



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.



Scheme News

WIGAN & LEIGH

It is great to hear that nine new befrienders completed the Face 2 Face foundation training for Wigan & Leigh in January and two are already befriending, making a difference to people's lives. Win Davies, co-ordinator of the group, says: 'I am very proud of this very special group of ours, all of whom have proven to be extremely competent, skilled and committed to this unique service'.



The nine new befrienders, who completed the Face 2 Face foundation training for Wigan & Leigh

From the original team of ten befrienders (all of whom joined three years ago) eight remain as loyal and as committed as ever, displaying a high level of skill and great enthusiasm.

SUTTON

Lobna Al-Kalamchi, co-ordinator of the Sutton group would like to say a big thank you to all her befrienders for the effort and work they have put into the scheme. It was set up four years ago by The Sutton Disability Partnership for Children and Young People (Manager: Toby Price)

The group finished their fifth Foundation Training Course on the 30th March 2009, welcoming six new volunteers.

If you would like to know more about the scheme please contact Lobna on 0208 410 3466 or 7888 682 949.



NOTE

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

NORTH EAST LINCONSHIRE

North East Lincs Face 2 Face continues to flourish with eight more parents completing the training in April, bringing the team to eighteen members. Recruiting will start soon for another course to start in September.

Dad's Breakfasts are still popular with a regular group of about ten Dad's meeting up approx every eight weeks. Several of their partners felt left out and asked for a Mum's Breakfast which was held last week with seventeen attending for a very enjoyable breakfast and a very noisy chat!

The group are very involved with the local Aiming High For Disabled Children Agenda, with at least ten of the team attending each meeting and getting very involved with the setting up of the new Parent Forum.

Future events being planned at the moment are a Saturday Morning Family Get Together at a local Children's Centre, Summer Picnic and a visit to the local Police Station.

PETERBOROUGH

Below is a photograph of the new volunteers who have just completed the training in Peterborough. They join the other three volunteers who are already carrying out the work in the community.



Front row I-r Jill Fitzgerald, Maxine McCulloch and Jackie Luland.

Back row I-r Pat Murray Face2Face co-ordinator, Michelle Clark, Victoria Harris, Angela Arnett and Joanne Holland.

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BRIDGEND



This photograph shows Amanda Lewis, Bridgend befriender (right) with Sam Carroll, one of the young people who use the Rees Centre at Kenfig, Bridgend. They are both enjoying the Time to Get Equal event at Cardiff Bay on Saturday 13th June.

The event was well attended and supported by Lucy Owen (local television presenter) and the Rt. Honorable Rhodri Morgan AM First Minister for Wales.

There were lots of activities on the day including: Street entertainers, face painting, a steel band playing – and there was also a short sponsored walk. The weather was fantastic, which added to the enjoyment of the day.

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Bridgend MP comes Face 2 Face with parents' befrienders

RIGHT:
Wendy Wilcox,
manager of the
disabled children's
team at Bridgend
County Borough
Council and
Suzanne Jones,
the director of
Scope Cymru.



BRIDGEND MP Madeleine Moon had a chance recently to learn more about a new scheme in Bridgend which offers parents crucial support when they find out their child is disabled.

The Face 2 Face scheme, run by disability charity Scope, is a one-to-one befriending service offering emotional support and practical advice for parents of disabled children.

Parents are put in touch with a befriender – someone whose own child is disabled – to receive support and advice from someone with experience of raising a disabled child.

Face 2 Face Bridgend scheme administrator Sue Evans commented:

“The time of diagnosis can be a worrying and stressful time for parents, and the opportunity to talk through issues with someone who has been through a similar experience can make the world of difference.

“As our befrienders are themselves the parents of disabled children, they know firsthand about the challenges and the joys that parents of disabled children can face.”

The MP was joined by Director, Scope

Cymru Suzanne Jones, Bridgend County Council's disabled children's team manager Wendy Wilcox, and a team of volunteer befrienders.

Mrs Moon observed: “This scheme provides valuable emotional and practical support for parents of disabled children in the Bridgend area.

“This kind of support is vital given the challenges that many families of disabled children can face day-to-day.”



Bridgend Gem, 11.05.09

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Strengthening Families

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 £40.25 (including VAT) please

Hurry for a limited period only!

**Receive 10% discount off the full price of a
'Strengthening Families' Training Course if booked following the
purchase of the 'Building Stronger Families' DVD
and Introduction Booklet.**

Voucher codes will be included with each DVD purchased

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Strengthening Families multi-agency courses:

We currently have several **Strengthening Families** multi-agency courses available around the country. These can be attended by individuals from a variety of professions working with parents and families who have a child with a disability or additional support needs.

Thurs 16th July 2009	Scope Cymru, The Wharf, Cardiff
Wed 22nd July 2009	Corsham Children's Centre, Wiltshire
Wed 5th August 2009	Scope, 6 Market Road, London
TBC September 2009	Sefton, Liverpool
Wed 28th October 2009	Sunfield PDC, Clent, Nr Stourbridge, West Midlands
TBC November 2009	Immingham Children's Centre, N E Lincs
TBC February 2010	Scope, 6 Market Road, London
TBC March 2010	Scope Cymru, The Wharf, Cardiff

This option allows for multi-agencies to train together and is ideal for the sharing of best practice and experience within various professional fields.

The courses start at approximately 9.30am and finish at approximately 4.30pm. The cost is £85 per person (including VAT) and includes lunch and refreshments during the day.

Confirmation of dates and venues will be updated regularly on our website, along with booking forms for each course which can be completed online via our website

www.strengtheningfamiliesproject.org.uk

or alternatively contact:

The Strengthening Families Project

Tel **01432 355308**

Email strengtheningfamilies@scope.org.uk

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

Sleep Awareness Workshops **Price £85 (including VAT) per delegate**

- | | |
|---------------------------|---|
| Fri 17 th July | Scope , Winston House, Monckton Road, Wakefield . |
| Wed 23 rd Sept | Scope Cymru , The Wharf, Schooner Way, Cardiff . |
| tbc Sept | Immingham Children's Centre, NE Lincolnshire . |
| Fri 6 th Nov | Scope London , 6 Market Road, London, N7 9EW. |

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.

For more information about the workshop or to book places please contact: **01432 355308** or Email sleepsolutions@scope.org.uk

www.sleepsolution.org.uk

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Conference: Growing up with an autistic spectrum disorder

Guildford, Saturday 3rd October, 10 am – 4.30 pm

A conference for parents, carers, people with an ASD (autistic spectrum disorder) and professionals, run by the Surrey Branch of the National Autistic Society. It will cover how the needs of children with autism or Asperger Syndrome, and of their parents/carers, change as the person grows up.

Main speakers:

- Professor Digby Tantam
- Ros Blackburn
- Joshua Muggleton

Suggested minimum donations:

Parents/carers/people with ASDs: £30 (including VAT)

Professionals: £60 (including VAT)

For booking forms or more information:

E-mail: nas@mugsy.org

Visit: www.mugsy.org/2009conference

SPECIAL KIDS IN THE UK at www.specialkidsintheuk.org

Special Kids in the UK is a charity for families who have a child of any age with special needs.

Families of children and young people with special needs often deal with similar challenges. They may have concerns about education, services, therapies, respite and other issues directly related to their child. Special Kids in the UK aim to bring families together for friendship and support.

By becoming a member, you will have access to an online forum providing support and useful advice from other mums/dads/carers/professionals.

In addition you'll have access to a regular newsletter and benefits.

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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.

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

June 2009

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