



Croydon Parent Champions Peer Groups

Presented by
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Stella Osan (Parent Champion)





Parent Champions and Peer groups in Croydon

Parent Champions objectives are to help communities thrive by breaking barriers, reducing isolation and improving children's outcomes



Individual support

- **Providing information on:**
 - How to access childcare
 - Children's Centres and community groups
 - Local services, organisations
- **Signposting:**
 - Housing
 - Benefits
 - Food banks, etc.
- **Encouraging parents to access services**
- **Training Opportunities**

Peer to peer groups

Provide a safe space where:

- Parents get together to chat, share their experiences, make friends, learn new skills.
- Parents are encouraged to get involved in community activities
- Children get to bond with their parents while enjoying home learning activities together
- Volunteers get to work together and feel part of a 'family', developing their own skills or/and acquiring new ones.
- Training opportunities are available for parents and volunteers

Peer groups in Croydon



Via Zoom:

- **Get Crafty (4 to 12 years old):**
 - Arts and crafts
 - Science experiments
 - Cooking
- **Kids' Corner (0 to 5 years old)**
(Stella will be introducing this group)



Peer groups in Croydon



Peer Group based at Shirley Children's Centre

- Scavenger Hunt outdoor sessions
- Chill and Chat online sessions with activities for children and videos
- Yoga session
- Gardening sessions



Peer groups in Croydon



Peer Groups based at Home-Start:

- **Gardening peer group:**
 - Planting flowers, veg and herbs -
 - Arts and Crafts activities
 - Story time
 - Play
- **Breastfeeding café peer group:**
 - For new mums to be supported by a PC newly qualified as 'Breastfeeding Mother Supporter'



Outdoor Fun Garden Activities

Thursday 20 May; Thursday 3 June; Thursday 17 June
11 am - 12 noon
at
Home-Start Croydon
1-8 Ramsey Court, 122 Church Street, Croydon CR0 1RF
louisef@croydon-homestart.co.uk
(Entering the courtyard, second blue door on your left)



Welcome to our friendly space !
Planting flowers, veg and herbs
Arts and Crafts activities
Story time
Play



Example of data collection



Name of Project: 'Get Crafty'

Date of the session	Activities delivered on that day	Number of children attending the session	Number of parents attending the session
Saturday 09/01/2021	Demonstration static energy with sugar paper and balloon experiment, glowing lava and ice and wait experiment .	9	5
Sunday 28/3/2021	It was a similar format of the British Bake Off. Sarah hosted the baking activity, I was the co-host to support Sarah. We have two break up rooms	17	11

Example of data collection



Name of Project: 'Get Crafty'

Parents that you have signposted to services	Which services?	Have taken up the services suggested?
E.	Food bank	YES
Ch.	Children centre	YES
M.	Benefits and Housing	
E.	Parent champion activities	YES
C.	MHFA training	

Example of data collection



Name of Project: 'Get Crafty'

Hi Aracelly,

Thank you so much for the lovely workshop on Saturday!

The girls really enjoyed it, can't wait for the next one!

Linda”

“Good job today!

Ryan and Azariah really enjoyed the jar and balloon experiment.

Azariah made a decoration. She really had cute ideas.

Thank you for inviting me and the kids.”

Stella and Covid-19: turning difficulties into opportunities

Kid's Creative Corner from the library to Zoom Virtual sessions



Looking after the families' needs:

- Creative arts and crafts
- Yoga
- Exercise and wellbeing sessions
- Singing and rhyme time
- Reading story books
- Drawing and colouring
- Letters and phonics

