

REGISTERED NUMBER: 06775916 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 March 2017

for

The Ministry Of Parenting CIC



The Ministry Of Parenting CIC (Registered number: 06775916)

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for the Year Ended 31 March 2017**

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The Ministry Of Parenting CIC

**Company Information
for the Year Ended 31 March 2017**

DIRECTORS:

J M Gordon
S Brazier
D Barnes

REGISTERED OFFICE:

Suite 6
Wellington House
90-92 Butt Road
Colchester
Essex
CO3 3DA

REGISTERED NUMBER:

06775916 (England and Wales)

ACCOUNTANTS:

JTF
Chartered Certified Accountants
Electra House
1A Gilbert Road
Colchester
Essex
CO2 7LR

**Chartered Certified Accountants' Report to the Board of Directors
on the Unaudited Financial Statements of
The Ministry Of Parenting CIC**

The following reproduces the text of the report prepared for the directors and members in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance Sheet. Readers are cautioned that the Income Statement and certain other primary statements and the Report of the Directors are not required to be filed with the Registrar of Companies.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of The Ministry Of Parenting CIC for the year ended 31 March 2017 which comprise the Income Statement, Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/rulebook>.

This report is made solely to the Board of Directors of The Ministry Of Parenting CIC, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of The Ministry Of Parenting CIC and state those matters that we have agreed to state to the Board of Directors of The Ministry Of Parenting CIC, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/factsheet163>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and its Board of Directors, as a body, for our work or for this report

It is your duty to ensure that The Ministry Of Parenting CIC has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of The Ministry Of Parenting CIC. You consider that The Ministry Of Parenting CIC is exempt from the statutory audit requirement for the year

We have not been instructed to carry out an audit or a review of the financial statements of The Ministry Of Parenting CIC. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.



JTF
Chartered Certified Accountants
Electra House
1A Gilberd Road
Colchester
Essex
CO2 7LR

4 October 2017

Balance Sheet
31 March 2017

	Notes	31.3.17 £	£	31 3 16 £	£
FIXED ASSETS					
Tangible assets	4		13,856		9,857
CURRENT ASSETS					
Stocks		7,631		5,438	
Debtors	5	27,751		92,218	
Cash at bank and in hand		53,511		23,346	
		<u>88,893</u>		<u>121,002</u>	
CREDITORS					
Amounts falling due within one year	6	61,985		116,928	
NET CURRENT ASSETS			<u>26,908</u>		<u>4,074</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>40,764</u>		<u>13,931</u>
PROVISIONS FOR LIABILITIES			<u>2,021</u>		<u>40</u>
NET ASSETS			<u><u>38,743</u></u>		<u><u>13,891</u></u>
RESERVES					
Retained earnings			<u>38,743</u>		<u>13,891</u>
			<u><u>38,743</u></u>		<u><u>13,891</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2017.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2017 in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The notes form part of these financial statements

Balance Sheet - continued
31 March 2017

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors on 4 October 2017 and were signed on its behalf by:

A handwritten signature in black ink, appearing to be 'J M Gordon', written in a cursive style.

J M Gordon - Director

Notes to the Financial Statements
for the Year Ended 31 March 2017

1. **STATUTORY INFORMATION**

The Ministry Of Parenting CIC is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page

2. **ACCOUNTING POLICIES**

Basis of preparing the financial statements

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- Evenly over the term of the lease
Furniture and fixtures	- 10% on cost
Office equipment	- 25% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result

Notes to the Financial Statements - continued
for the Year Ended 31 March 2017

2. ACCOUNTING POLICIES - continued

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 6 (2016 - 5).

4. TANGIBLE FIXED ASSETS

	Plant and machinery etc £
COST	
At 1 April 2016	16,748
Additions	7,693
	<u>24,441</u>
At 31 March 2017	
DEPRECIATION	
At 1 April 2016	6,891
Charge for year	3,694
	<u>10,585</u>
At 31 March 2017	
NET BOOK VALUE	
At 31 March 2017	<u>13,856</u>
At 31 March 2016	<u>9,857</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.17 £	31.3.16 £
Trade debtors	16,403	80,741
Amounts recoverable on contract	1,535	-
Other debtors	9,813	11,477
	<u>27,751</u>	<u>92,218</u>

Notes to the Financial Statements - continued
for the Year Ended 31 March 2017

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.17	31.3.16
	£	£
Trade creditors	9,536	18,253
Taxation and social security	8,560	824
Other creditors	43,889	97,851
	<u>61,985</u>	<u>116,928</u>

7. FIRST YEAR ADOPTION

This is the first year that the company has presented its financial statements under Financial Reporting Standard 102 (FRS 102) issued by the Financial Reporting Council. The last financial statements for the year ended 31 March 2016 were prepared under previous UK GAAP. The transition date to FRS 102 is therefore 1 April 2015.

