



Empowering Parents Empowering Communities



The Centre for
Parent and Child
Support

Empowering Parents, Empowering Communities (EPEC) is an evidence-based, low-cost parenting programme. It combines peer-led parenting groups with training, supervision and support provided by parenting specialists based in local services. **In Solihull, the courses would be offered in three wards: Chelmsley Wood, Kingshurst & Fordbridge and Smiths Wood to vulnerable families with children with behaviour conduct issues aged 2-11 years initially.**

What does EPEC offer?

An EPEC Hub would be based in Solar Primary Mental Health Service in Solihull (operated by Barnardos) with a **0.6WTE Hub Co-ordinator** (who is the current Volunteer Co-ordinator-funding secured for post) and would organise the delivery of peer-led parenting courses. EPEC's peer-led courses consist of **eight 2 hour** sessions (with crèche where needed) facilitated by **two EPEC accredited local parent group leaders** for between **8-12 parents**. EPEC courses successfully integrate behaviour change with adult learning.

Who leads EPEC courses?

EPEC courses are peer-led by **local parents** who successfully complete accredited EPEC training (60 hours over 10 weeks) and receive **ongoing supervision** and support from the local EPEC Hub.

What do EPEC courses cover?

EPEC aims to improve child development and outcomes, parenting, family resilience and social capital. EPEC courses combine the latest developmental science and theory with well-evidenced parenting strategies and have been designed by South London and Maudsley NHS Trust, national leaders in mental health interventions and training.

Evidence-base

EPEC scores 3 out of 4 for evidence and 1 out of a possible 5 for cost in the Early Intervention Foundation (EIF) Guidebook at <http://guidebook.eif.org.uk/programme/empowering-parents-empowering-communities> EPEC has been rigorously evaluated in research trials (including a randomised control trial) and routine practice showing that EPEC improves children's social, emotional and behavioural development, parenting, parents' wellbeing, confidence and resilience.

EPEC in Solihull

- Public Health (SMBC) and Barnardos representatives attended a half-day event in London about the EPEC Scaling programme. This is a national programme where successful applicants will receive **£25k worth of training and consultation support** to set up EPEC in their local area (16 in total). Every area will need to **recruit, train and supervise 16 local EPEC parent group leaders**.
- Denise Milnes (Public Health) has convened meetings with Barnardos to prepare an application for the scaling up programme and the deadline for applications is 11/12/17. The outcome will be known in February 2018.
- The funding for the programme is from NESTA Early Years Fund through the Department for Digital, Culture, Media and Sport. Parent group leaders will be trained to deliver courses to parents/carers of 2-11 year olds but the **initial 10 courses need to have parents/carers with at least one child under 5 to fulfil funding requirements**. The target families for the first 10 courses in Solihull, therefore, would be **parents/carers of children aged 2-4 with older siblings**, to have the biggest impact.

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