

Parenting Support Initiative

Supporting Parents Of Children From Birth to 3 Years In Their Parenting Role

PSI 'Once-Off Grants' End of Year Report

July 2015

Introduction

The Parenting Support Initiative is a collaborative partnership between the Katharine Howard Foundation (KHF) and the Community Foundation for Ireland (CFI). It is a three year (2013-2016), strategic grants initiative with a focus on children from birth¹ to 3 years and their parents², with a particular emphasis on supporting parents in their parenting role. The Parenting Support Initiative aims to support a number of projects in socio-economically disadvantaged areas or specific socially disadvantaged (target) groups engaged in collaborative approaches to working with parents of children from birth to 3 years.

Projects and programmes considered for funding included those with a particular focus on developing collaborative area based approaches to:

- ❖ Working with and supporting parents;
- ❖ Planning and delivery of evidence based parenting support programmes;
- ❖ Supporting parent and child interaction programmes;
- ❖ Providing outreach parenting support programmes;
- ❖ Training of early years staff to build their capacity to engage and support parents;

- ❖ Supporting child and parent literacy and the home learning environment;
- ❖ Identifying and implementing strategies that target the most vulnerable parents;
- ❖ Reviewing and evaluating parent support programmes and processes.

PSI was launched in 2013 and it was evident from the number of applications (over 200), that there was a very wide range of organisations throughout the country supporting parents of the under 3s using different approaches. In response KHF decided to provide an additional €100,000 to fund a Once-Off Grant Scheme as part of the Year (1) of PSI. Along with the 16 core projects selected for funding through PSI, an additional 43 projects received a small grant within the Once-Off grant scheme. As part of the grant process these projects were requested to complete a progress report on the impact of the grant and all 43 projects completed the reports and returned them to KHF in November 2014. The small grants ranged from €1,000 - €4,000, with the majority in the €1,000 - €2,000 grant range.

The purpose of the progress reports was to assist the Katharine Howard Foundation in its

¹ Some organisations may include support at the antenatal stage.

² It should be noted that the term parent is used as shorthand to include mothers, fathers, carers and

other adults with responsibility for caring for a child or young person.

work with the Parenting Support Initiative and in particular to enable KHF:

- To track the funding allocated to Projects through the PSI;
- To document the work undertaken through this grant to support children under 3 years and their families;
- To inform the future planning of PSI;
- To share the learning.

A wide range of organisations throughout the country (see Map) were funded through this initiative including Family Resource Centres, City/County Childcare Committees, Child and Family Centres, Family Support Organisations, Youth Services, Disability Services, Drugs

Projects, Traveller Programmes, Partnership/Local Development Organisations, Health Services and Arts Projects.

This report is a summary snapshot of information and learning from the progress reports from the 43 projects funded through the Once-Off Grants scheme. There was a very positive response from the funded projects in providing information on the impact of the grant they received including how the grant was used and the benefits for the projects. Reports also highlighted the main achievements and challenges along with future plans for the funded programmes/projects.

PSI Project Themes

The focus of the funded projects can be summarised under the following themes:

1. Ante Natal and Post Natal Support including:

- Delivery of antenatal classes for first time traveller mothers
- Establishment of a Parenting support course for parents of new babies
- Delivery of baby bonding classes
- Establishment of a young mothers support group
- Establishment of a Support Group for mothers with postnatal depression (PND)
- Funding of crèche places for mothers to attend a PND Support Group

2. Delivery and Staff Training in Evidence Based Programmes including:

- Incredible Years Programme
- Parents Plus Programme
- Peep Programme

3. Delivery of other Parenting Programmes including:

- Continuation of the 'Streets Ahead' Project
- Delivery of a range of Parenting Skills courses
- Staff training in and delivery of the Marte Meo Programme
- Development of an Arts Project with parents of under 3s
- Delivery of a Parenting Course for mothers in aftermath of Domestic Violence

- Development of a Pilot Early Start Baby and Toddler Programme for children with complex healthcare needs
- Establishment of a Parent Link Programme for Down Syndrome Support Projects
- Delivery of Play-based Programmes for Parent and Toddler Groups