Adopting FRS 102 has not resulted in the need to change any of the company's accounting policies and none of the company's figures in respect of the previous year have needed to be restated. Therefore no reconciliation of changes to equity or changes to profit and loss account are presented.

000946/16

CIC 34

Community Interest Company Report

For official use
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*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

The Ministry of Parenting CIC

Company Number

06775916

Year Ending

March 2017

31/3/17

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

A social audit report covering these points is attached

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

A social audit report covering these points is attached (Measures)

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

No remuneration was received

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

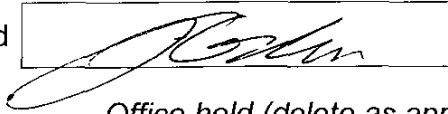
No transfer of assets other than for full consideration has been made

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

8/11/2017

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Jeannie Gordon, The Ministry of Parenting CIC. 90-92 Butt Rd Colchester Essex

Email Jeannie.gordon@theministryofparenting.com

Tel 01206 562626

DX Number

DX Exchange

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ
DX 33050 Cardiff

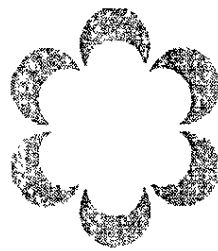
For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38 Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 **cannot** be filed online

(N.B. Please enclose a cheque for £15 payable to Companies House)

April 2016 to March 2017



THE
MINISTRY OF
PARENTING

Social Audit Report

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Summary

Did you know that the average cost of raising a child in England, to the age of 21, is £233,136, which equates to approximately £213.49 per week? Yet little attention is paid to preparing people for this vital role and investment. Being a parent is one of the most important jobs there is, but it is also one of the hardest. The hours are long; there is no pay and not a lot of gratitude; yet parents are the key to giving children a happy and stable childhood. However, when things go wrong the cost to children, families and society is high. For instance, the average weekly cost to the local authorities of a child in foster care, is £1,893 per week (2013 National Audit Office & Manchester Model updated 2015).

The Ministry of Parenting CIC (MoP) is a Colchester based organisation that works with children, parents, and professionals by developing creative evidence-based solutions to the challenges faced by families in society today. The company focuses on investing in parenting in order to prevent, or reduce, the need for expensive and long-term interventions, enabling more of our society's children to have happy and stable childhoods.

One of the challenges faced by families today is managing difficult behaviours. All children have moments when they do not behave properly; however, some have serious behavioural problems which can affect their development and can interfere with their ability to lead a normal life. The costs of these behavioural problems to society are high and cause a lot of distress to children, families, schools and local communities.

Parenting programmes can be targeted at parents of children with, or at risk of, developing behavioural disorders, and are designed to improve parenting styles and parent-child relationships. Reviews have found parent training to have positive effects on children's behaviour, and that benefits remain one year later. The average cost of a parenting group programme can be estimated at £1,270 per family. As a company we provide parenting group programmes for parents of children aged 0 to 18 with particular needs or difficulties. The needs range from wanting to manage young children's tantrums; offering strategies to parents with a child with diagnosis i.e. ADHD/ASD, to supporting parents with young people who are aggressive, school non-attenders and/or who self-harm.

Over the last year we have provided termly groups with positive outcomes and high customer satisfaction. We have sourced funding from a range of grant providers plus, we have maintained the training arm of the company to provide additional income. As the Company Director, I and my team, are concerned that the trajectory of the funding for our parenting programmes is becoming more sporadic, whilst the demand for the services has increased.

To meet the level of need we need to continue to deliver our services to high fidelity and high customer satisfaction. We also need to be creative in developing new products and income streams. This will enable us to continue to support our community of parents and families in the challenges they face today

Aims and Objectives of our Organisation

The Ministry of Parenting CIC (MoP) is a Colchester-based company that works with *children, parents, professionals and organizations* by developing creative evidence-based solutions to the challenges faced by families in society today. The company name was inspired by Jamie Oliver's book "Ministry of Food". In his book and TV series Oliver wanted to pass on the message of healthy food "passing the menu on". Our wish is to pass on "a parenting menu" to support healthy parenting. Our main activities are the delivery of a range of parenting programmes, tailored to suit parents of different aged children; parents with identified needs and parents living in particularly challenging circumstances.

