

Healthy Parent Carers' Working Group Meeting

14th October 2020 1:45pm

Meeting Notes

Attendees

Family Faculty: Rachel, Faye, Sharon, Julie, Jane, Ian, Bel, Mary, John, Lynn, Claire, Fran

PenCRU: Chris, Annette, Alice, Fleur

Apologies: Jeanette, Mary M, Mark, Elizabeth, Anna, Ursula

Overview

- PenCRU updated the group on the stage of the project.
- The group discussed online implementation of the programme and gave helpful suggestions
- Members offered to be volunteers to trial online implementation
- Project website update in progress and will benefit from Family Faculty input.

Chris, Alice and Annette gave updates on the progress of the project, including dissemination and learning lessons from the feasibility study, the next stage piloting implementation of delivery by charities CDC and Contact.

How do we deliver the course during a pandemic? We have secured funding from The Lottery Community Fund to adapt the HPC course for online delivery and modifying content for those shielding. Bel and Annette are working through the Facilitator Delivery Manual and Facilitator Training manual to adapt for online delivery. We are in touch with services and charities who have experience delivering interventions or courses online to gain insights from them.

The group gave helpful suggestions from their experiences of either delivering or being participants of online courses recently. The main points raised were:

Online can be advantageous for people who struggle to get out, for whatever reason.

Main problem is how to help people feel connected with each other and supported. Suggestions made to address this: opening meetings early to allow for chat and having a break in the session, facilitators contacting attendees individually beforehand and during the course.

Recognising that the course can raise emotionally difficult issues for people. How to support them from a distance needs to be thought through. We can get advice from mental health teams about this.

Activities need to be tailored to online delivery. Fran offered to help Annette and Bel.

Physical items have been very valuable in the past e.g. CLANGERS aide memoire fridge magnet. A participants' pack could be posted to people.

Using technology is a big issue for some people. Facilitators should meet them beforehand to check they can use Zoom on their device. Some find that using digital communication can increase anxiety. Others may have problems accessing a device at all.

In person courses generally offer a lot more, but online can still be hugely beneficial to people. People shared examples of how this material from the HPC programme has helped, even after just attending a single session.

Family Faculty Working Group Opportunities to get involved:

We need volunteers from Family Faculty working group to trial the course online, including some 'technophobes', to see how we can best support people using the course online. Faye and Jane offered to be in touch with Alice about this. Claire offered to help with adaptation suggestions. Once the manual is further developed we will be in touch to arrange some sessions.

Website: It is being updated to be more use friendly and informative. Lynn volunteered to help Alice with suggestions. Other suggestions welcome please. Please have a look at the following link and let us know if you have other suggestions.

<https://healthyparentcarers.org/>

Future meetings: 10:30-12:30 is a better time for people. Chris and team to decide how frequently the meetings are run. We appreciate not everyone will get to all meetings.