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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 we welcome information about network events, websites and news for inclusion. Please email 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

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.



Meet the team!

L – R Jo Sampson, Juliet Blackburn, Lizzie Jenkins,
Yvonne Knowles, Karen Hunt.



North East Lincolnshire

This NE Lincs scheme continues to be very busy and has a waiting list of families needing support. However, another round of training was completed in June this year and three more volunteers are now ready to befriend which is great news!

A dad who attends the very successful 'Dads' Breakfasts' is a firefighter and recently invited the scheme's families for a visit to the station where he is based at Immingham.



It was a great afternoon which 15 adults and 18 children attended. The children particularly enjoyed riding in the fire engine and trying the hoses.

For more information on the NE Lincs scheme, or to be put in touch with a befriender in this area, please contact Jacqui Wood by telephone on 07841 940265 or by email at jacqui.wood@scope.org.uk .

NOTE

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

New scheme in The Midlands!

Face2Face in Birmingham is backed-up by 'Link-Upp Birmingham', a local charity that is comprised of a network of over 40 Parent/Carer Groups and over 250 individual families where there is a child with additional support needs. (www.link-upp.org.uk)

Financial support has been given by the Lloyds TSB Foundation, which has enabled the training of 9 befrienders to go ahead. This includes Anne Barnes, who is also acting as Co-ordinator.

The group began recruiting in Autumn '07, and by the end of this July the training was complete. They have enjoyed the services of Elaine Holmes as their Trainer and Sarah Lee from Contact a Family as the Support Worker.



The scheme was launched at Link-Upp's annual 'Picnic in the Park' at Canon Hill Park, Birmingham on Tuesday August 5th, which was very well attended – despite the appalling weather! The children enjoyed having their faces painted, watched a magic show and made some great music together, before some braved the elements and headed off for a walk to the nature reserve.

Any enquiries about the service can be made to Anne Barnes at annebarnes15@tiscali.co.uk or via the Face 2 Face Network on 0844 800 9189.

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Strengthening Families Conference June 2008

The conference opened with a live performance of the drama 'Stronger' and was followed by group sessions, which gave parents and professionals time for reflection as well as an opportunity to discuss the drama; the issues it raised and current practice and experiences. Comments from the groups were fed back in the open forum discussion and a panel of actors and parents were available to answer questions from the floor and share their personal experiences.



Following lunch, there was an afternoon of speakers and presentations:

Suzanne Jones from Scope talked about the 'Right From the Start' initiative. She was followed by Wendy Hellowell from 'Ups and Downs Southwest' who shared her experiences as a parent and her success in establishing a family support, friendship and information service. Finally, Jane Anstell from 'Sleep Scotland' introduced their sleep counselling service and training.

More information on 'Right from the Start' and 'Sleep Solutions' can be found on our website at <http://www.face2facenetwork.org.uk/StrengtheningFamiliesEvents.htm>

To find out more about 'Ups and Downs Southwest' contact Wendy Hellowell, Knowle Hall, Bridgwater Somerset TA7 8PJ
Tel: 01278 68573. Email: info@upsanddowns.fsnet.co.uk

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The overall aim of the conference was to raise awareness of the emotional journey and pressures that parents and families of children with a disability (or additional support need) experience in their daily lives. From feedback already received, we know that the day touched many emotions personally – by addressing real-life issues and experiences. *'Moving'*, *'powerful'* and *'true to life'* were among many comments received.



'Building Stronger Families' DVD and Booklet

The 'Building Stronger Families' DVD aims to raise awareness. It includes the powerful drama 'Stronger', written by the award-winning theatre company 'Women and Theatre'. The DVD also includes exclusive interviews with parents and families who share their real-life experiences. The accompanying Booklet introduces the Strengthening Families Training Package and has key facts and a benchmark of guidelines through which professionals can review their own practice.

For further information or to order (£35 each plus VAT) please go to our website at <http://www.face2facenetwork.org.uk/BuildingStrongerFamiliesDVD.htm>

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Sleep Solutions



Providing support to families of children and young people with additional support needs and severe sleep problems.

In 2007, Scope published *'Strengthening Families'*, a training package aimed at enskilling supporters and professionals to work empathically with families of disabled children (or children with additional support needs). During the research for the training material, we spoke to numerous families about their lives. Families consistently told us that one of the major stresses in their lives was sleep deprivation.

Children spend half of their lives asleep; sleep is as important to children as adequate nutrition. The impact of sleep deprivation is vast. It affects behaviour, mood, physical stamina and the whole family's performance during the day – whether at school or at work. It makes the job of caring for a child much harder. However, sleep problems feature very little in medical or other healthcare professional teaching; which is why 'Sleep Scotland' has developed training courses for potential sleep counsellors.

