

## Feedback for: 'Coping & Support' Parent & Carer's Meeting

**Information gathered:** 12<sup>th</sup> May 2017

**Provider** – Contact a Family – Emma Weatherdon

**Location of event:** Rosehill Special School

**Number of participants:** 25

**Facilitator** – Claire Waldrom (Assistant Head)

**In attendance** – Bev Wheatcroft (Family Support Worker)

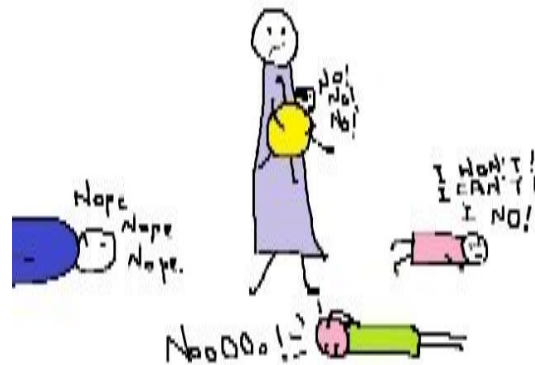
### **Key Points:**

#### **Welcome from Cheryl Steele (Acting Head)**

- Feedback on new developments at Rosehill
- Next Parents meeting – **27<sup>th</sup> June 2017** – Therapy Support at Rosehill
- 'Friends of Rosehill' – Fund Raising & Coffee Morning

#### **Session provided by Emma from 'Contact a Family' – Helpline – 08088083555**

- 'Contact a Family' and its support for families
- Causes of stress – recognition when you are getting stressed
- Making a wish – What parents wish for
- Seeking help in the community
- What stress looks like for all family members
- Dealing with the causes of stress
- Managing stress
- Recognising the symptoms of stress
- Taking care of yourself



## Parent/Carer Feedback:

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree	Not applicable N/A
I feel better informed about how to get the support I need	8	12	0	0	0	0
I feel more confident	5	15	0	0	0	0
I feel better able to deal with stress	4	14	0	0	0	0
I feel less isolated	7	12	1	0	0	0
I have a better understanding of the ideas and resources that can help support me and my family	5	14	1	0	0	0
It has been useful to meet other parents that are in a similar situation	14	5	0	0	0	0
I would recommend contact a Family Services to others	13	6	1	0	0	0

I love the opportunity of meeting other parents in the same situation. It's good to know that I am not alone.

Calming techniques for anger. More ways to cope with stress

It's great to get personalised advice from experienced staff.

I wish Rosehill had a Family Support Worker

Parent's meetings are very good they help us – by discussing things with pupils in similar situations – sometimes more complex situations than

Good support Great school!

Other peoples and my emotions are similar.

This session has really helped. It's good to meet other people and share stories. I will try and take a deep breath...

There is always help out there. This session has helped sign post future help.