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PAN

Parent Participation Care Pack

(Adapted with kind permission of PFAN – Parent, Family & Allies Network)

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## Welcome Parents and thank you!

##### Parents:

**We are grateful for your participation and your safety and well-being is our priority.**

##### About the consultation:

##### PAN (Parent Advocacy Network) is a small steering group of child protection experienced parents and associated professionals who want to develop services of parent advocacy – where parents with experience of child protection become supporters, *parent advocates*, for parents going through such an experience. Parent advocacy has been shown to be helpful in different countries, in the US and also in Scotland, supporting parents, creating better partnership between parents and professionals and helping to keep families together.

##### There are different models of parent advocacy;

##### One to one support: where parent advocates get to know parents, attend meetings with them, help parents to understand what is happening, act as a bridge between parents and professionals and ensure a parent’s voice is heard

##### Group support, offering safe and confidential places for parents to talk about their experiences.

##### Website - online support offering information, advice and education, strengthening the voice of parents in what happens to them and their children.

##### Projects managed inside local authorities - or outside - in voluntary organizations or charities working with local authorities.

##### Parent advocacy can influence individual cases, programmes of support and advocacy and the policy and practice of professional organisations.

##### We would like to hear your views about what support parents need when involved with child protection services. What difference it would make to have access to parent advocacy? Who is best placed to provide these kinds of services? What would make a good advocate?

**Safety and Well-being**

##### You don’t have to answer any questions if you don’t want to and we won’t press you to do so.

You can leave the group at any time simply by clicking a button. You don’t have to give a reason for why you want to leave. It would be helpful to tell the people running the group before leaving so that we know you haven’t lost connection and we don’t try to reconnect.

##### We recognise that discussing your or others experiences may be upsetting for you. If you get upset during the group and would like to talk things through, we will show you how to send a private message to the people running the group who will talk to you in private. If you’d [like to talk after the group email us on](mailto:consultation@pfan.uk) xxxxx or text on xxxxx and we will contact you. There is a ‘debriefing information sheet’ of local services you might want to consider and a list of national helping organisations at the end this document.

**Confidentiality**

##### Microsoft Teams allows you to choose whether you want to turn on your video and you can choose not to if you prefer.

We will not ask you for any information that could identify you or your family other than an email or mobile number which will be used solely for us to invite you to a group.

##### Please avoid using the names of any professionals associated with your case and also avoid using your child's names. Should you say something that could identify you or your family we will not record this information in any way. In the interest of your family's security, try to use titles such as 'son', 'daughter', 'social workers.'

##### Hand written notes will be made of the themes arising from the group meetings. The meetings will not be recorded by audio or visually. A report will be drawn up from the notes for senior managers to consider and in any future development of services.

Nothing will be written in a way that could identify any individual.

##### If you have any concerns, please do not hesitate to ask for more information.

If you would like to talk to someone other than the group leaders or to make contact with us, please email at xxxx

# Four strategies for managing Stress and Anxiety

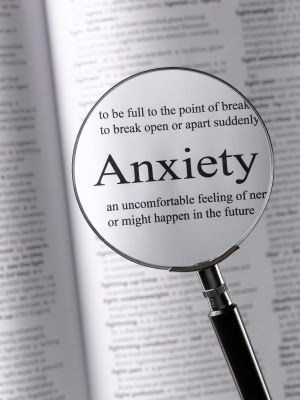
### Attention - Centering techniques

Meditation - Breathing Exercise - Visualisation

To neutralise anxiety, it can be helpful to use techniques designed to focus attention beyond anxious thoughts.

### Expressive, Creative strategies

Arts - Physical movement - Projects

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity.

### Reflection Exploration Strategies

Journaling - Self monitoring - Communication

To monitor where anxiety arises and to become more aware of anxiety triggers. To reflect on anxious thoughts and feelings, we can try strategies that foster self observation.

