**ASN Parent Support Group Case Study**

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| Establishment: | Bridgeton Family Learning Centre  |
| Group Facilitator: | Margaret Ramsey (family support and engagement worker) and Karen Paterson (team leader with responsibility for ASN children and families) |
| Case Study Date: | October 24 |
| No of Parents/Carers: | 10 families  |

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| Group Background (Reason for group/access to group/how long group has been established) |
| The Supporting Families Project Worker at BFLC was aware that a number of parents registering with the project had children with additional support needs. In discussion with nursery manager and team leader we identified that there were a significant number of children in nursery with additional support needs and that a support group may be appropriate. This possibility was discussed with a number of parents who responded positively. A group was launched in February 2023 with the following aims:* To provide the opportunity for parents to establish a support network with other parents in a similar situation and to share personal experience and challenges in a safe space.
* To strengthen relationships with nursery staff
* To increase partnership with relevant services/agencies
* To listen to parents and identify as a group what support/ training would be most relevant.
* To increase understanding of each child’s additional support needs and increase confidence of parent’s to respond.

The group meets every 4-6 weeks on a Wednesday from 1.15pm – 2.30pm in a multipurpose room in nursery. The initial consultation session was offered both morning and afternoon at nursery drop off to make it accessible to as many parents as possible. The afternoon suited most parents. Younger children are accommodated in the group and appropriate play resources provided. Morning nursery children are accommodated in the rooms if capacity allows. A typical session Welcome 1.15pm – 1.30pm with refreshments Visiting guest or topic – 1.30pm -2.00pm Questions and group sharing – 2.00pm – 2.30pm  |

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| Parent/Carers (who attends and why) |
| All parents attending have a child with a diagnosis of autism or in the process of receiving an assessment.  |

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| Impacts on Parent/Carers (how have parents/carers benefitted from attending the group) |
| PSG feedback from parents * I found the group really useful. It helped me in relating to my child and helped me understand my child’s condition. Some of the information really related to things I am finding with my child. The trip to the Science Centre was a real family treat.
* I got more knowledge from all the different courses put on. I was seeing behaviour and not always understanding why. It gave me insight into why my children are doing different things.
* The Autism course gave really valuable strategies. For example not to start toilet training until a nappy is dry for a 90 minute period. This gave me confidence in knowing when to start along with the other tips shared.

I have got to know the other parents in the group and feel comfortable sharing what’s difficult for me. The other parents are very supportive and we can share what has worked for us in different areas. It is good to speak together and decide what issues we need support with and then Karen and Margaret find someone with experience in the area. -The group has been helpful. This is my first time being a parent and it can be difficult learning as I go along and learning around the autism part as well. Every parent of an autistic child is on a different path and autism effects children in different ways. I have been able to get help and support from other parents who may have experienced what I am experiencing at that point. I’ve been able to share information in the group which other parents didn’t know about. The groups have been helpful as they have all been on different topics. I did find the autism training particularly helpful.  |

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| Any Information/Advice that Could be Shared with Other Parents/Carers who Require Support |
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| What’s Next for Parents/Carers/Group |
| Topic – sleep Transition – some families moved on / new families coming into nursery Karen is responsible for alternative pathway submissions and enhanced transitions. Margaret is able to provide continuity for all families transitioning to St Annes and for other schools. To introduce families to the family support and engagement worker in those establishments.  |

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| Information on Agencies/Partners who have Supported Parents/Carers/Group |
| Agencies * Health visiting team – nursery link
* Speech and Language team – nursery link
* With Kids – training on 2 key areas identified by parents – non verbal communication and sensory issues. (funding sourced through Supporting Families Project)
* East End Carers – overview of service provided.
* Glasgow Disability Alliance – individual benefits advice and support for parents
* Autism awareness Session – trainer Tanya (funding sourced through Supporting Families Project)
* School transition and alternative pathways information –Karen - nursery
* Family Fund – Margaret with input of 2 parents
* Geeza Break – information shared and parents shared their experience Margaret

In addition families visited the Science Centre in August 2024. This was identified as an autism friendly environment and most parents had not accessed it before due to cost (funding sourced through Supporting Families Project)  |

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| Additional Information  |
| A personal invitation letter was given to all parents with a child with Additional Support Needs before the initial session (Karen)and also for ongoing sessions. Margaret spoke to all those registered with supporting families project and sends a welcome text to those attending before each session. The first session had the following format * Welcome – introductions of staff and parents
* What support is helpful to you at present?
* What are the challenges for you just now?
* What support would help?

From this the group identified 3 key areas for input and support which formed the content for the initial 3 meetings**Running costs** – tea/coffee/biscuits/fruit £5 Training funds sourced for some sessions through Supporting Families Project   **Resources** required – room, refreshments, play resources, staff  **Planning time**  **Delivery time** - 1 hour 45 minutes    |