The company's aim is to provide an integrated approach to supporting families and *individuals through the provision of information, support, guidance, group programmes*, supported signposting and training across Essex and the Eastern Region counties. The company aims to raise self-esteem, confidence, emotional resilience and mental wellbeing amongst parents and children and to promote social integration, with a strong evidence base of success. This will enhance and support current good practice, training, evaluation, promotion of healthy living and providing equity of access. Locally its existence is to raise the profile of parenting, offering high-quality training in parenting with regular and robust supervision and parenting for future generations and ultimately helping to reduce violence in society.

Our Vision and Mission: The Ministry of Parenting (CIC) aims to work with *children, parents, professionals and organisations* to develop creative, evidence-based solutions to the challenges faced by families in society today.

Legal Structure: The Ministry of Parenting was incorporated as a 'Community Interest Company' (CIC) on the 17th December 2008 and became operational on 1st January 2009. Company Registration Number 06775916.

Who our service supports;

We currently provide parenting and family interventions for parents of children aged 4 to 18, and for parents of children who are experiencing one or more of the following:

- Family conflict
- Risk of school exclusion/non-school attendance
- Concerns about poor parental boundaries
- Behaviour which is becoming challenging to manage
- Risk of self-danger (self-harm/sexual/drug/alcohol/offending)
- Family history of mental health/alcohol misuse/anxiety or stress problems

The needs range from wanting to manage young children's tantrums; offering strategies to parents with a child with ADHD, to supporting parents with young people who are aggressive, school non-attenders and/or who self-harm. We accept referrals from a range of services; GP's, community nurses/paediatricians, voluntary organisations, schools, and we encourage parents to self-refer.

Key activities this reporting year 2016/17

Programme	Area	Number of programmes	Appendix No (for more information)
Delivery of the Incredible Years (IY) School aged parenting	North, Mid, West and South Essex	12	1
Delivery of the Incredible Years (IY) Autism Spectrum and language delay (ASD) parenting programme	North Essex	2	2
Delivery of the STOP (Parents of Teens) parenting programme	North and South Essex	6	3
Delivery of the FLASH (families learning about self-harm) parenting programme	North Essex	3	4

Number of direct parenting interventions (2016/17)

Area	Hours of direct parenting facilitation
South	1696
Mid	1183
West	1165
North	3264
Total	8628

For a brief overview of the four programmes and evidence of need please see Appendix 1-4

For Health outcomes please see Appendix 5

For Measures please see Appendix 6

Full reports are available on each of the programmes on request

Number of professional trainings delivered 2016/17 (see appendix 7 for overview of trainings)

Programme	Area	Number of professionals
Incredible Years; Baby, Preschool , School aged, and home coaching training	Essex , Cambridgeshire, Kent , London	167
STOP (Parents of Teens) Training	Essex , Wilshire, Berkshire	62
Pit-STOP Training	Essex , Wilshire	33
FLASH (families learning about self-harm) Training	Essex , Dorset	26
Group Skills	Essex	8
Total		296

Appendix 1

	Incredible Years School Age parenting programme (IY)
Programme structure & target population	The (IY) School Aged parenting programme for parents of children 4-11 years. 2.5 hour sessions delivered over 12 weeks. The programme is designed primarily for parents of children who display varying degrees of social, emotional and behavioural problems and many of the families we work with have children diagnosed with ADHD and/or a conduct disorder.
Delivery area	The IY groups are delivered in Colchester at the MoP main office base which is on a local bus route and walking distant from the town centre and station. Rationale for this venue is to have a central location accessible to families in Colchester. We alternate day time and evening groups each term so that we can cater to fathers and working parents.
Our evidence of need	From 1 st April 2016 to 31 st March 2017 we had 41 referrals to the IY school aged programme. Since April 2017 we have had a further 35 referrals. The highest number of requests comes from Community Paediatricians, who advocate our incredible years (IY) school aged programme to parents when their child is undertaking the assessment process or are recently diagnosed i.e. ADHD. This year we have implemented 3 IY groups. However, the current target number of grant-funded parent places for 2017/18 Colchester based IY programme will be met by December 2017. So, despite having 28 parents on a waiting list for the IY programme, we have no means of funding the provision for IY from January 2018, in Colchester. We have had to stop accepting referrals.
Evidence of need in Colchester	Colchester has high rates of children in care (5th highest in the county) In the Colchester area approximately 1,749 to 3,498 children aged 0-16 will have been diagnosed with an ADHD/ conduct disorder condition. MoP is the only organisation currently providing an IY school-aged programme in Colchester.
National evidence of need	Some children have serious behavioural problems which can affect a child's development, and can interfere with their ability to lead a normal life. When behaviour is this much of a problem, it is called a 'conduct disorder'. Conduct disorders are the most common childhood psychiatric disorders, with a UK prevalence of 4.9 per cent for children aged 5-10 years. The costs to society are high, with average potential savings from early intervention previously estimated at £150,000 (2011 prices) per case. In younger children where the disruptive and aggressive behaviours are happening within the home, they may be diagnosed as having 'oppositional defiant disorder'. These behavioural problems cause a lot of distress to children, families, schools and local communities. Another childhood behavioural disorder, which is calculated to effect 1.5% of children aged 5-16 in Britain, is ADHD which also features high levels of inattention, hyperactivity and impulsiveness. An estimated 30–70% of children diagnosed with ADHD also meet diagnostic criteria for conduct problems. These children tend to have poorer outcomes, experience more severe symptoms, more peer rejection and their parents are more likely to encounter higher levels of psycho-social

