



Hello Hillingdon

Exciting times at Brilliant Parents HQ as we reflect back on the summer months and look forward to upcoming events and programmes to offer the Hillingdon parenting community.

In this month's newsletter:

The Brilliant Parents Quiz Night Fundraiser

Black History Month

Parent Champion Volunteer Opportunities

The Parenting Apart Programme

New to Hillingdon: Moving Parents and Children Together - MPACT

For regular updates, subscribe to our channels below!!

[Brilliant Parents YouTube](#)

[Brilliant Parents Webinars](#)

[Brilliant Parents Hillingdon Facebook](#)

[Brilliant Parents Parent Carer Champions](#)

Brilliant Parents Quiz Night 2023

Hillingdon's brain boxes went head to head at our first ever Brilliant Parents Quiz Night. 100 attendees, 14 tables, 100 portions of fish and chips from the fantastic West Drayton Fish Bar, and more than a few drinks later we had raised a total of £850 towards training a new Triple P Parenting Practitioner for Hillingdon. From the Quizzzy Rascals to the Queen Bees, intelligence beamed, and in the end the formidable Mind Angels took the trophies home. Safe to say, watch this space for news of our next event!



Black History Month 2023

On 16/10/2023 Brilliant Parents attended an event at the Claretian Oasis in Hayes hosted by the Supported Network Helpline formerly Somali National Helpline in collaboration with [CTRC](#) to promote small businesses within the African and Caribbean communities in Hillingdon. MP John McDonnell, Cllr.

Naser Abby, [The Confederation Hillingdon](#), [H4ALL](#), [Hillingdon Interfaith Community](#), [Shaw Trust](#), [West London Works](#), showed support and inspired through their talks, showing how communities work best when they come together. Our own CEO, Meave Darroux spoke on the importance of seeking help if and when parenting becomes challenging.



Black History Month 2023.

As part of Black History Month 2023, celebrating the theme "Saluting Our Sisters," Meave Darroux, CEO of Brilliant Parents, sat down with notable Black women who work and/or reside in Hillingdon, representing different industries in our community.

For this interview, Meave sits down at The Beck Theatre in Hayes with Michelle Sweeney, Lead Practitioner (English) from Harlington School. Supported by Hillingdon Womens Centre you can see the full series over the coming weeks via our YouTube Channels. Instagram teaser below..

[View this post on Instagram](#)

[A post shared by Hillingdon Women's Centre \(@hillingdonwomen\)](#)

The Parent Champion Volunteer Programme

This programme focuses on supporting the well-being of parents who are going through particularly challenging times with their teenage child (10-17years). Through peer-to-peer support via a once-a-week call or zoom, a parent can benefit from the experience and understanding of another parent, known as a Parent Carer Champion; a trained volunteer with lived experience of parenting and overcoming challenging times. Our next volunteer training schedule is beginning this month, and we are asking you to consider who you know that might be interested in this opportunity to use their own experiences and help a parent who may otherwise be feeling isolated and require support from a befriender.

Contact Sarah on 07495 024 449 / sarah.rust@brilliantparents.org

Testimonials

These are a few comments from parents with children who have gone through The Parenting Apart Programme and wanted to share with you their experiences. You can find many more on our website.

Mother

“ I could not be happier with the service that the Parenting Apart Programme provided. Not only was it professional throughout, I can honestly say that it was incredibly supportive through some of the more difficult times. The support continued after court was finalised also and I couldn't be more thankful for that. ”

Father

“ The PAP has helped me to work out differences and compromises for the well-being of my son. It's also taught me how to engage with my ex and communicate in a good manner as a baby can pick up on behaviours... I would recommend PAP to anyone in the situation I have been in as I now get to spend quality time with my son which is important for his upbringing. ”

Mother

“ After a difficult break up with my ex-partner and the stressful, scary and emotional process of going to court over contact issues we were introduced to PAP... The Parenting Apart Programme has enabled us to build a positive relationship with my ex-partner that has been immeasurable for our son in so many ways. ”

Father

“ The PAP is a more cost effective solution to the Court process and furthermore, PAP involvement leads to an easier/softer path as contact progresses. No parent should want to embroil themselves in litigation if it can be avoided... ”

How You Can Access The Parenting Apart Programme...

The Parenting Apart Programme is identified by Courts, Solicitors, and other professionals, as another form of alternative dispute resolution including Local Authorities. The programme is an evidence based intervention to reduce parental conflict.

You can also self-refer and contact us directly and we can send information of the PAP to you and the other parent for your consideration.

For more information on the PAP please use the contact details below.



The Parenting Apart Programme

Supporting Parents going through conflict, divorce or separation, and most importantly supporting the emotional wellbeing of Children throughout.



☎ 01562 700447

✉ enquiries@parentingapartprogramme.co.uk

🌐 www.parentingapartprogramme.co.uk

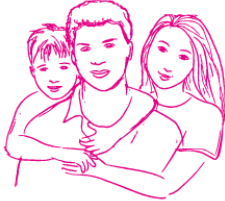
www.parentingapartprogramme.co.uk

Brilliant Parents have been working with the London Borough of Hillingdon and Stronger Families to support the Parenting Apart Programme. If you would like any further information please contact Sarah on 07495 024 449 / sarah.rust@brilliantparents.org

How can M-PACT help your family?

M-PACT is a programme that helps parents and children, aged 8-17, talk more openly and safely about the effects of parental drug and/or alcohol misuse on the whole family and gives them new tools to move forward positively.

"It made us realise how much we had kept from our child, how much we had hidden and not talked about"



In order to take part in the programme, you will need to come for an initial meeting where you will find out more about M-PACT and we can answer any questions you might have. After that, you will come together every week for 8 weeks with a number of families in similar circumstances.

M-PACT is run by people who understand how families are affected by drug and/or alcohol problems. They help make it possible for parents and children to understand each other better.

"You won't fight for yourself, but you'll fight for your children... I want them to feel safe and secure, and therefore happy"



The sessions provide a safe space to talk about difficult things and to learn how to cope better and move forward positively.

Making a positive change

Each week M-PACT can help your family become closer, more caring, understanding and supportive towards each other. Everyone is there to help improve their lives and the lives of the ones they love as well as have fun along the way.

"M-PACT made us all feel good about ourselves. I think the girls felt positive about themselves"



Results show that families have a better understanding of addiction, are able to communicate positively, are more united, safer and healthier as a result of attending M-PACT.

M-PACT
Moving Parents And Children Together

Brilliant Parents are working with the London Borough of Hillingdon and SORTED to deliver the M-Pact programme. If you would like any further information on the programme and if it may be right for your family you can contact Sarah on 07495 024 449 / sarah.rust@brilliantparents.org , or directly speak with Ania the M-PACT Programme Manager at AFrejlich-Botha@hillingdon.gov.uk

Brilliant Parents provides parenting courses and support for families in London and beyond; our work specialises in delivering parenting programmes for parents with early years children and teenagers. We see safeguarding as everyone's responsibility and have a duty of care to safeguard the well-being of not just our service users but especially their children (aged 18 years and under), our staff, practitioners, and volunteers.