

CELCA Grant Application Form

Application Reference: GM 11/03/2024.8

Organisation - ParentSpace

We are a 'grass roots' charity called ParentSpace, based in Duns, and covering the Scottish Borders. Our overarching aim is to advance education to build healthy families, and we do this through a variety of ways such as delivering evidence-based parent programmes & providing 1:1 support for parents. We began in 2013 as a group of parents/carers coming together to support each other, and then with funding from the National Community Lottery, we were established as a charity in 2019.

Our programmes use the nationally recognised "Care for the Family" (a well established national charity supporting parents and carers) programme material, and the focus of their material is positive connection, attachment and boundaries. The material is also reviewed and updated regularly by Care for the Family, and always in collaboration with its service users' feedback (including ParentSpace). Our small team of sessional facilitators are trained in the accredited programme, and they also have PVG's, active listening skills, public health protection training, and a range of other skills and training, such as trauma informed awareness and mental health first aid.

We run 6 programmes in total, including Parenting in the Early Years, Parenting in the Primary Years, Parenting in the Teenage Years, Handling Anger in the Family, Dad's Only, and Parenting Children with Additional Needs.

The 1:1 support we provide focuses on peer support and active listening skills, and our Lead Practitioner is a qualified counsellor who supports and counsels our most complex service users. With the unique skills our facilitators bring individually, we match them to the needs of the parents needing support.

We also do workshops and drop-ins on various topics such as "parenting in the digital age", and support for parents with neurodivergence.

Importantly, there doesn't have to be any particular problems for a parent/carer to benefit from our courses, in fact we take the view that prevention is always a good approach. Often parents/carers just want to bring home useful, good quality information, and tried and tested tools to benefit family life. Almost all of our staff and facilitators, including our Board of Trustees, were ourselves ParentSpace service users at some point. We want parents/carers to know that, rather than 'experts', we know what it's like! We are right there with them. With peer support and evidence based tools and information, we seek to equip and empower families, so that they can not only survive the challenges parenting inevitably brings, but understand and grow stronger through them. In doing so, the gift and joy of parenting can be more readily accessed, as we can begin to let go of the guilt and worry that so often gets in the way.

We know what we are doing is working because the parents/carers we support tell us that, and they do so in a variety of ways. For example, via our standardised feedback forms pre/post programmes, our wellbeing webs (a standard measure of wellbeing which covers a range of life areas) used at regular intervals in the 1:1s, our case studies and testimonials, and the ongoing anecdotal feedback we receive from parents/carers. One of the biggest things the users of our service tell us they gain from our programmes is the opportunity to come together with other parents to get support, and share what they're struggling with and what is going well. Often parents form new and lasting friendships, which has been an issue for many parents/carers since lockdown, and especially in remote and rural areas.

We also offer employment opportunities to parents/carers who have done our courses and want to join the ParentSpace team.

Charity No: SCO49137

Public Liability Insurance in place and Constitution provided

Reason for Application:

Project proposal: For this project we'd like to run two programmes, jointly funded by PACT and CELCA. We've gathered anecdotal feedback from parents/carers in both areas and they have asked for 'Parenting in the Early Years' (for parents/carers of children 2- 5 years old), and 'Parenting in the Primary Years' (for parents/carers of children 5-11 years old). Both programmes are 6 sessions, each session is 2 hours, takes place weekly, and is run by two facilitators. We have a maximum of around 12 participants per course, which provides a small enough group for everyone to have time to share and be heard. We have two facilitators so that more support for each participant can be given if needed. The reason we're applying to PACT and CELCA is that given the relatively low population of the area, and the rurality, we believe it would be valuable to offer both programmes to both areas. It's also a way of partnership working, and (importantly) offering participants the opportunity to meet other parents/carers in the area where rural isolation can be a real issue for some people.

Benefit to the Community:

Parents and carers in rural areas like this face various barriers that those in towns and cities don't, for example, easy access to groups and support networks. For most parents/carers with children, this is really important. It takes a village to raise a child, but parents and carers need support too, and for some people, in rural areas, that can sometimes be hard or expensive to easily find, and this can sometimes leave parents feeling isolated. This stress can have knock on effects throughout the whole family. Sometimes termed 'rural isolation', the phrase can be defined as having little to no social contact, whether that is family, friends, access to services or community involvement. It can be both a physical and mental feeling. We understand that, for some people in rural areas, having little or no social contact is entirely desirable! And that's great. However, for others, and often parents/carers with young children or children with additional needs for example, rural isolation can be a real challenge and isolating. At ParentsSpace we seek to bridge that gap for those who want it.

Disability Provisions:

The reason we're applying to CELCA and PACT is that given the relatively low population of the area and the rurality we believe it would be valuable to offer both courses to both areas. It will give participants the opportunity to meet other parents/carers in the area where rural isolation can be a real issue for some people. The courses are available to all parents/carers in the CELCA and PACT area. We will run one course in Preston Village Hall and one course in Longformacus or Cranshaws Village Hall.

Details of Funding Requested:

ITEM	QTY	COST
Parenting in the Early Years course	1	£1,123.00
Parenting in the Primary Years course	1	£1,123.00
Hall hire 6 sessions @ £30	6	£180.00
Promotional Postcards		£50.00
TOTAL PROJECT COST		£2,476.00

Amount requested from CELCA: £1,353.00

Details of other sources of funding: PACT £1,123.00 approved

Contributions from Applicant/Organisation:

Dates of Project:

Spring/Summer 2024 - course is six weekly sessions