



Building Resilient Families

The Building Resilient Families programme offers support through the Parent Champion peer to peer support network to Hillingdon parents of teenagers who are at risk of CCE, CSE, or entering the youth justice system.

Since 2014 there has been a substantial increase in youth violence across London. Adversity in a child's life is a risk factor for violence victimhood or perpetration, which can blight the lives of individuals. Parents are concerned about their children, but do not have sufficient support, help or knowledge to tackle risks facing them. This lack of support denies parents the opportunity to protect their children from harm, hindering progress towards a safer, more equal and prosperous London.

VRU & MOPAC

M O P A C | MAYOR OF LONDON
OFFICE FOR POLICING AND CRIME



V R U | MAYOR OF LONDON
VIOLENCE REDUCTION UNIT



What is the purpose of this programme?



This programme focuses on supporting the well-being of parents who are going through particularly challenging times with their teenage children, who for several reasons may be at risk of exploitation.

Parents whose children may be vulnerable and on the periphery of becoming involved with the criminal justice system can find it really challenging because of the stigma and judgement they experience.

This programme takes a different approach to other parent support programmes and relies on peer to peer support, which we know fosters trust far quicker than from official organisations.

Who is the programme aimed at?

Parents and carers of children aged 10 – 18 years, who are experiencing any of the following:

- School Refusal
- Persistent disruptive behaviour in school
- Alienation from family members or peers
- Vulnerability due to additional needs
- Symptoms of traumatic stress
- Involved in substance misuse
- Social, emotional or ill mental health



**Brilliant
Parents**

Parent Champion volunteers are trained to offer support and guidance with an understanding of local cultural needs. In the programme's first year 82 parents were supported with outcomes of improved family relationships, through reduced conflict, improved communication, greater compassion, and better self-care.



Brilliant Parents



How do Parent Champions Support Parents?

A once-a-week video or voice chat for up to an hour per family, for a six-week period.

To actively listen and create a safe space for the parent to “off-load” their feelings

Share positive parenting principles as and when required

Help families overcome any barriers to communicating with their child’s school, and understand the social care system

Monitor the parent’s progression week by week and support reflection for what is and isn’t working well



**Brilliant
Parents**

We have supported close to 100 families in the last year through the Parent Champion network



Here are some testimonials from the families we have worked with:

'When you're not sure about where you're heading, and each day trying to put your best foot forward, just getting some reassurance and being able to talk and share ideas, really helps. Knowing you're not alone.'

'My daughter has seen a change in me and started to do more chores, we are more affectionate, and the arguments have stopped.'

'Really good to talk and think about my needs. I had just been focussing on my child needs and what was happening at home, and at school. Having a bit of time for myself has helped me have a more patient and kinder response, rather than instantly feeling angered.'

'Just stopping to take a breath, reflect on what I'm thinking before taking action has been a really positive development for me and has really improved the relationship I have with both of my kids. I have seen a massive change in my son's behaviour and I am understanding my daughter's behaviour more and more, and feel better equipped to get her the support she needs.'



**Brilliant
Parents**

Tuesday 19th July
Midday to 1pm

Brilliant Parents Webinar
with Vicky Trott
Building Emotional Resilience

Eventbrite sign up. Details will follow via email.

How to refer a parent to the parent champion network:

To make a referral please choose from the links below.

School referral:

[Parent Champion Referral Form](#)

We often find engagement is better if the parent refers themselves.

Self referral flyer:

[Self Referral Flyer and Form](#)



**Brilliant
Parents**



Parent Champions we need you!

If you have a heart for your community, and can understand and show compassion towards the challenges of raising teenagers today, then maybe this is the volunteering opportunity you are looking for.

We offer an excellent volunteering programme with training to:

- Support a parent for up to 1hr each week by phone or via zoom online;
- Listen actively and create a safe space for the parent to "off-load" their feelings;
- Grow your connections whilst building a strong knowledge of your community;
- Help someone who may otherwise feel isolated, to feel connected;
- Monitor and record your progress;
- Encourage self care and wellbeing.



'Brilliant Parents is really well organised and offers great encouragement, and understanding. It's so nice to share ideas with the team and meet like minded people to learn with.'

Parent Champion testimonial

The Parent Champion programme is a Hillingdon based peer support network, for parents of teenagers who may be experiencing any of the following:

School Refusal; Persistent disruptive behaviour in school; Alienation from family members or peers; Vulnerability due to additional needs; Involved in substance misuse; Mental ill health.

If you are passionate about supporting parents, and want to know more about how to join our volunteering programme please email sarah.rust@brilliantparents.org or call 07495 024 449.

Do you have parents or staff looking for a volunteering opportunity?

You may have gone through a similar experience and wish to give back, you may have worked previously with families on a professional basis or you may have a heart to help your community. We want to hear from you!

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

Check out the next slide for information on the Volunteer commitment.





The Parent Champion Commitment

Parent Champions are trained over a 4 week period to support the families of children with additional social, emotional and mental health needs, who are at risk of CCE or CSE.

Induction training: 4 hours x 4 weeks

Following the induction, Parent Champions commit to supporting four families in Hillingdon; Two families every 6 weeks.

Parent Champions are matched with parents whom they meet with individually via zoom or by phone.

- Up to one hour with each parent (2 hours)
- Attendance to the weekly informal supervisions (30 minutes)
- Weekly administration (20 minutes)

Total weekly commitment 2 hrs 50 minutes

Monthly Commitment: Parent Champions attend individual supervision once a month (30 minutes)



TEAM AWARDS DAY

2nd July 2022

12:30 - 15:30pm

WITH FAMILY ENTERTAINER

Lisa Pizza

LIGHT REFRESHMENTS WILL BE PROVIDED
PLEASE BRING A PICNIC LUNCH



Yiewsley and West Drayton Community
Association
228 Harmondsworth Road
West Drayton
UB7 9JL

RSVP by Friday 17th June through
Eventbrite. We have a limited number of
tickets and you will need a ticket for
each attendee. To register for your
tickets follow the link [here](#)



**Brilliant
Parents**

transforming children's lives

brilliantparents.org

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