

What this is:

The Being a Parent Programme is a universal parenting course aimed at enhancing relationships with children, share ideas as well as make new friends. It is an evidence license based programme and has been validated by the Early Intervention Foundation.

The programme is co-ordinated by the Families First team in partnership with Signpost, Health & Wellbeing support & prevention team, together cluster and the front door safeguarding hub.



Comments from previous attendees

“I used my experiences to give back to others”

“Being an EPEC volunteer opened gateways to new opportunities”

“Best Volunteering experience I’ve ever had”

“Amazing opportunity—Great to be able to give back to the community”

**To book a place please contact Helen on:
0759 521 1559 or alternatively on
Helen.Binns@leeds.gov.uk**



Are you interested in Volunteering?

Can you spare 3 hours per week to deliver the ‘Being a Parent’ course to other parents?
(Full training will be given)

Come along to one of the information sessions below to meet other volunteers and find out more:

Friday 6th of September—10-11AM

Armley Childrens centre
(Next to the One Stop Centre)
Little Owls Nursery, Armley Chapel Lane, Leeds,
LS12 1UT

Monday 9th of September—2-3PM

Forward Leeds, 5 ways,
43 Westfield Road,
Burley, Leeds,
LS3 1DG

Wednesday 11th of September—10-11AM

Hawthorn Wood Childrens Centre,
Leeds,
LS5 3PS

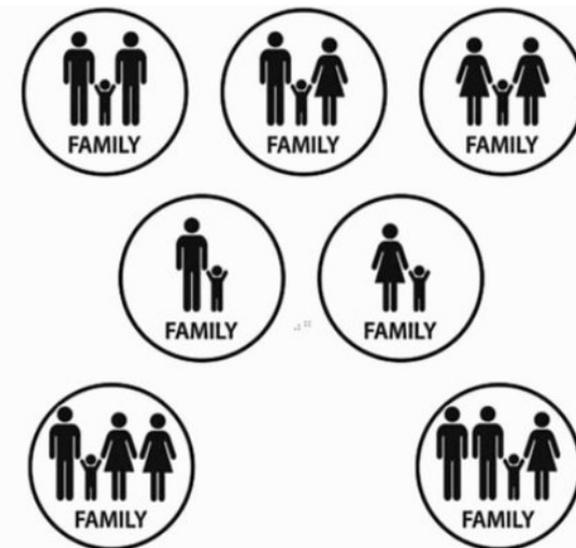
Monday 16th of September—10-11AM

Technorth Room 4
9 Harrogate Road,
Leeds,
LS7 3NB



**EPEC—Empowering Parents,
Empowering Communities**

FAMILIES FIRST



We are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. We promote Diversity and want to recruit volunteers that reflect the population of Leeds



Progress so far:

9 parent volunteers have been trained to deliver the universal “Being a Parent Course” to parents and carers of 2-5 years old.

Parents were recruited from existing volunteer groups and through promotion of the programme. All parents have been DBS checked and references have been undertaken. They have also undertaken Induction and key training for example safeguarding.

5 parenting groups have completed in Bramley, Seacroft, Harehills Chapeltown, Armley and Wortley.

EPEC volunteers have delivered the Being a Parent course to 42 parents in disadvantaged communities in Leeds.

Leeds EPEC continue to work closely with SLAM (South London and Maudsley) hospital and the Tavistock centre for Child & Parent support



Feedback/Outcomes so far:

Feedback from parents is very positive and a number of volunteers have now moved into employment which is a positive outcome but impacts on sustainability.

Quote from Parent-

“I enjoy going to the group because it is run by other parents, and I don’t feel judged. It’s an opportunity to meet other parents that might be struggling with aspects of their parenting and it’s a good social event as well as learning or thinking about different approaches”.



What is Families First?

Families First Leeds is an initiative funded through the Government’s national Troubled Families programme. Its aim is to help families with a number of complex problems by working with them to help turn their lives around, improving outcomes for the whole family and thereby reducing the need for more intensive and costly interventions.

Leeds was an early adopter of the programme, welcoming the opportunity to put families first and help them to make positive changes to their lives. Partnership working is an important part of the Leeds programme, which is not just a children’s services priority - a crucial part of the programme is to help parents to enter the world of work, for example.