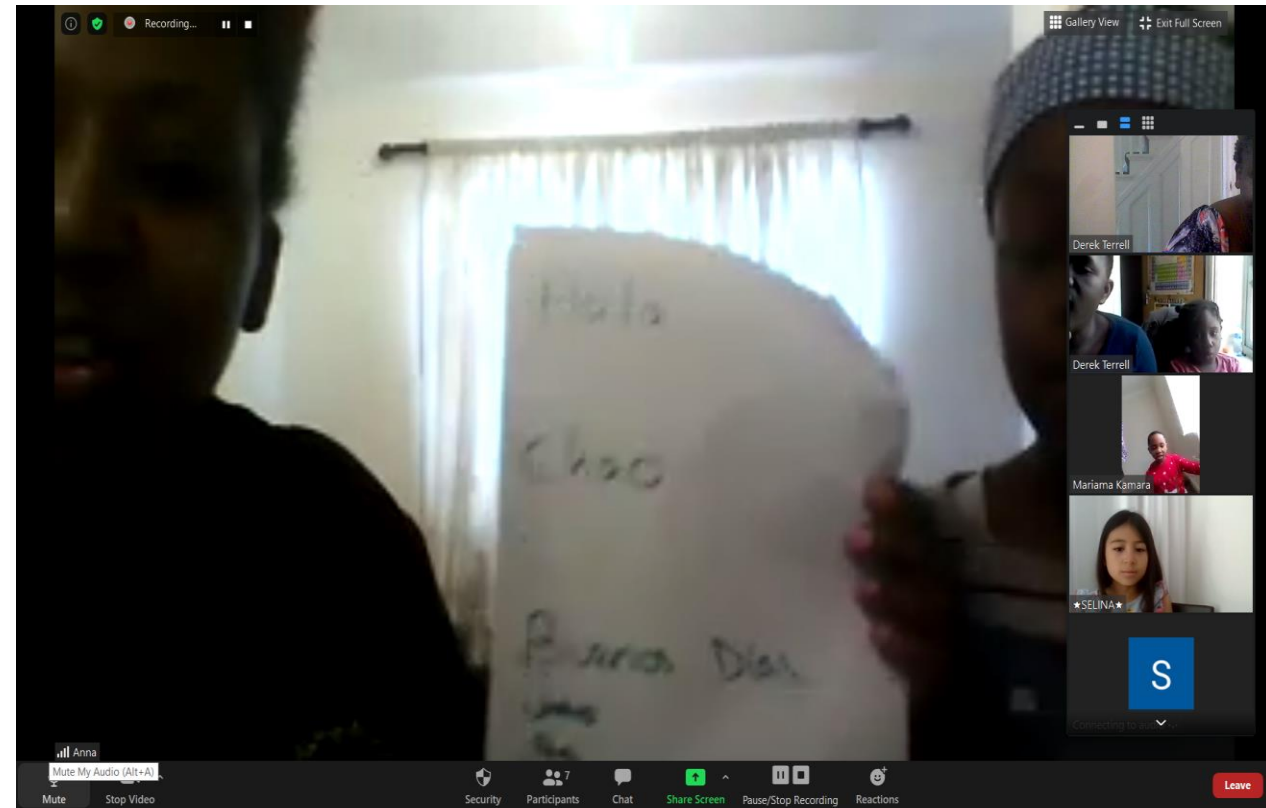
Kid's Creative Corner from the library to Zoom Virtual sessions



Kid's Corner at the library



Kid's Corner on Zoom



A routine for children to continue learning and bonding with their parents



- Children felt more included as they could see other children in the Zoom session. They focused better as activities were fun and engaging.
- Children felt part of a ‘normal’ environment even though it was a virtual environment
- The routine established continued throughout the pandemic
- Bonding between parents and children improved as parents were getting to really ‘know’ their children and support them with the resources provided in the group

A routine for children to continue learning and bonding with their parents



Examples:

Alia, 2 years old girl: was crying a lot, very clingy and introverted. With the sessions she started to participate and loved singing, reading, letters and phonics, even the exercises. She became very lively, more confident, started to talk and bonded more with her mum.

Prince , 4 year old boy: very shy, with no confidence. With the sessions, he can now sing and read very well. He has become a really happy boy excited to go to school. He has even been given a certificate at school for becoming more articulate and confident.

