

# Tried and Tested - Evaluation of Insiders' Guide



**The original evaluation in 2006** funded by The Parenting Fund and carried out by Dr Angie Hart and Dr Sue Virgo at the University of Brighton, reported the following impact for parents:

- Specialist nature of the course offers more effective support than general support groups
- Increased confidence and self-esteem gained by sharing experiences and strategies with others
- Greater personal confidence and self-esteem for those who felt more vulnerable beforehand
- Benefits and education advice provided highly valued
- Reduced feelings of vulnerability when noticing needs, and asking for support
- Increased confidence working with professionals and more empowered to advocate for services

**And highlighted:**

- Success attracting and engaging families living in particularly disadvantaged circumstances
- Significance of including parents in the facilitation team and finding professional facilitators with good presentation skills and the capacity to empathise with parents.

Download a copy of the full report from [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) or [www.boingboing.org.uk](http://www.boingboing.org.uk)

Since then, hundreds of **Insiders' Guide** courses have been delivered with the recording of consistently positive feedback and outcomes. Insiders' Guide recommends the use of pre and post standardised assessments (such as the Depression, Anxiety and Stress Scale DASS 21) to help capture the experience of participants as a group and includes a self-evaluation feedback questionnaire completed by parents at the end of the course.

**In 2012 'Insiders' Guide for Living and Learning' project piloted the course in three sites** across the country, using a range of standardised impact measures and undertaking Social Return on Investment (SROI) analysis. This was an Adult and Community Learning Fund project with support for the SROI evaluation funded by the Skills Funding Agency.

**Parent carers attending courses reported** significant changes for themselves and their families as they became equipped, informed, confident and connected. The key element highlighted is how the course supports parent carers to build their own resilience and skills.

**An evidenced based, low cost/high impact intervention tool**, Insiders' Guide:

- Helps to strengthen parent carers and their families
- Aids the building of positive and problem-solving communities
- Encourages cultural changes, modelling partnership working that builds relationships and trust
- Provides value for money – for every £1 invested in delivery, an estimated social value between £25-£38 is created.

Download a copy of the Executive Summary from [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) or [www.boingboing.org.uk](http://www.boingboing.org.uk)

*"I think it has given us the strength to deal with all the issues that we have. It makes you think about taking care of yourself and taking charge." (Parent carer)*

*"The courses have confirmed our belief that parents need to be invested in at grass roots level in order to become resilient before embarking on a journey towards meaningful participation in their communities." (Manager)*

*"I wasn't sure what to expect. I hadn't been to anything like this before but because there was a parent running it she felt like one of us and so it was easier." (Parent carer)*

Download additional information sheets about Insiders' Guide from: [www.amazebrighton.org.uk](http://www.amazebrighton.org.uk) OR [www.boingboing.org.uk](http://www.boingboing.org.uk)

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- Background to Insiders' Guide