

## Healthy Parent Carers Family Faculty working group meeting

(Room 1.23, South Cloisters, St Lukes Campus)

14 February 2019

### Meeting notes

#### Attendees

PenCRU – Chris, Gretchen, Katharine, Beth

Family Faculty – Faye, Julie, Mary, John, Annette, Rachel

Apologies – Lynn, Carole, Julia, Kirsty

#### **Overview**

- PenCRU updated the group on the Healthy Parent Carers programme delivery in Plymouth and Torquay and how recruitment was progressing.
- The group discussed the challenges that have arisen from the group programme and with IT access.
- Family Faculty reviewed draft questions for the end of programme telephone interview with participants.
- The group discussed previous external recruiting events and made suggestions for upcoming events.

- Beth gave updates on the progress of the project including how recruitment has been going. We have completed recruitment for the Torquay group and Plymouth group and are now concentrating on recruitment for the other 4 sites. We are doing quite well for St Austell and Dawlish but need to focus more on recruitment for Minehead and Bideford.
- Family Faculty members contributed suggestions about how to reach parents including identifying and contacting SENDCos in local schools to the site areas, contacting Home-Start in West Somerset.
- Gretchen updated the group with some general feedback from the sessions that have already been running in Torquay and Plymouth which on the whole is very positive. Participants are enjoying the sessions and feel like they are forming bonds within the group.
- Gretchen then outlined some of the challenges that have arisen so far in the programme including:

- Attendance issues (some participants not attending several sessions). We discussed where we would draw the line at not allowing participants to continue attending. One person thought that if a participant missed the first session then they shouldn't be allowed to continue as the first session is so important. Others thought that the participant should be included but not if they miss the first 3 sessions. It was agreed that for the purposes of the feasibility study we should monitor the effect (if any) of the absence and then return of a participant to the group. We discussed that it may be up to the lead facilitator to consider each individual case and the impact it has on the group.
- The lack of time for the participants in the Torquay group to chat about things not related to the programme content as there is much less time to do so in the 2 hour evening session.
- IT access for some of the participants (the issue with the online measures not being accessible on mobile devices and tablets is being worked on as are glitches with email reminders about the online measures).
- Chris consulted the group about the potential for individual log-ins to the online programme material so we can monitor individual's engagement online. The Family Faculty could see the value of the monitoring log-ins. It was suggested that in the feasibility study interview questions we ask them if they would have been happy to have their online activity monitored.
- We discussed whether or not the 12 session group was sustainable as feedback from a lead facilitator suggested that the session works better when they cover 2 CLANGERS (i.e. in a 4 hour session). There is also more time to discuss 'parked' conversations in the 4 hour session and more time for bonding for the participants. It was suggested in the interviews at the end of the programme we ask participants how important it was to connect outside of the curriculum and if there was enough time for this. It may be that this time is crucial for the success of the intervention (Rice and Peas analogy!! – the intervention will only work if both the curriculum + the soft side are 'delivered' together). It was suggested we could investigate the possibility of holding group sessions on a Saturday morning for the full trial.
- Beth shared the draft interview questions with the group and asked for feedback on a few specific questions. The feedback was discussed and also gathered together on hardcopy versions.
- Katharine gave some feedback on external recruitment events. Presenting to an audience about the project generates more interest than just attending an event/group. The drop-in event was successful in terms of participants signing-up but next time we will ask participants to book a time-slot ahead of the event so we have enough hands-on-deck to run through consent form and get people started on the online measures.