4. Delivery of Training Initiatives including:

- Peer Mentoring Training
- Family Support Training
- Health Nutrition Training Programme
- Childcare staff training in Parental Engagement

5. Literacy Focus including:

- Reading and literacy initiatives
- Implementation of Books4Babies literacy promotion at County level
- Development of culturally appropriate materials for use with traveller parents and children

6. Specific Target Groups: Many of the PSI projects had a focus on working with particular groups of parents, often the most marginalised or those parents who are hardest to reach and engage or parents with children with specific needs including:

- Traveller Parents
- Young and teen mothers
- Mothers suffering from postnatal depression
- Mothers with drug addiction issues
- Mothers in aftermath of domestic violence
- Parents of children with a disability
- Parents of deaf children
- Families with babies/toddlers with complex healthcare needs

How PSI Small Grants Supported Projects

The small grants provided support to organisations to provide a range of different approaches in supporting parents including the following:

- Supporting staff training in evidence based programmes such as Incredible Years
- Supporting staff training in delivery of evidence based programmes such as the Parent Plus Programme
- Developing parents' confidence and skills
- Linking parents to other supports, services and programmes
- Acting as a bridge to other supports in the community
- Enabling projects to purchase equipment and resources
- Co-ordinating planning and delivery of parenting programmes
- Supporting child care costs to enable parents to attend programmes such as postnatal support group
- Providing a safe space for mothers to explore their mental and emotional health and come up with strategies for improving them
- Supporting a focus on literacy, the importance of books and parents reading to young children
- Promoting nutrition and basic nutritional cooking, for example, a Cooking on a Budget booklet was printed and distributed by one project
- Designing responses to specific target groups such as travellers, young mothers and parents with drug misuse issues
- Responding to specific identified needs such as developing a support services for new parents of a baby with Down Syndrome
- Promoting and encouraging evaluation of courses and training programmes

Impact of the Grant for Projects Working with Parents

The impact and benefits of the PSI small grants in enabling projects to support and engage with parents and young children were also highlighted including:

- Positive participation of parents including fathers
- Parents sharing anxieties and concerns and supported to find solutions
- Promoting the importance of parent's role as the child's first educator
- Engagement with parents from the very early stages through antenatal programmes
- Parents learning about other supports that are available
- Parents becoming more skilled and informed
- Parents learning more about child development and how to support their child's development
- Providing opportunities for children to interact with other children and having access to books and other sensory materials

