



**One Parent
Families Scotland**
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Freephone Helpline **0808 801 0323**

Welcome

Exploring the importance of peer support and appropriate return to work services to improve parental capacity

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One Parent Families Scotland works to ensure that all families, particularly lone parent families, have the support, information and confidence needed to play a full part in Scotland's economic and social life.





**Lone / Young
Parent Hubs**

**Information
Services**

**Family Support
Services**

**Welfare Rights and
Family Finances
Service**

**One to One
Mentoring Support**

**OPFS
Services**

Free confidential Helpline

**Flexible Childcare
Services**

Dads Services

**Confidence Building
and Motivational
Programmes**

**Engagement and
Employability Services**



Peer Mentoring Approach

Across OPFS Peer Mentoring is an integral element of service delivery including

- Early Intervention
- Early Years and Childcare
- Family Support
- Children and Fathers Work
- Engagement & Employability Services





Peer Mentoring Approach

- Recognised by others as successful practice and has been duplicated across all OPFS services, nationally.
- Approach empowers parents to take responsibility for their parenting and learning, rather than become dependent on support
- Creates long term sustainable change in the lives of lone parents most at risk by offering positive support at key transitions in their lives
- Builds confidence in parents abilities and offers resources to help develop skills e.g. PSD training , holistic employability programmes (Transforming Lives) , group work activity , parenting groups etc.



Peer Mentors

Support and train parents as mentors, allowing them to provide positive support and role modelling to single and young parents in OPFS Services.

Training undertaken includes:

- Intensive on-going peer mentoring training
- Child protection
- Solihull approach and Mellow Parenting training
- Welfare benefits, budgeting /money management
- Housing issues
- Drug/alcohol/mental health awareness , sexual health
- REHIS, First Aid
- Baby Sensory, Child Development Birth to 3 years , Book Bug Weaning etc.
- Group work and engagement



Mentors are also encouraged and supported to undertake formal qualifications for their own Professional Development



What makes this relationship different?

- Voluntary
- Accessible
- Based on Trust
- Non threatening
- Shared life experience
- Positive role model





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Scottish Mentoring Network Award Project of the year 2014





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Group Activity





Positive Outcomes

This approach empowers lone and young parents to:

- Take responsibility for their parenting options for moving on
- Be less dependent on services
- Create better relationships with statutory services
- Build confidence and self-esteem
- Raise their aspirations and expectations
- Prepare for their future
- Be integrated into the community and reduce isolation
- Increase resilience





Relationship Feedback



“This course has really benefited my life and my kids in so many ways especially my children being in the crèche interacting with other children. It gives me something to get up for on the group days. The staff and crèche workers have been so supportive and friendly. I would like to be working soon so it has been good to hear about other things that are out there to help me get back to work, my mentor will support me to find a job to suit my needs.”



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How to contact us...

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