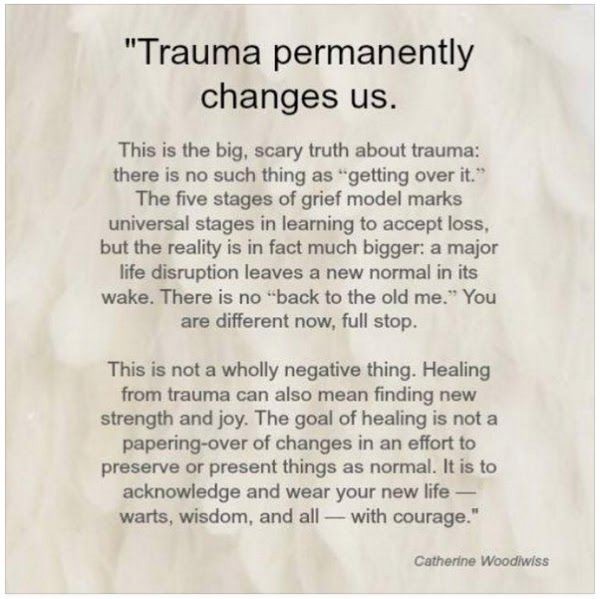
### Healthy Lifestyle Values

Nutrition - Relationships - Exercise

To reduce residual feelings of anxiety, it can help to look for ways to take care of your health. Healthy habits, healthy relationships, and healthy pleasures help reduce anxiety stimuli and bring small things, like what to eat for lunch, back into our control.

# Reframing Negative thoughts

1. Name that thought - Acknowledge an upsetting thought by naming it and reminding yourself that thoughts are only thoughts. No matter how overwhelming, thoughts are not reality, they are one way that we process our feelings.
2. Become your own observer - try to be conscious of yourself as though you are witnessing your thoughts and feelings, not the one experiencing them. How would you offer support to someone feeling your feelings?
3. Say no - if you find yourself going around in a mental loop, tell yourself no out loud. Set your own boundaries, and redirect yourself with a new activity.
4. Acknowledge your triggers and develop ways to redirect yourself.
5. Distraction is often the best way to redirect ourselves - what distractions work well for you? A hobby, exercise, housework, meal prep or work?
6. Give yourself a safe space for reflection. Your feelings are valid and need to be processed but some times and situations are not ideal.



## National Counselling and Support Reference Guide

##### This is a short guide of self-referral support and counselling services.

**Anxiety UK**

Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

Website: w [ww.anxietyuk.org.uk](http://www.anxietyuk.org.uk/)

##### Asian Resource Centre

Confidential counselling, advice and support to Asian women relating to Matrimonial and Family problems. [email: asian.resource@btclick.com](mailto:asian.resource@btclick.com)

Website: w [ww.asianresource.org.uk](http://www.asianresource.org.uk/)

##### Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: [w ww.bipolaruk.org.uk](http://www.bipolaruk.org.uk/)

##### Black Orchid

The aim of Black orchid is to provide culturally sensitive and appropriate mental health advocacy for people of African, Caribbean and other ethnic minority groups, between the ages of 16 and 65.

[Email: black@orchid189c.fsnet.co.uk](mailto:black@orchid189c.fsnet.co.uk)

Website: w [ww.caringinbristol.org/organisations/29/](http://www.caringinbristol.org/organisations/29/)

##### CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: [w ww.thecalmzone.net](http://www.thecalmzone.net/)

##### Gloucestershire Black Mental Health Project

Home visits, welfare rights benefits, Support, advice and information for people with mental health problems who are from the African, Asian, Chinese and African Caribbean communities

Tel. 01452 387744

##### Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: [w ww.menshealthforum.org.uk](https://www.menshealthforum.org.uk/beatstress.uk)

##### Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: [w ww.mentalhealth.org.uk](http://www.mentalhealth.org.uk/)

##### Mind

##### Promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [w ww.mind.org.uk](http://www.mind.org.uk/)

##### No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [w ww.nopanic.org.uk](http://www.nopanic.org.uk/)

##### OCD Action

Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: [w ww.ocdaction.org.uk](http://www.ocdaction.org.uk/)

##### OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: [w ww.ocduk.org](http://www.ocduk.org/)

##### Sathi – Asian Men’s Group

[Support and activites for Asian men with mental health problems. email: andy@band.org.uk](mailto:andy@band.org.uk)

Website: w [ww.band.org.uk](http://www.band.org.uk/%22%20%5Ct%20%22_blank)

##### Tamarind Centre

Provides support to the BME (Black Minority Ethnic) Communities of Coventry in particular African Caribbean and Asian people who are experiencing Mental Ill Health including counselling.

