

For more information or to be contacted by us, please complete the details below.

Name of organisation:

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Any additional information:

Please return these completed details to us by post (or phone or email us).

**Strengthening Families**

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DETACH HERE

For information on the national Face 2 Face Network and Strengthening Families, visit [www.face2facenetwork.org.uk](http://www.face2facenetwork.org.uk)

Telephone

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## Scope

You can support Scope's work in a number of ways by going to [www.scope.org.uk/support](http://www.scope.org.uk/support)

For information and advice on cerebral palsy, disability issues and Scope's services, visit **Scope Response** at [www.scope.org.uk](http://www.scope.org.uk) or call **0808 800 3333**.

**Strengthening Families** is funded by the Department for Children, Schools and Families (DCSF).

Time to get equal

**scope**

About cerebral palsy.  
For disabled people achieving equality.

Scope is a registered charity



# Strengthening Families



Supporting parents of disabled children



A service supported by Scope

**face2face**

Parents supporting Parents of Disabled Children

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

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## What is Strengthening Families?

Strengthening Families is a comprehensive training package written by professionals, after careful consultation with parents, to enhance relationships within the family for parents of disabled children.

Strengthening Families aims to provide professionals and supporters with the basic skills to work empathically with families of disabled children, to support them through these emotional times and help build stronger relationships within the family.

The day-long training package consists of four modules addressing:

- the impact of disability on family relationships
- the skills required by professionals and supporters to enable families to manage these stresses

We hope to encourage professionals and supporters to feel more confident when working alongside parents. We also aim to encourage professionals and supporters to develop positive relationships with parents that will benefit the whole family.

## Why is the training needed?

Having a disabled child can put enormous strain on all aspects of family life. Parents may experience stress and depression; siblings may be adversely affected.

In 2003, Contact a Family surveyed more than 2,000 parents:

- 76% experienced stress or depression
- 72% experienced lack of sleep
- 51% had financial difficulties

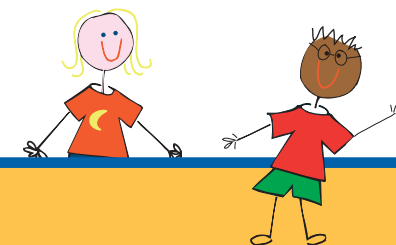
It is important that professionals and supporters are aware of the pressures that many families with a disabled child are facing if they are to work with them empathically. It is essential that parents can maintain a positive relationship where each person feels respected.

Many supporters have said that they have never received specific training in working with families and often lack confidence in this area. By giving them the basic skills to liaise effectively with parents we hope to open up the lines of communication to benefit all concerned in the relationship between supporter, parent and child.

## Who is the training for?

The training materials are suitable for anyone who comes into contact or works with parents of a disabled child. This includes teachers, health workers, social workers or agencies that have direct contact with the families.

The day's course covers areas such as active listening, contemplation and reflection as well as the emotional issues parents may encounter.



## Recent course participants said:

“It has allowed me time to reflect and improve on my practice.”

“I will be more aware of the family needs as well as the child's.”

“The day was both interesting and enjoyable.”