

Parent Network Scotland



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Creating positive relationships and building community
capacity

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PARENT NETWORK SCOTLAND (PNS) is a Scottish Charity having originally started from the origins of Parentline Plus activities in London back in 1986. We became an independent Scottish charity in 1999 in Glasgow. PNS soon grew to have a national reach and we are proud to say we have stood the test of time.

PNS is a parent led support network offering a range of courses, training and information to parents in Scotland.

PNS now deliver contracts for Local authorities throughout Scotland to support parents and we are also a Strategic Partner of the Scottish Government since 2013. We have a number of funders and receive funding from the Lottery to support our Parent Link Programme.

Working with over 350 parents per year and reaching 700 children per year.

Today is about sharing our success and talk about our work in building parental capacity within local communities.

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There are 3 stages in our capacity building model:-

Parent Participant (attending various parenting workshops/courses facilitated by PNS from our *Parenting Matters programme*)

Parent Link Volunteer (PLV) Parent Link Volunteers are trained through an accredited ILM programme known as the *“Development Award” (Parenting4 All – Development Award)* and go on to run Parent Support Groups in local communities, volunteer with other organisation or just simply builds skills and confidence to try new things.

Parent Facilitator Parent Facilitators are trained through an accredited ILM programme known as the *“Endorsed Award” (Parenting4All Endorsed Award)* and are then enabled to facilitate our *Parenting Matters* courses

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This Peer Led Approach to Parenting Support

- reduces (perceived) stigma attached to seeking out and/or accepting parenting support as the person facilitating all PNS workshops and courses has also been through this process
- reduces anxiety in sharing family information due to the level playing field (parent to parent)
- is an alternative to other parenting programmes, or may complement parenting programmes
- creates mutual trust and respect and encourages a sustainable model of support within local communities

Dr Barbara Kelly ~ Deputy Director, MSc Professional Training Educational Psychology, University of Strathclyde

Dr Kelly considers her work with PNS as a *'meeting of minds'* where theory meets practise so that we can *'tell a reliable story.'* From the start, Dr Kelly knew exactly how to help.

The facts

When it comes to children's wellbeing, parent training has highest impact compared to other interventions BUT robust measurement of this has been challenging and expensive. Parent training can now be evidenced through the sense of self-efficacy and empowerment thanks to the work of academics including Kendall and Bloomfield. PNS became an invaluable case study for Dr Kelly with focus on two main strands:

Does our parent training work? Amongst other methodologies now available, TOPSE is a new audit tool that allows affordable, universal, comparable and reliable measurement of the effectiveness of parent programmes.

Is our organisation and delivery as effective as possible? Tools are available to integrate continuous improvement within organisations with ongoing evaluation of training, input and impact.

The results confirmed PNS approach achieved immediate positive effect on parents' levels of self-efficacy; this was also maintained some time later. Programmes also reduced children's difficult behaviour, suggesting the programmes work by firstly addressing issues with the parents who are then empowered to cope with their child's difficult behaviour. Long-term self-acceptance impacts on children's behaviour.

Dr Kelly confirmed PNS achieved the 'Gold Standard' as a leader in measuring the results of cutting edge delivery with a model that builds in continuous improvement and demonstrates an impact 'way beyond dreams'. Results suggest the need to give more parents access to PNS programmes.



Quotes from the Programme

“It doesn’t get any easier when they get older, there are other issues to deal with” Parent Carer, Glasgow”

“I really enjoy the course, I wish I did it a long time ago, the facilitator was great and very professional”

“Families with disabled children do have an awful lot on their plate and a lot of their time is spent fighting for what their children need. Peer support is really valuable to them and I often here that the best source of information for them is other parents” –Project Co-ordinator, National Charity

“it gives you basic tools to use in situations not just with children but with adults too. Brilliant Course!!”

“Parents are such a rich source of information ” Parent, Inverclyde

“Because I feel its content was something that you could use every day of your life and not just with your own child”

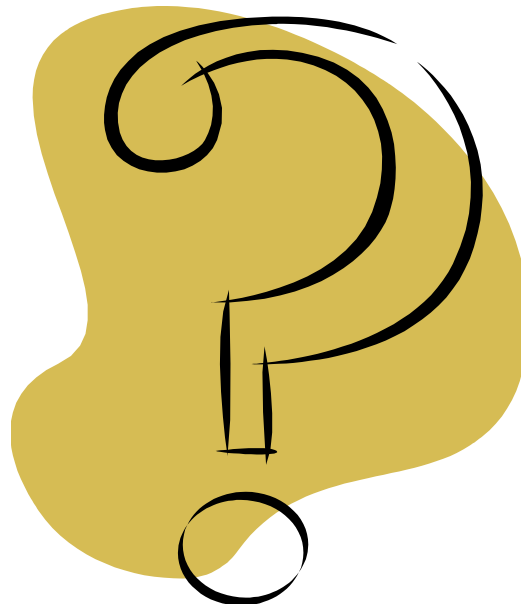
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Any Questions?



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