[email: info@tamarindcentre.co.uk](mailto:info@tamarindcentre.co.uk)

Website: w [ww.tamarindcentre.co.uk/index.html](http://www.tamarindcentre.co.uk/index.html)

##### PAPYRUS

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (Monday to Friday, 10am to 5pm and 7pm to 10pm, and 2pm to 5pm on weekends)

Website: [w ww.papyrus-uk.org](http://www.papyrus-uk.org/)

##### Rethink Mental Illness

Support and advice for people living with mental illness. Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: [w ww.rethink.org](http://www.rethink.org/)

##### Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [w ww.samaritans.org.uk](http://www.samaritans.org/)

##### SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

[www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [w ww.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

Website: [w ww.sane.org.uk/support](http://www.sane.org.uk/support)

##### YoungMinds

Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: w [ww.youngminds.org.uk](http://www.youngminds.org.uk/)

**Abuse (child, sexual, domestic violence)**

##### NSPCC

Children's charity dedicated to ending child abuse and child cruelty. Phone: 0800 1111 for Childline for children (24-hour helpline)

0808 800 5000 for adults concerned about a child (24-hour helpline)

Website: [w ww.nspcc.org.uk](http://www.nspcc.org.uk/)

##### Refuge

Advice on dealing with domestic violence. Phone: 0808 2000 247 (24-hour helpline)

Website: [w ww.refuge.org.uk](http://www.refuge.org.uk/)

##### Sahara – Asian Women’s Group

Social, recreational and educational activities for Asian women with mental health problems. Telephone and face-to-face counselling for Asian women subjected to forced marriage, domestic [violence, physical, emotional or financial abuse. email: sahara\_asian@btconnect.com](mailto:sahara_asian@btconnect.com)

Website: w [ww.band.org.uk](http://www.band.org.uk/)

#### Alcohol misuse

##### Alcoholics Anonymous

A free self-help group. Its "12 step" programme involves getting sober with the help of regular face-to-face and online support groups.

Phone: 0800 917 7650 (24-hour helpline)

Website: [w ww.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk/)

##### Al-Anon

Al-Anon is a free self-help “12 step” group for anyone whose life is or has been affected by someone else's drinking

Phone: 0800 0086 811 (daily, 10am to 10pm) Website: [h ttps://www.al-anonuk.org.uk/](https://www.al-anonuk.org.uk/)

##### Drinkline

A free confidential helpline for people worried about their own or someone else's drinking. Phone: 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)

##### National Association for Children of Alcoholics

National Association for Children of Alcoholics offers free confidential advice and information to everyone affected by a parent’s drinking including children, adults and professionals.

Phone: 0800 358 3456 (Friday, Saturday and Monday 12pm to 7pm and Tuesday, Wednesday and Thursday 12pm to 9pm)

Website: [h ttps://www.nacoa.org.uk/](https://www.nacoa.org.uk/)

##### SMART Recovery UK

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Phone: 0330 053 6022 for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday)

Website: [h ttps://smartrecovery.org.uk/](https://smartrecovery.org.uk/)

##### Alzheimer's Alzheimer's Society

Provides information on dementia, including factsheets and helplines.

Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)

Website: [w ww.alzheimers.org.uk](http://www.alzheimers.org.uk/)

##### Bereavement

**Cruse Bereavement Care**

Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)

Website: [w ww.cruse.org.uk](http://www.cruse.org.uk/home)

##### Crime victims

**Rape Crisis**

To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)

Website: w [ww.rapecrisis.org.uk](http://www.rapecrisis.org.uk/)

##### Victim Support

Phone: 0808 168 9111 (24-hour helpline)

Website: [w ww.victimsupport.org](https://www.victimsupport.org.uk/)

#### Drug misuse

##### Cocaine Anonymous

A free self-help group. Its "12 step" programme involves stopping using cocaine and all other mind-altering substances with the help of regular face-to-face and online support groups.

Phone: 0800 612 0225 (daily, 10am to 10pm) Website: [h ttps://cocaineanonymous.org.uk/](https://cocaineanonymous.org.uk/)

##### FRANK

Free, confidential information and advice about drugs, their effects and the law. FRANK's live chat service runs daily from 2pm to 6pm.

