



## Healthy Parent Carers Project - Meeting 9

6<sup>th</sup> October 2015 UEMS, St. Luke's

**Family Faculty:** Annette, John, Maureen, Maria, Ursula, Jen, Mirtha, Jane, Ruth, Lyndon.

**PenCRU:** Chris, Ola.

### **Overview**

- In this meeting we discussed the content and design of the Healthy Parent Carers booklet, and identified ways in which it could be improved.
- We discussed the impact of being involved in this project and using CLANGERS on the members of the Healthy Parent Carers working group.
- We also discussed the plans for future trial of peer-led group-based delivery of the programme.

### **What next?**

- The feedback and suggestions will be incorporated in the revised version of the booklet.
- The next meeting will be on **Monday, 9<sup>th</sup> November 2015**, in South Cloisters 1.27, to discuss the application for ethics approval for the pilot study (e.g. consent forms, recruitment methods etc.).
- If you have any comments or come across any information or resources relevant to the programme, please email [PenCRU@exeter.ac.uk](mailto:PenCRU@exeter.ac.uk) or [a.borek@exeter.ac.uk](mailto:a.borek@exeter.ac.uk).

### **Healthy Parent Carers guide**

In the previous meeting we agreed that the best ways to deliver the Healthy Parent Carers programme would be through group sessions in accompaniment with a printed booklet that could be used independently or between group sessions. We have now developed a draft version of the booklet and the aim of this meeting was to provide feedback and suggestions on how to improve it.

We discussed the content and design of the booklet, and some specific suggestions were made, which we will incorporate in the revised version. It was also agreed for the subtitle to be 'A guide for parents of children with additional needs and disabilities'.

### **Impact of engaging in the project**

We also discussed the impact of being involved in this project on the members of the Family Faculty HPCs working group. There was a general sense that being involved in developing the Healthy Parent Carers has had a positive impact on the health and wellbeing of the members of the Healthy Parent Carers working group. The CLANGERS that were most remembered and helpful were Connect,

Notice, and Give. However, not all of them were remembered. We created small cards to remind what CLANGERS are. Both versions in colour and without were liked, and may suit different people.

### ***Future plans***

Finally, we discussed the future plans for the group-based delivery of the programme. We have started planning a small feasibility study to test the practical aspects of the group delivery (e.g. recruitment rate, attendance) and to seek feedback from parent carers who have not been involved in this project before. The groups will be led by parents from A Brighter Tomorrow (the local Face2Face service) as they have been involved in developing the intervention, and have experience in working sensitively with parent carers and running groups and workshops for parent carers. We plan to recruit parent carers to take part in the study by attending either a one-off, half-day workshop or a series of six weekly group sessions. We are currently preparing an application for approval from an ethics committee to be submitted in November 2015.