



# Parent Plus Special Needs Impact Report

April 2022 - March 2023

A 7-week evidence-based parenting course designed specifically for parent carers of an adolescent with an intellectual disability. It aims to support parent carers in their role by providing a non-judgemental supportive environment for them to share their parenting journey with other parents in a similar position. It's extremely impactful as it empowers parent carers to find their own solutions to the challenges and problems they encounter.

## Average Parent Carer Rating

0 = low/poor | 10 = high

**9.6**

Helpfulness of group

**9.8**

Helpfulness of leaders

**8.4**

Helpfulness of the group for your child or children

**9.8**

Would recommend to others

0 = low/poor | 5 = high

★★★★★

**4.2**

Progress towards goals

## KEY FACTS



### Number Of Attendees

5 (May-July) • 5 (Sep-Nov) • 6 (March-May)



### Referral

Children's Services Front Door  
& Social care/Self-referral

“Being part of this course has really helped my own personal well-being and mental health if I'm being honest. I have struggled with believing that I'm doing an ok job with the kids. I've still got a lot to do but I know I'm not alone and it's going to be okay... Thank you”

“I felt very overwhelmed and isolated before the course. I feel much more organised, positive and supported since doing the course.”

**NSPCWT has a trained facilitator who co-facilitates this course run by North Somerset Council (NSC). The facilitation is quality assured by NSC Parenting Lead.**

## **Areas Parent Carers are seeking support for:**

- Managing challenging behaviour and impulsivity (including dysregulation, control, aggression & self harm)
- Communication with their young person
- Supporting young person's emotions, SEMH and self-esteem (including dysregulation & meltdowns)
- Fear for the young person's future
- Sibling relationships and behaviour towards them
- Sex and relationships/peer relationships
- Inappropriate language

“The impact of using The Firs as a base, and our agencies working collaboratively, is clearly reflected in the positive parent feedback”

“The relationship we have built with NSPCWT through joint delivery of the Parents Plus Special Needs Programme has been a brilliant example of how we can make this collaborative approach to supporting families not only work, but work well.

The learning we have taken from this has given us confidence to work with other agencies in the same way where there is a passion to support parents and young people in identified interventions.

Thank you and your team for the ongoing support. It is so beneficial for families to have your added expertise in this intervention”

**Emma Pattinson**  
*Parenting Lead, North Somerset Council*

