



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.



Welcome to.....

Lindsey Caplan, National Service Development Manager

Lindsey has worked in the voluntary sector for the past ten years – most recently as Senior Parent Support Co-ordinator for Parentline Plus and prior to that was a consultant/trainer for a stress management social enterprise, working in schools around the country. Before that, Lindsay was Development Manager / Practitioner for a charity that provided therapeutic intervention for staff, parents and children in schools nationally.

Lindsey became interested in holistic therapy after she had her children and discovered how stressful parenting could be! Her eldest daughter, Sophie, was a very distressed and unhappy little girl and had major sleep issues which affected her behaviour, which then had an effect on the whole family. Lindsey didn't know where to turn for help and it was then that she decided she would like to retrain so that she could offer other parents the support and help that she had craved. In 1998, Lindsey went on to study for a Diploma in

Counseling and some time later, a Post Grad Diploma in Therapeutic Approaches.

Two years ago, a friend showed her an advert for the 'Train the Trainers' training for Strengthening Families and she jumped at the chance to apply. Following the training, she knew that Face2Face was an organisation that she really wanted to become part of; so when the post of National Development Manager came up recently and she got an interview, she was delighted to be offered the job.

Having been in post for 3 months now, Lindsey says she's just about getting her head around the various Face2Face Services and has thoroughly enjoyed meeting everyone involved who are "all lovely"! She is looking forward to getting 'stuck in' now and to working with all those on her 'patch', which is kind of northernish – from Lancashire up to Scotland.

Debra Bowen, National Service Development Manager

Debra lives in Cannock in Staffordshire with her partner Greg and her two children, Samantha 21 and Matthew 20. Debra has experience in advice work, specialising in welfare rights and benefits for disabled people and carers in particular. For 7 years, she worked for 'The Rowan Organisation' – which promotes independence for disabled people by offering advice and information, particularly in the area of Direct Payments.

Debra's daughter, Samantha has cerebral palsy and it was Debra's own experience as a parent of a disabled child that attracted her to this role.



Scheme News

Face2Face Stoke-on-Trent Dads/Male Carer Get-togethers

Stoke has a very successful dads group, which meets every 6 weeks. The last three meetings have included a bowling night, comedy and curry evening and a belated Christmas meal which took place in January 2009!

NOTE

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

The group grows at every meeting with around 20 dads/male carers wanting to be involved. They do get regular support from a male member of the City Council's disability outreach team and have also been involved in the consultation process for the Aiming High Agenda in Stoke.



Four of the dads started their Face2Face training to become befrienders in late January 2009 .

The next meeting is on Friday 6th March 2009 at 7pm.

For more info please contact:

Denise Deakin, Face2Face Co-ordinator Stoke-on-Trent
PO Box 2580, Stoke-on-Trent, ST3 9AL
Mobile: 07921046511
Office : 01782 874974

New Scheme in Wales

Thanks to funding via The Big Lottery, a Face 2 Face scheme has been set up in Bridgend and Scope Cymru invite you to join them at the launch on Thursday 12th March 2009 at The Village Hotel, Cardiff between 10.30 am and 2 pm. Refreshments and lunch will be provided.

Should you wish to attend please contact Sue Evans by phone on 07812 082 031 or via email at sue.evans@scope.org.uk

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Discovering your child has a disability can be a devastating experience. It is easy to feel isolated, shocked, even guilty.

Face 2 Face is a network of trained volunteer befrienders who help parents make positive adjustments to the news that their child has a disability; or at any other time a parent feels overwhelmed with issues relating to their child's disability.

Face 2 Face is free and confidential.

The Face 2 Face online (email) and telephone befriending service complements the Face 2 Face schemes and delivers the same support to:

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



Contacting Face 2 Face

If you would like to talk to another parent or are interested in becoming a Face 2 Face online befriender please telephone the network on 0844 800 9189 or contact Juliet Blackburn, Online Co-ordinator at juliet.blackburn@scope.org.uk .

Details on online befriending, together with an online referral form can be found on our website www.face2facenetwork.org.uk .

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Strengthening Families

Supporting parents
of disabled children



Building Stronger Family Relationships: DVD and Booklet'

The ***Building Stronger Family Relationships: DVD and Booklet*** looks at communication and the sharing of real-life experiences.

The aim is to raise awareness of the emotional journey that parents and the families of disabled children (and children with additional support needs) often experience in their daily lives.

The DVD aims to raise awareness and includes the powerful drama *Stronger*, written and produced by the award-winning theatre company 'Women and Theatre'. There are also exclusive interviews with parents and families who share their real-life experiences.

Extensive research shows that these families can experience considerable stress, resulting in a negative impact on the relationship of the parents. 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 copies of the ***Building Stronger Family Relationships: DVD and Booklet***, price £35 (plus VAT) please

- contact the Strengthening Families Network Liaison Officer, tel: 01432 355308 or email: strengtheningfamilies@scope.org.uk
- or order online:
www.face2facenetwork.org.uk/StrengtheningFamilies.htm

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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. During the research for the training material, we spoke to numerous families regarding their lives. Families consistently fed back 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' has 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 Information'* days across the country later this year. The *'Sleep Awareness'* days will provide information about the new *'National Sleep Counselling Service'* and our *'Sleep Workshop'* course that is now available.

