

Healthy Parent Carers (HPC) Family Faculty working group meeting

Online, via Zoom

18th June 2020

Meeting notes

Attendees

Family Faculty – Faye, Lynn, Julia.

PenCRU – Chris, Gretchen, Annette

Overview

- After introductions, the working group discussed the ground rules and the suggestions that had been made at the previous working group meeting, to adapt these for online Family Faculty meetings.
- Chris then updated on the new work that Healthy Parent Carers programme is taking forward, as well as the 'to do' list of questions that have been asked and may need further exploration.
- The Working Group discussed their thoughts on these updates and questions.
- The meeting was then drawn to a close with discussions around how the meeting had gone, next steps and questions.

- Chris opened the meeting and invited introductions from everyone. The group shared one positive and one negative from the week.
- Annette reviewed the ground rules with the group, highlighting the suggestions that were captured at the last Working Group meeting on 4th June (see powerpoint slide). The Working group advised no amendments to this.
- Chris updated the group on new PenCRU HPC work. He highlighted that sustainability for the future is the key part of the next phase. PenCRU have secured funding with ESRC to work with CDC and Contact to think about how they might take on and deliver the Healthy Parent Carers programme. It will also be an opportunity to test out the manuals that have been or are being developed (i.e. Trainers manual, Facilitators manual) by running a group with new trainers and participants.
- Chris also invited discussion on ideas for possible further research and work. These included:
 - What are the reasons why some Parent Carers may not be able to join the HPC programme and/or be able to attend all sessions? This would explore the barriers that Parent Carers face and what would make the programme more accessible.
 - To find out more about the importance of ethnic and cultural identity for Parent Carers and it's impact on their decision to join an HPC programme and/or their experience of taking part in a programme.

- To consider how to both deliver and modify the HPC programme to reflect the current situation with Covid-19, particularly with shielding and social distancing requirements.
- Thoughts from the Working Group included:
 - Zoom would work well as a delivery platform for the programme as many Parent Carers may be used to this now when communicating with health professionals too, but some Parent Carers may not have access to IT devices and there may be real difficulties with allocating two hours (or more) away from parenting responsibilities in the current situation.
 - Suggestion to record sessions so that participants can listen back at different times to suit. Difficulties with this were discussed (e.g. would this support group cohesion?)
 - Creating 'time-out' in the house for online meetings is not as separate and clear-cut as leaving the house to attend a face-to-face meeting, so scheduling and reminders will be key for participants.
 - With the current disruptions, not everyone is now free at the same time of day so scheduling times for the programme may be more difficult online.
 - Discussed possibility that offering a range of ways to engage with the HPC programme materials may be useful (e.g. live sessions online, recorded sessions, online forums, app etc)
 - Adding a 10-15 minute 'virtual coffee time' which is unstructured, before and after an online meeting, may help the group to gel and allow everyone to be eased and supported into the meetings or sessions.
 - Be Active – suggestions were made to use Wii and games like 'hide and seek' as alternatives to the mindful walk.
 - Discussed whether the group cohesion would be created and stable enough if a core number of people attended the group, allowing those who find it difficult to attend to have some 'wriggle room'.
 - App – it was suggested that it would be good to include the sharing of ideas between Parent Carers about the CLANGERS, including photos/pictures/chats/stories of things that have worked (or not).
 - Discussed the importance of books and podcasts for Parent Carers at this time and how the programme might be mindful of that.
 - Keep Learning – discussed difficulties with new learning with all the different distractions currently and the tenacity needed to do this, as well as the importance of prioritising something for you.
 - Sleep – this was discussed with people finding this continues to be a difficult area of wellbeing in lockdown.
 - Eat Well – talked about the challenges of this currently, with some finding it harder and others finding new ways to support the routine (e.g. elderly relatives wanting regular mealtimes and young people developing cooking skills to assist busy parents).

- Chris drew the meeting to a close with each person feeding-back one thing that went well and one thing we could do better. Suggestions included:
 - Zoom better and easier to use
 - We are all getting better at online meetings
 - Short breaks for recap and reflection through the meeting
 - ‘Sharing’ the question that is being asked on the screen so that participants can remember the original question they are being asked.
 - Starting the meetings 10-mins earlier and finishing 10-mins later to give participants the option to have a ‘virtual cuppa’ with those attending the meeting.
- Gretchen covered next steps, including that the next meeting will open up to the whole Family Faculty to offer people a place on the HPC working group as the programme moves into a new phase. Also, for the new project, it is thought that there will be 2x1-hour online meetings a term.
- A couple of final thoughts were shared by members, including feedback from another online meeting that some participants had found it easier to join than walking into a room. Also, it was clarified that GB would follow-up with Tanya about participation fees following this second meeting.
- Chris thanked everyone for their time and contribution and the meeting closed.