Once-Off Grants

Project Themes, Lead Organisations and Geographic Areas

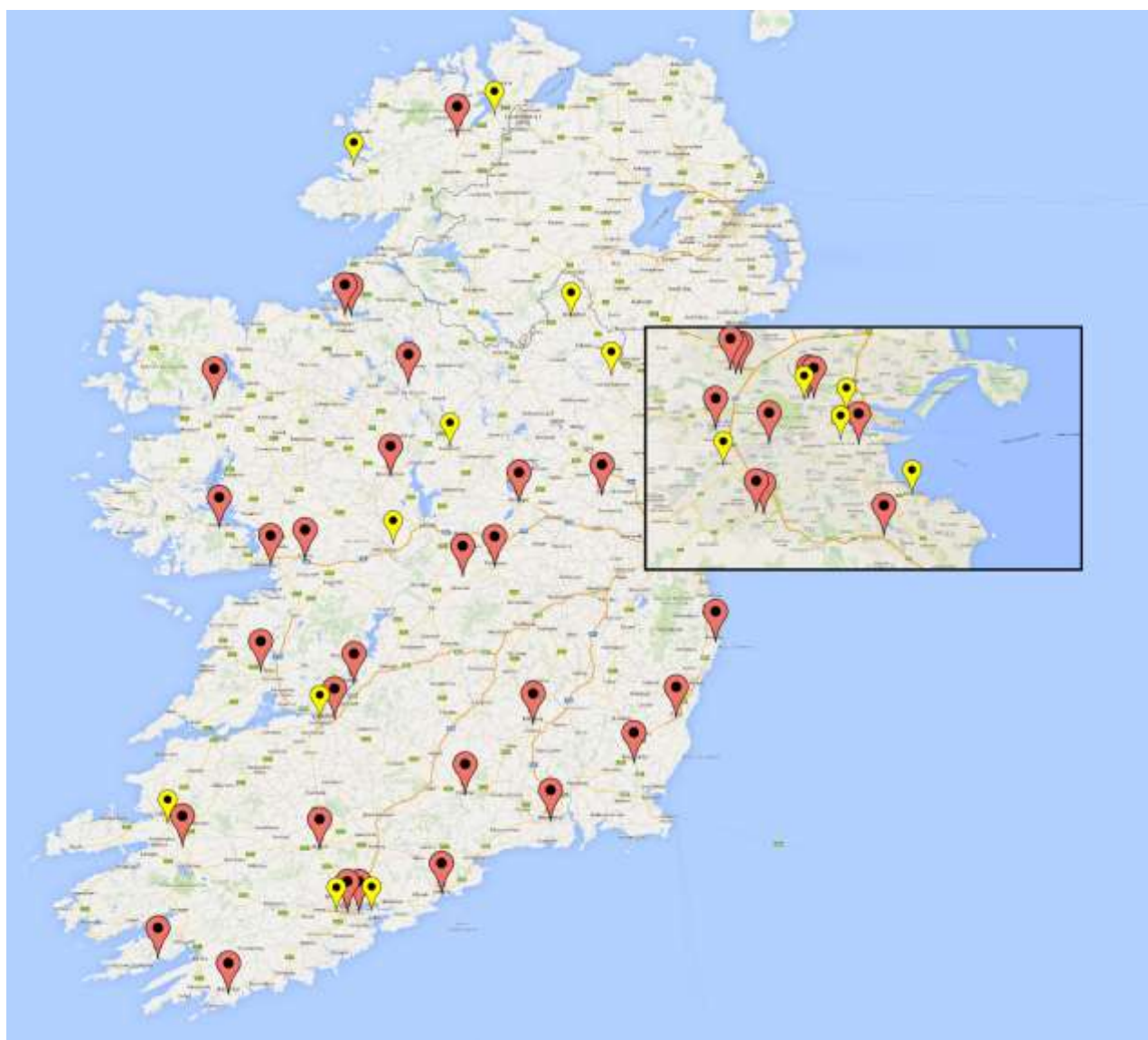
Project Theme	Lead Organisation/Geographic Area
Delivery of Spirals Parenting Programme	<ul style="list-style-type: none"> • Lifestart Mulhuddart, Dublin 15
Staff Training in Delivery of Incredible Years Infant and Parent Programme	<ul style="list-style-type: none"> • Youghal Family Centre, Co. Cork • Community Childcare, Laytown, Co. Meath • Leitrim County Childcare Committee (CCC), Co. Leitrim
Delivery of Incredible Years Parent and Baby Programme	<ul style="list-style-type: none"> • Killaloe/Ballina Family Resource Centre (FRC), Co. Clare
Facilitation of Parents Plus Programmes	<ul style="list-style-type: none"> • Childcare Network, Co. Wexford • Le Cheile Community Childcare Clonmel, Co. Tipperary • Health Service Executive (HSE) Tallaght, Dublin 24
Staff Training in Delivery of Parents Plus Programmes	<ul style="list-style-type: none"> • Sacred Heart FRC, Co. Waterford • Le Cheile FRC Mallow, Co. Cork
Delivery of Antenatal Classes	<ul style="list-style-type: none"> • Sligo Travellers Support Group, Co. Sligo
Support Group for Mothers with Postnatal Depression	<ul style="list-style-type: none"> • HSE Brookfield, West Tallaght, Dublin 24
Funding of Crèche Places for Mothers to attend Postnatal Depression Support Group	<ul style="list-style-type: none"> • HSE Blanchardstown, Dublin 15
Parenting Support Course for Parents of New Babies	<ul style="list-style-type: none"> • Caha Centre FRC, Co. Cork
Delivery of Baby Bonding Classes	<ul style="list-style-type: none"> • ARD FRC, Co. Galway
Staff Training in adapted Incredible Years and Marte Meo Programmes	<ul style="list-style-type: none"> • Inchicore Community Drugs Project, Dublin 8 • Coolmine Therapeutic Community, Dublin 15
Delivery of Marte Meo Outreach Parenting Programme for Young Mothers	<ul style="list-style-type: none"> • Community Early Years Project, Co. Kilkenny
Delivery of PEEP Learning Together Programme	<ul style="list-style-type: none"> • Barnardos, Co. Offaly