Phone: 0300 1236600 (24-hour helpline) Text a question to: 82111

Website: [h ttps://www.talktofrank.com/](https://www.talktofrank.com/)

##### Marijuana Anonymous

A free self-help group. Its "12 step" programme involves stopping using marijuana with the help of regular face-to-face and online support groups.

Phone: 0300 124 0373 (callback service)

Website: [h ttp://www.marijuana-anonymous.org.uk/](http://www.marijuana-anonymous.org.uk/)

##### Narcotics Anonymous

A free self-help group. Its "12 step" programme involves stopping using drugs with the help of regular face-to-face and online support groups.

Phone: 0300 999 1212 (daily, 10am to midnight)

Website: [w ww.ukna.org](http://www.ukna.org/)

##### SMART Recovery UK

SMART Recovery UK face-to-face and online groups help people decide whether they have a problem with alcohol and drugs, build up their motivation to change, and offer a set of proven tools and techniques to support recovery.

Phone: 0330 053 6022 for general enquiries about SMART Recovery UK (9am to 5pm, Monday-Friday)

Website: [h ttps://smartrecovery.org.uk/](https://smartrecovery.org.uk/)

#### Eating disorders

##### Beat

Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)

Website: [w ww.b-eat.co.uk](http://www.b-eat.co.uk/)

#### Gambling

##### Gamblers Anonymous

A free self-help group. Its "12 step" programme involves stopping gambling with the help of regular face-to-face and online support groups.

Phone: 0330 094 0322 (24-hour)

Website: [h ttps://www.gamblersanonymous.org.uk/](https://www.gamblersanonymous.org.uk/)

##### Gam-Anon

A free self-help group. Its "12 step" programme is for those affected by someone else’s gambling with the help of regular face-to-face and online support groups.

Phone: 08700 50 88 80

Website: [w ww.gamanon.org.uk](http://www.gamanon.org.uk/)

##### National Gambling Helpline

Phone: 0808 8020 133 (daily, 8am to midnight)

Website: [w ww.begambleaware.org](http://www.begambleaware.org/)

##### National Problem Gambling Clinic

A specialist NHS clinic for problem gamblers aged 13 and over. Phone: 020 7381 7722 (callback)

Website:

[https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/natio](https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic)

[nal-problem-gambling-clinic](https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-problem-gambling-clinic)

#### Learning disabilities

##### Mencap

Charity working with people with a learning disability, their families and carers.

Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)

Website: w [ww.mencap.org.uk](http://www.mencap.org.uk/)

#### Parenting

##### Action for Children

Support and advice in all areas of parenting, including disability and when children are in care. Website: [h ttps://www.actionforchildren.org.uk/support-for-parents/](https://www.actionforchildren.org.uk/support-for-parents/)

##### Care for the Family

Parenting, relationship support, bereavement and through all manner of additional challenges. Website: [https://www.careforthefamily.org.uk/family-life/parent-support](http://www.careforthefamily.org.uk/family-life/parent-support)

##### Family Action

Provides immediate and long term support to mothers through a peer to peer support network for mothers who are feeling isolated or going through difficult family circumstances.

Website: [h ttps://www.family-action.org.uk/what-we-do/children-families/familyline/](https://www.family-action.org.uk/what-we-do/children-families/familyline/)

##### Family Lives

Advice on all aspects of parenting, including dealing with bullying.

Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)

Website: w [ww.familylives.org.uk](http://familylives.org.uk/)

##### Gingerbread

Charity that supports single parents whatever challenges they may be facing. [Website: https://www.gingerbread.org.uk](http://www.gingerbread.org.uk/)

#### Relationships

##### Relate

The UK's largest provider of relationship support.

Website: [w ww.relate.org.uk](http://www.relate.org.uk/)

##### Womens Aid

Local beaches across the country to provide support and advocacy services to mothers and children who have experienced domestic violence.

Website: [h ttps://www.womensaid.org.uk](https://www.womensaid.org.uk/)

**Advocacy**

Advocacy Project

Provides advice, counselling and alternative therapies. Also offers legal advice and advocacy Email: [office@advocacyproject.co.](mailto:office@advocacyproject.co.uk)uk

Stress relief through colouring