Sleep Scotland has been providing sleep counselling and management programmes in Scotland for the past ten years and has also trained sleep counsellors in some areas of England; there was no comparable service in England until now.

'Sleep Solutions' have recently formed a unique partnership with Sleep Scotland to disseminate learning and practice across England and Wales. We are currently in the process of developing a 'National Sleep Counselling Service' and will be hosting 'Sleep Awareness' days across the country towards the end of this year and beginning of 2009. The Sleep Awareness days are aimed at professionals and practitioners and will also provide information about the new National Sleep Counselling Service.

Sleep Solutions already have several trained sleep counsellors in England, trained by Sleep Scotland in specific behavioural and cognitive techniques to help parents and carers (through

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individualised sleep programmes) to adapt their child's night-time behaviour.

However, not all families want or need sleep counselling intervention, merely information about sleep difficulties. We therefore decided (in consultation with parents) to produce a sleep workshop package around sleep – where basic information could be given to parents by a trained sleep counsellor. Professionals are also more than welcome to attend the workshops, as they have often voiced to us that parents would ask them for advice regarding sleep, yet received no specific training on the issues. We are keen for parents and professionals to work in partnership and we see co-training as a positive step towards true partnership.

The 'Sleep Hygiene' workshops will provide a companion to the new National Sleep Counselling Service. The workshops aim to encourage parents and professionals to discuss sleep difficulties that arise with a child who has a disability (or additional support need). A qualified sleep counsellor will guide the sessions, helping participants to gain a basic understanding of sleep and good sleep practice. Together, parents and professionals can gain information about sleep issues in a mutually supportive atmosphere.

The sleep workshop aims to reach parents and professionals who have not yet accessed Sleep Counselling, or who do not need that level of intensive service or training.

However, the workshops will provide basic strategies for parents, as well as an opportunity to access Sleep Counselling for more complex sleep problems if required.

Professionals and practitioners will gain a basic awareness and understanding of sleep problems and sleep practice. The workshops will also provide a taster to professionals who may want to train as a Sleep Counsellor. The two 'trainings' form a perfect partnership.

If you would like to be kept informed about the new National Sleep Counselling Service, Sleep Awareness days and/or receive further information about the Sleep Hygiene Workshops, please contact:

Karen Hunt on 01432 355308

Or email sleepsolutions@scope.org.uk

www.face2facenetwork.org.uk

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Scope Family Support and Information Day

**Cheltenham Racecourse, Prestbury Park
Cheltenham, GL50 4SH**

Saturday 20 September 2008, from 9:30am to 4pm

To ensure families, carers and professionals working with disabled children get the advice and support they need, Scope, a national disability charity are holding a free Support and Information Day sponsored by law firm Withy King.

The event, taking place at Cheltenham Racecourse, is intended to help families and carers of children with any learning or physical disability (or additional support need) and is made up of a series of workshops covering a range of topics – including sleep management, diet and nutrition, education and career opportunities, communication impairments, financial planning, birth injury and compensation support.

People are invited to attend for all or for part of the day's events at their convenience; lunch and refreshments are included. Many charities and local support and activity groups will be available on the day, providing useful advice and literature.

To reserve your free place at this event, or to find out more about the day's programme of activities, please contact Katie Lonsdale or Anna Arakcheeva on 01225 425731 or email katie.lonsdale@withyking.co.uk or anna.arakcheeva@withyking.co.uk



Simplyhealth Caring Awards 2008

Are You a Carer? Do you feel supported by your GP?

The Princess Royal Trust for Carers and health and wellbeing group 'Simplyhealth' want to find the GPs who provide the best support to unpaid carers – because behind every person being cared for is a carer, who also needs support from their GP. If, in some way, your GP makes your life a little easier, then please nominate your GP.

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Please contact The Princess Royal Trust for Carers, detailing how your GP is supporting you as a carer. Remember to include your name, address, telephone number and the surgery's contact details. This year's prize will be £250, for both the carer and the winning GP. The closing date for entries is 10th October 2008 and entries should be sent to The Princess Royal Trust for Carers, Freepost RRRY-JLXK-GZCG, Unit 14, Bourne Court, Southend Road, Woodford Green, IG8 8HD or via email gpawards@carers.org

Cerebra – DLA Guide

Cerebra have a website which offers guidance for filling-in DLA forms. There is also lots of other information you may find useful. To access type in www.cerebra.org.uk then search under DLA.

Face 2 Face Network Academic Diary 2008/09

The new Face 2 Face befriending diary is now available and can be purchased at for £3.50 by contacting Juliet Blackburn on 01454 618756 or Juliet.blackburn@scope.org.uk



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.

Email	face2facenetwork@scope.org.uk
Telephone	0844 800 9189

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