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

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Sleep Counselling is currently available in the following areas:

- Lincolnshire, Humberside and South Yorkshire
- Somerset, Bristol and Bath
- Cornwall and West Devon
- Norwich
- Stoke-on-Trent

Note:

Referrals are subject to the availability of a Sleep Counsellor and their current waiting list. All referrals are to be directed to Sleep Solutions in the first instance.

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 would also be invited to attend the workshop, as they had often voiced to us that parents would ask them for advice regarding sleep yet they had no specific training on the issues. We are keen for parents and professionals to work in partnership and therefore see co-training as a positive step towards true partnership.

The 'Sleep Workshop' course provides a companion to the National Sleep Counselling Service. It aims to encourage parents and professionals to discuss sleep difficulties that arise with a child with a disability or special 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 do not need that level of intensive service or training.

The workshop will provide basic strategies for parents and 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 workshop will also provide a taster to professionals who may want to train as a Sleep Counsellor in the future. The two "trainings" form a perfect partnership.

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About the 'Sleep Workshop'

The 'Sleep Workshop' can be delivered to a maximum of 20 participants either all parents/carers, professionals or both. The price of the workshop is £850 and a fully trained Sleep Counsellor will come to your venue or a suitable venue that you choose to hold the workshop.

The workshop takes approximately 4 ½ hours and we try, where possible, to deliver the workshop between school hours; this allows parents to continue with school runs where necessary. By attending the 'Sleep Workshop', the majority of parents should leave having gained new knowledge, skills and useful resources to try at home.

During the workshop more complex, individual sleep issues/problems will be identified by the Sleep Counsellor, who may then offer parents the opportunity to access Sleep Counselling if required. (*Subject to locality*).

If you would like any further information please contact Karen Hunt on 01432 355308 or by email at sleepsolutions@scope.org.uk. More information can also be found at www.face2facenetwork.org.uk



Information

Newlife Foundation for Disabled Children

Disabled children have been at the heart of the charity since 1991. As more babies and children survive conditions, accidents and infections etc., more children live with disability. Newlife Foundation cares for all disabled and terminally ill children.

Newlife gives practical support for disabled children throughout the UK, cares for the carers, funds medical research, creates awareness and campaigns for change.

Originally they focused on those children born with a condition, but in August 2008 changed their name (formerly BDF/Birth Defects Foundation) and widened the remit of the charity to help more children.

For more information please visit

http://www.newlifecharity.co.uk/docs/about_us/about_us.shtml

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FundingCaring – Help for the Families of Disabled Children

If you are the parent of a disabled child, you may well have higher financial needs than the parent of a non-disabled child. You may need to pay for specialist support or equipment and your ability to earn a full-time wage could be reduced.

Some families of disabled children do struggle financially, but it's important to make sure you are claiming all the financial help that's available to you.

FundingCaring was formed to offer a unique reference point on financing the care of elderly or disabled relatives.

FundingCaring is an essential resource for anyone requiring information on the cost of care, whether for themselves or for someone else. Individuals needing care may be children, older people or those who are disabled. Information on paying for care and finding financial help can often be complicated and jargon-heavy. FundingCaring provides information that is clear and easy to understand.

For more information please visit

<http://www.fundingcaring.co.uk/help-for-families-of-disabled-children.html>

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Sleep Workshop' - 17th July 2009

Sleep Solutions for Children with Additional Needs

Scope Wakefield, Suite 1, Winston House, Monckton Road,
Wakefield WF2 7AX

Do you work with children with additional needs? Are you committed to supporting families? If so, then Scope's Sleep Solutions workshop provides innovative training that will add value to your practice.

It is estimated that 85% of children and young people with additional needs also have sleep difficulties. This can present in a number of different ways – from night waking to issues with settling. Sleep deprivation can have a huge impact on the child's level of functioning making it difficult to concentrate in school and often leading to behavioural problems. Lack of sleep can lead many parents into crisis, resulting in them feeling exhausted. Currently, there is little support on offer in England for these families.

Scope's Sleep Solutions project aims to help families by offering information to them and professionals around sleep issues. The workshop training is a one-day course covering common sleep issues that children may face and uses simple cognitive behaviour therapy techniques in order to help families to cope better. The workshops are delivered by Sleep Counsellors who have been trained by the organisation Sleep Scotland. Participants are given the opportunity to share ideas and resources.

The Sleep Solutions workshop has been written by a Sleep Counsellor and has been endorsed by Sleep Scotland. The materials are user friendly and practical, appealing to a range of professionals.

For more information about the workshop, or to book places at the special rate of £45 per delegate, please contact:

Karen Hunt on 01432 355308 or email sleepsolutions@scope.org.uk

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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:

- 9th/10th May
- 13th/14th June
- 4th/5th July

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 01454 618756 and email juliet.blackburn@scope.org.uk

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Kidz in the Middle Exhibition
Thursday 12th March 2009-02-17 9.30 am – 5 pm
Ricoh Arena, 71 Phoenix Way,
Foleshill, Coventry, CV6 6GE

One of the largest UK exhibitions dedicated to disabled children, their families and the professionals who work with them.

There will be information on mobility, seating, beds, communication, access, education, toys, transport, style, sensory, sports and leisure; a programme of free seminars and discussions for parents and professionals.

For free tickets call organisers Disabled Living, Manchester on 0161 214 5962 or email kidzinthemiddle@disabledliving.co.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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