A space for parents to overcome isolation and anxiety



- The benefits of this group were that parents felt less lonely and less anxious about the pandemic and the impact in the different areas of their lives. With the group they had a place to share their experiences, worries, ask questions and engage with the rest of the parents.
- Parents would ask for help about food banks, benefits, jobs, training and mental health support.

A space for parents to overcome isolation and anxiety



Example:

- **Gayetri, a mum:** started to attend the sessions feeling very low, not confident, very timid, afraid of everything, very anxious about Covid-19. With the sessions she developed her confidence. She is now running her own Yoga group, she even got funding from CVA charity to support her running the group.

An opportunity to build trust, share the day to day and ask for help



- Parents became more aware of the things they no longer wanted in their lives and in the group they found support and strength to face their problems and do something about them.
- Parents were learning from each other and became more confident to try new things and improve their lives. Some applied for jobs, realising that they could take care of the children and work at the same time.
- Learning new skills by using different resources offered in the group and tapping into available college or university courses

An opportunity to build trust, share the day to day and ask for help



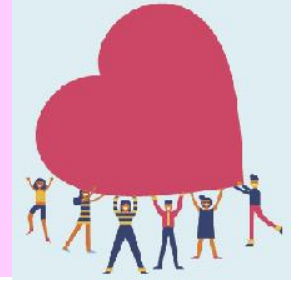
Example:

Shamila, a mum: she is in an arranged marriage, was suffering from DV. In the group she managed to ask for help. She was signposted to specialist support and was able to access that support. As a result of continuing in the group and accessing support, she has gained more confidence. She managed to keep her child and her husband is behaving better. She trained in a beauty course. She has acquired confidence to improve her life.



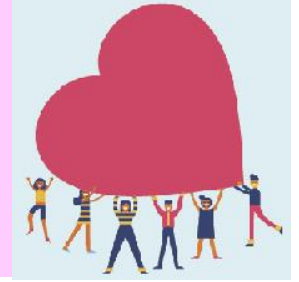
Harnessing interests to the
benefit of the community

To our Pc's: **THANK YOU FOR GOING ABOVE AND BEYOND!!**



Using small available funding from different sources to support families during Covid-19, some Parent Champions put together amazing projects, outside their role specification, going well above and beyond! They used their skills, they were creative and incredibly generous and hard working. All in benefit of the community!!!

To our Pc's: **THANK YOU FOR GOING ABOVE AND BEYOND!!**



Leading PC's: Stella and Victoria

- **Christmas dinners for 150 individuals:** organised, cooked and distributed by a group of Parent Champions on 22nd December.
- **Celebrating Christmas via ZOOM on 25th December with 35 people:** Everyone was having dinner in their own home and chatting while having dinner.
- **Pampering Session for 20 mums with Yoga, Facials and well-being advise:** A health professional was booked and pampering packs were all organised and sent in advance for mums to use on the day of the session

Christmas dinners



To our PC's: **THANK YOU FOR GOING ABOVE AND BEYOND!!**



Leading PC's : Lin, Ayse and Carol

- **Clearing garden space at one of the Children's Centres so children could use this outdoor space.** There are cuts in Croydon at the moment and this CC in particular is run by just 2 people. The garden was unable to be used and the staff did not have the man power, support or tools.

Leading PC: Lin

- **Breastfeeding café.** Following her passion Lin accessed the Breastfeeding 'Mother Supporter Course' with the Association of Breastfeeding Mothers and is starting a support group in June 2021.

Clearing the garden



Preparing for the Breastfeeding Café to start in June 2021



Questions



Every programme will be set up in a different way, as per the requirements of the funding body and the needs of the community but these are some questions to consider when supporting a peer group:

- Are there any Parent Champions in your team with leadership skills and charisma?
- What are the skills and passions of your Parent Champions?
- How much time are the Parent Champions willing to offer?
- Is there any space in the community that you could use for free (e.g. at the library)?
- Is there an opportunity for extra training or support?
- How and what kind of data will you be collecting?