**ASN Parent Support Group Case Study**

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| Establishment: | 3D Drumchapel Space Peer Support Group |
| Group Facilitator: | Marion Lindsay |
| Case Study Date: | 28.5.25 |
| No of Parents/Carers: | 5 |

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| Group Background (Reason for group/access to group/how long group has been established) |
| 3D Drumchapel was established in 1997 to make a difference in the lives of children and families in Drumchapel by providing support, strengthening relationships and empowering families to make positive change. All of 3D Drumchapel’s sessions services and support are FREE for families living in Drumchapel, Knightswood & Yoker.  The organisation has been offering the Space Peer Support programme for approximately ten years. The group stemmed from SENsation, a play session for children in P1-P7 with additional support needs and their families. Most parents who attend the Space Peer Support group attend SENsation. 3D Drumchapel also offers Triple P Peer Support which is a drop-in group open to any parent/carer who has either previously done group or 1:1 Triple P.  Access to the group can be through self-referral, occupational health referral, friends, schools and GP practices. The group stated that when a child receives a diagnosis, parents and carers are given a list of services and this feels like a ‘Goodbye’. Parents stated that what helps them the most thereafter is attending this group.  Access to the group is for parents/carers living in Drumchapel, Knightswood or Yoker and who have a child aged 12 and under. |

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| Parent/Carers (who attends and why) |
| Parents and carers with a child with ASN attend and parents/carers attend whose children are currently without a diagnosis. They share information about their child and will receive advice from the group. Parents/carers may be receiving support from a health visitor or have a child who is having problems at school. |

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| Format of a Typical Session |
| The group meets monthly on a Wednesday morning from 9.30am-11.30am. The group starts with Feelings Cards where each member chooses a card and shares how they are feeling, with the group being mindful of how people are feeling at each particular session. |

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| Impacts on Parent/Carers (how have parents/carers benefitted from attending the group) |
| ‘We get support and advice from other parents and real solutions as parents are going through the same thing. Parents don’t know where to start. You’re not by yourself. (A)  ‘We get support from a 3D staff member during working times but we also have a WhatsApp peer support and parents get added in – it’s all confidential unless a parent needs other support – other clubs available for example. The group evolves. I’m still here because I’ve got a little one. The kids have millions of aunties and are looked after by all. We go on family trips and all are welcome. In the SENsation group, you don’t get judged – everyone is relaxed and this allows the children to play with the other kids and parents can make friends. We can appreciate the bonding bit – stuff not done in the house as things can escalate in the house. It’s different at SENsation. It’s all about play and the practitioners deal with the chaos! We can be judged outside, for example at Soft Play. Parents can step in to help too. At SENsation we know what the children like and resources and support are provided, as well as snacks. Kids get to try different foods too’. (K)  ‘When we leave the group we don’t feel the same. We giggle and laugh. The group is not always negative. We celebrate. We always leave the group feeling lighter. The group can get quite emotional. The parents/carers can share how they are feeling on WhatsApp and can come to the group and share this. The parent always brings it (the problem) up. Marion is the best practitioner ever. Breakfast is provided for the parents as we don’t have time to eat sometimes. We are looked after by Marion. (K) does the financial element, for example finding external support like the ‘Family Fund’ and supporting form filling. You’re a normal parent, you just keep doing what’s best for your child. I’m a mum but I’m a carer. I should be doing this and this but I get help. Most kids don’t sleep. That’s our normal. There’s nothing else like this, like other groups or clubs – other folk want to come. It’s not all doom and gloom. We are always celebrating the children, for example when a wean opens a packet of crisps. (S)  ‘The group helped me become a better father. I understand my kid’s needs. I struggled and I don’t want my child to suffer. I am better as a dad and I have a better relationship with my kids. There is a whole range of parents that dip in and out. You are never judged. No matter what happens at home ie kids wetting the bed and even if you’re a guy!. (P)  ‘I used to be anxious. I did Fearless Triple P. It changed my life dramatically. I can fight it in my head and pushed it. (I’m still anxious). People can always come along to the group. There is always that warm welcome. People don’t need to speak. They just need to listen. I had a break but it was time to come back. You can come and leave’. (S)  ‘We have never had a situation where someone has asked a question and not had a solution. A warm welcome awaits all. We start with breakfast and then move on to the Feelings Cards. This information is shared on post-it notes and we talk about it. Sometimes the group goes on for more that 2 hours because we won’t finish until every voice is heard. If anyone needs extra support, we will deal with that and provide them with advice or support. Men have joined the group over the years. (Facilitator). |

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| Any Information/Advice that Could be Shared with Other Parents/Carers who Require Support |
| The group has a bank of agencies and a wealth of knowledge within the group ie on Speech and Language, Occupational Health, GP, West Centre, Health Visitor. |

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| What’s Next for Parents/Carers/Group |
| As mentioned earlier, the group evolves. Parents and carers can access additional programmes provided by 3D Drumchapel. |

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| Information on Agencies/Partners who have Supported Parents/Carers/Group |
| The group is consulted on if they want to invite in an external agency. Visitors to the group include Sleep Scotland, Occupational Therapists, Mr Motivator (from TV), Enable. The group has also taken part in yoga sessions. |

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| Resources Required to Support the Group (staffing, planning time/delivery time/budget) |
| 3D Drumchapel provide staff time, a safe space, refreshments/breakfast and other sessions, responding to needs, as well as doing research that would be shared with the group, to support all that need it. |

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| Additional Information |
| 3D Drumchapel Programme  <https://www.3ddrumchapel.org.uk/programme> |