	<ul style="list-style-type: none"> • Holy Cross Community Childcare, Co. Cork
Shared Reading and Literacy Initiatives	<ul style="list-style-type: none"> • Deaf Education Centre, Dublin • Roscommon CCC • Parentstop, Co. Donegal • Family Learning Project, Co. Clare
Implementation of Books4Babies Literacy Promotion Initiative at County level	<ul style="list-style-type: none"> • Books4Babies Ireland LTD, Co. Wexford
Development of culturally appropriate materials for use with Traveller Parents and Children	<ul style="list-style-type: none"> • Travellers Group, Co. Wicklow
Delivery Streets Ahead Project	<ul style="list-style-type: none"> • Child and Family Centre, Skibereen, Co. Cork
Peer Mentoring Training	<ul style="list-style-type: none"> • Foroige Youth Service, Co. Mayo
Establishment of a Young Mothers Support Group	<ul style="list-style-type: none"> • Foroige Youth Project, Mulhuddart, Dublin 15
Delivery Parenting Skills courses	<ul style="list-style-type: none"> • Aosog, Dublin • An Cliabhán Community Creche, Co. Cork
Family Support Training	<ul style="list-style-type: none"> • Maine Valley FRC, Co. Kerry
Delivery of Training in Parental Engagement	<ul style="list-style-type: none"> • South Dublin County Partnership Ltd, Dublin
Delivery of Existing Evidence Based Projects and Programmes	<ul style="list-style-type: none"> • Sligo CCC • Ronanstown Youth Service, Clondalkin, Dublin 22
Health Nutrition Programme for Parent and Toddler Groups	<ul style="list-style-type: none"> • South Dublin Co Sports Partnership, Dublin
Establishment of a Parent Link Counselling Service	<ul style="list-style-type: none"> • Down Syndrome Donegal • Down Syndrome Limerick
Parenting Course for Mothers in aftermath of Domestic Violence	<ul style="list-style-type: none"> • Domestic Violence Response, Co. Galway
Development of an Arts Project with Parents of under 3s	<ul style="list-style-type: none"> • Helium Arts, Mullingar, Co. Westmeath
Delivery of 2 Play-based Programmes for Parent and Toddler Groups	<ul style="list-style-type: none"> • Offaly CCC
Support for an Evaluation of Home-Start	<ul style="list-style-type: none"> • Home Start Athenry, Co. Galway
Delivery of a Pilot Early Learning Programme	<ul style="list-style-type: none"> • LauraLynn Children's Hospice, Dublin 18

Map of PSI Once-Off Grant Projects

Located throughout the 26 counties the following map indicates the geographical spread of the projects funded through the PSI Once-Off Grant Fund and the Core-funded Projects.

- The 43 Once-Off Grant projects are indicated by yellow balloon.
- The 16 Core Funded projects are indicated by the red balloon.



