

# Brilliant Parents

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# Supporting Hillingdon Council

- Brilliant Parents (BP) is a Social Enterprise which specialises in the delivery of Triple P, (Positive Parenting Programme) an internationally world renowned evidence based programme for a range of councils and organisations.
- BP has been supporting Hillingdon parents since 2017 .
- Since 2021, we also provide a mentoring and befriending service to families whose children are at risk of exploitation in Hillingdon, staffed by Parent Champion volunteers.

# Increase in youth violence across London

- Research has shown that since 2014 there has been a substantial increase in youth violence across London. Parents are concerned about their children, but do not feel they have sufficient support, help or knowledge to tackle the risks facing them.
- Our referrals reflect many of the children in question have experienced some kind of adverse childhood experience, which can contribute to them having difficulty with:
  - Managing emotions
  - Drug or alcohol consumption
  - Staying away from home
  - Not attending school
  - School exclusion
  - Mental health issues
  - Dis-engaging from family life

# The Volunteer Parent Champion Model

- BP currently work with 15 volunteers
- Ethnicities include Albanian, Caribbean and Somalian
- Occupations include NHS nurse, Triple P Practitioner, Children's information and Advice Officer and HAYA project coordinator and home makers.
- 11 of our Volunteers are from Hillingdon. The remaining four are from surrounding boroughs
- Age ranges from 22 to 54 years.
- Service user referrals come from the following council departments;
  - Stronger Families
  - Children's Services
  - SORTED
  - AXIS
  - LINK
  - Local schools

# Additional Training for Parent Champions

- Triple P Teens
- Understanding ADHD and ASD
- Safeguarding
- Soft Counselling Skills
- Trauma Informed Practice
- AXIS
- Sorted

# Benefits to Parent Champions

- A sense of satisfaction by giving back to the community
- Opportunity to receive training and improve their personal development
- Gain confidence
- Make a difference
- Meet new people
- Be part of the Brilliant Parents community
- Learn new skills
- Take on a challenge
- Possibility of upskilling to become accredited Triple P practitioners

# Benefits to Families

- Easier to relate to peers from the same community, rather than officials
- Increase level of trust in the advice given and sign-posting
- Less feelings of being judged
- Less feelings of isolation
- Negates any feeling that their child may be taken into care
- More likelihood to attend official meetings with peers
- Increased confidence in parenting skills and communication with their teenager and other family members
- Improve self care for parents
- Improve relationships with children
- Better understanding of their children and their experiences