup>th</sup> Nov 2008</u></b>	<b>Sunfield PDC - Clent, Nr. Stourbridge, West Midlands.</b>

The **Strengthening Families Training Course** aims to provide professionals and supporters with the necessary skills to work empathically with parents and families who have a disabled child or a child with an additional need, to support them through these emotional times and help build stronger relationships within the family. It aims to raise awareness of the emotional journey that these parents and families can experience by focusing on communication and the sharing of real life experiences to increase understanding, enhance training and facilitate change in order to help strengthen relationships within these families.

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The day's course consists of four modules, covering areas such as:

- Issues and Emotions
- Adaption and Transition
- Active Listening
- Silences
- Positive Partnership Charter
- Contemplation & Reflection

The training materials are suitable for anyone who works with or supports parents and families who have children with a disability or additional need including teachers, support assistants, health workers, social workers, children centre's or other agencies that have direct contact with the families.

The **Strengthening Families Training Course** can be delivered in-house as 'Group Training' for any organisation/establishment, or as 'Multi Agency Training' at selected venues across the country, for individuals to attend from a variety of professional backgrounds who can train together. Multi agency training allows for the sharing of best practice and experience within various professional fields.

- Organisation/Establishment 'Group Training Course' - **£850 max 20 delegates**
- Individual Delegate 'Multi Agency Training Course' - **£85 per person.**

For more information, to book or to find a course near you contact

**Karen Hunt on 01432 355308**

Email **[strengtheningfamilies@scope.org.uk](mailto:strengtheningfamilies@scope.org.uk)**

or visit our website

**[www.face2facenetwork.org.uk/StrengtheningFamilies.htm](http://www.face2facenetwork.org.uk/StrengtheningFamilies.htm)**

***More courses will be available soon so please contact us for an update!***

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## Conference: Working together for Stronger Families

Co-ordinated by the Strengthening Families Project, including the first national performance of *Stronger*, a powerful drama by 'Women and Theatre'

**Thursday 19 June 2008, 9am to 4 pm**  
**The Arden Hotel, Solihull, Birmingham**

Places are limited so for more information and to book your place please contact Karen Hunt via PO Box 554, Worcester, WR4 0WL, on 01432 355308 or by emailing [Karen.hunt@scope.org.uk](mailto:Karen.hunt@scope.org.uk)

You can also visit the website at  
[www.face2facenetwork.org.uk/StrengtheningFamilies.htm](http://www.face2facenetwork.org.uk/StrengtheningFamilies.htm)



### Information

#### **Text AskACE to 68808 for advice on special educational needs!**

*AskACE*, the free, independent text advice service available from The Advisory Centre for Education (ACE) now provides advice to parents on special educational needs (SEN) issues. This is in addition to the advice it already provides on school admissions and appeals.

Families should text the phrase **AskACE to 68808** for advice on issues such as getting extra help for your child with a special educational need at school, getting a statement for your child, disability discrimination and SEN related exclusion issues. The service, including all texts, is free.

Simon Hepburn, Chief Executive of the Advisory Centre for Education, said:

"Special educational needs affect around 1.5 million children in England. Children may require extra help because of a range of needs, such as in thinking and understanding, physical or sensory difficulties, emotional and behavioural difficulties, or difficulties with speech and language or how they relate to and behave with other people. Coping can be difficult for families and parents can feel isolated. *AskACE* exists to provide answers to the many questions they have about education. Parents can access a free advice pack

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and answers to their own particular questions. Just *AskACE!* "

The Advisory Centre for Education has provided free, independent advice to families on a full range of educational issues for over 45 years.

A parent who has used the confidential Advisory Centre for Education advice line said:

"ACE made me feel I wasn't on my own – I thought the whole system was stacked against me."

In June 2008 the *AskACE* service will provide information on the full range of education issues including exclusions and bullying.

**To access the free, independent *AskACE* service text 'AskACE' to 68808 or for further information on The Advisory Centre for Education please visit [www.ace-ed.org.uk](http://www.ace-ed.org.uk)**



## Message from the Network

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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.

**Email** [face2facenetwork@scope.org.uk](mailto:face2facenetwork@scope.org.uk)  
**Telephone** 0844 800 9189

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