43 Once-Off Grant Recipients

Ref No.	Organisation	Contact Name	Email
001	AOSOG, Dublin 7	Geraldine Nugent	aosog@eircom.net
005	Childcare Network Loch Garman, Wexford	Carmel Lonergan	childcarenetwork@eircom.net
006	Ronanstown Youth Service, Dublin 22	Caroline Lawless	clawless@crosscare.ie
007	An Cliabháin Community Crèche, Cork	Bernie Buckley	bernie@btcdp.ie
013	Sligo Traveller Support Group	Bernadette Maughan,	stsg@eircom.net
021	Barnardos, Offaly	Kathryn Delaney	Kathryn.delaney@barnardos.ie
023	Parentstop Ltd, Donegal	Patricia Lee	patricialee@parentstop.ie
032	Respond! Le Cheile, Tipperary	Mary Lonergan	mary.lonergan@respond.ie
036	Sacred Heart Family Resource Centre, St. Brigid's Family and Community Centre, Waterford	Heather Kiely	coordinator@sacredheartfrc.ie
039	Bláthanna Beaga Teo trading as Mulhuddart Lifestart, Dublin 15	Marian O'Hara	lifestartmulhuddart@gmail.com
047	Foróige, Mayo	Louise O' Malley	Louise.omalley@foroige.ie
048	Maine Valley Childcare, Kerry	Belinda Anderson	Belinda.mainevalley@gmail.com
049	Holy Cross Crèche, Cork	Dorothy Keane	dorkeane@yahoo.com
059	Donegal Down Syndrome	Amber Pyper	donegaldownsyndrome@eircom.net
066	Youghal Family Centre, Cork	Nicola Lucey	youghalcommunityhealth@hotmail.com
073	Trim Community Childcare on behalf of Laytown Family Resource House, Meath	Donna Brazier	resourcehouse@eircom.net
074	Domestic Violence Response, Galway	Elizabeth Power	dvr@indigo.ie
075	The Caha Centre (Adrigole Family Resource Centre), Cork	Noreen Murnane	noreen.thecahacentre@gmail.com
082	ARD Family Resource Centre, Galway	Paul Frecklington	Paul@ardfrc.com
085	Deaf Education Centre, Dublin 7	Dr. Elizabeth Mathews	Elizabeth@cidp.ie
086	LauraLynn- Ireland's Children's Hospice, Dublin	Michelle Byers	michelle@lauralynn.ie
095	Roscommon County Childcare Committee	Jean Kelly, Irene Cafferky	cdo2@roscommonchildcare.ie manager@roscommonchildcare.ie
098	Killaloe/Ballina Community & Family Resource Centre, Mayo	Tracey Doyle	tracey@kbfrc.ie
102	Clare Family Learning Project	Mary Flanagan	mflanagan@clarevec.ie
103	Sligo County Childcare Committee	Sharon Boles	Sharon@sligochildcare.ie
110	Skibbereen Community & Family Resource Centre, Cork	Susan O'Regan	skibbcfrc@gmail.com
111	Inchicore Bluebell Community Addiction Team, Dublin 8	Jenny Banks	jenny@icdt.eu
115	HSE, Dublin 24	Jackie Austin	Jacqueline.austin@hse.ie
121	Home-Start Athenry, c/o Galway Rural Development	Michael Stapleton	homestartathenry@eircom.net
125	Helium Arts, Westmeath	Helene Hugel	helene@helium.ie

131b	Offaly County Childcare Committee Ltd.	Áine Brummell	aine@offalychildcare.com
133	Best Start /HSE Dublin 24	Anne Holland	anne.holland@hse.ie
136	Kilkenny Community Early Years Project Ltd	Ann McDonagh	kceypl@gmail.com
139	Down Syndrome Limerick	Noreen Keane	keane.noreen@yahoo.com
140	South Dublin Co. Sports Partnership	Thos McDermott	thomasmcdermott@sdblincoco.ie
143	Coolmine Therapeutic Community, Dublin 15	Pauline McKeown	Pauline@coolminetc.ie
145	Leitrim County Childcare Services	Tommy Lavelle	tommy.lavelle@leitrimchildcare.ie
161	Wicklow Travellers Group Ltd	Eamonn Mc Cann	wicklowtravellersgroup@eircom.net
163	Le Chéile Family Resource Centre (Mallow) Ltd, Cork	Marie Fenlon	marie.fenlon@lecheilefrc.ie
165	Mulhuddart Community Youth Project, Foroige, Dublin 15	Brenda Nolan	brenda.nolan@foroige.ie
169	BOOKS4BABIES IRELAND LIMITED, Wexford	Sarah Lavan	info@books4babies.ie
188	Psychology & Public Health Nursing on HSE Primary Care Teams, Blanchardstown, Dublin 15	Olive Manning	olive.manning@hse.ie
193	South Dublin County Partnership Ltd	Larry O'Neill	larry.oneill@sdpartnership.ie