

About Insiders' Guide



Insiders' Guide offers parent carers space to:

- Reflect on their experience by sharing and exploring their travels so far
- Meet up with others in similar situations to celebrate the skills acquired along the way
- Gather information and learn new skills to manage the added demands of caring for their children
- Map their needs and assess their well being
- Practise strategies for building skills and strengthening resolve to carry on.

Value base underpinning the course:

- Parents are key to improving child and family outcomes
- Parents of children with disabilities or special educational needs travel a unique journey
- Parents enter a frequently unfamiliar world of disadvantage directly related to having a child with additional needs
- The best can be achieved for children when parents and practitioners work together.

Co-facilitated by parent carers and practitioners together, to:

- Promote and model partnership working
- Draw on parent expertise and experience and practitioner skill and knowledge
- Lend an authenticity and credibility to the course
- Help reach other parent carers who may be disengaged or anxious about attending
- Facilitating Together introduces the art of co-delivery by training parent-practitioner duos to deliver the course.

Evaluation of courses indicates that:

- Parent carers experience significant changes for themselves and their families as they became equipped, informed, confident and connected
- The specialist nature of the course offers more effective support than general support groups
- Success attracting and engaging families living in particularly disadvantaged circumstances.

Course structure:

Five separate manualised courses, each delivered over 6 weekly sessions, in 2 or 3 hourly slots.

- Under 5s
- Under 12s
- Teens
- Ongoing Health Care Needs
- Severe Learning Difficulties

All Insiders' Guide courses include 4 core modules

1. The Journey So Far
2. Travelling On
3. Getting the Best out of Others
4. Looking Ahead

Plus 2 specialist modules relevant to the particular parent group as follows:

- Under 5s: Thinking about school; Understanding Statements
- Under 12s: Money Matters; Fun Places to Go
- Teens: Reaching Puberty; Friends and Fun
- Ongoing Health Care Needs: Building long term strength; Getting the best out of others in healthcare
- Severe Learning Difficulties: Understanding plus Managing Challenging Behaviours

NB: With the option after attending Facilitating Together, to develop courses or specialist modules suited your own particular group of parents.

Download additional information sheets about Insiders' Guide from: www.amazebrighton.org.uk OR www.boingboing.org.uk

- Insiders' Guide Course Costs
- Tried and Tested – Evaluations of Insiders' Guide
- Facilitating Together – the Art of Co-delivering Insiders' Guide
- Background to Insiders' Guide