	<p>adversity. These problems lead to increased utilisation of health and social services which poses a major clinical and public health problem.</p> <p>The (IY) group programme is relevant to the NICE guidelines; CG158 recommendations: 'Offer a group parent training programme to the parents of children and young people aged between 3 and 11 years who have been identified as being at high risk of developing oppositional defiant disorder, or conduct disorder, or have oppositional defiant disorder or conduct disorder'.</p>
Outcomes	<p>The programme focuses on strengthening parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. In the school-age programme parents also learn how to encourage school readiness skills and are encouraged to partner with teachers so that they can promote children's academic, as well as social skills and emotional literacy. The long term goal is ultimately to reduce school drop-out, delinquent behaviours, and to promote academic success.</p>
Our evidence of effective impact	<p>Our programmes evaluations mirror the national research that the IY programme is effective in reducing behavioural issues and reducing parental stress. 39 parents who completed the IY programme in 2016/17 in Colchester completed Strengths and Difficulties Questionnaire (SDQ) pre the group starting and at the end of the group. The level of need range was from 7 (low need) to 32 (very high need). 20 of the children were scored by their parents as above the level for a clinical intervention at the start of the course. At the end of the group 25 children's scores were decreased. 9 children dropped out of clinical need range. This is a mean improvement of 64%. 12 parents completed the SDQ one year later and the results showed 75 % sustainability. The SDQ results indicate that the level of need was <i>higher than expected, however the IY programme was successful as an intervention both in the short term (12 weeks) and longer term (one year later)</i></p>
One Parents testimonial	<p>The programme gave me encouragement that I am doing a good job and I'm not the only parent dealing with these types of problems. It also helped ease "tensions" between myself and my own parents who previously had a very "children must do as they're told" attitude without any flexibility. The group discussions and hearing other parent's ideas helped with my self-esteem. The practical strategies such as rewards, limits and time out were also good topics to look at in a different way to before.</p>
Added Value	<p>The parents really valued the group discussions and being with others who have children with similar problems/issues. They requested peer groups for long-term support. We have over the last 2 years implemented 3-monthly peer groups for the individual IY groups. These have been very popular and following further requests from the parents we have introduced themed topics such as sibling rivalry during the peer sessions. We would like to have discussions to consider how we can continue to facilitate these parent needs lead peer support groups.</p>

Appendix 2

	The IY Autism Spectrum and Language Delays Programme (ASD)
Programme structure & target population	In 2015 Carolyn Webster Stratton, author of the IY school-aged programme developed a new IY parenting programme, specifically targeting parents of children on the autism spectrum and/or with communication difficulties. The ASD programme is designed to be delivered in 12 weekly, 2.5 hour sessions. It is intended for parents of young children (aged 2-5 years) who have been diagnosed with autism and/or with language delay. The programme uses a collaborative approach, encouraging parents to learn from each other. Methods used include role-play skills practices, modelling, group discussion, home activities and reviewing DVDs of family situations that include examples of parents and children on the autism spectrum.
Delivery area	Two ASD groups were delivered in Colchester at the MoP main office base which is on a local bus route and walking distant from the town centre and station. Rationale for this venue is to have a central location accessible to families in Colchester. Day time groups were considered more accessible by the parents due to child care considerations.
Our evidence of need	Over the last few years we began to see an increase in parents with children on the Autism Spectrum being referred to the school-aged groups. Even though we believed the IY core set of principles are relevant to all "parents" we were concerned that the programmes were not specific enough to the wide and varying issues parents with a child with autism, have. In 2015 a staff member was very fortunate to attend training in the ASD programme by the author herself in Seattle and in early 2016 project funding for 1 year secured to develop the programme in North Essex. In 2016-17, 20 parents completed the ASD programme, however 10 parents were referred after the 2 nd group had started so were not able to access the service in the project time frame.
Level of need in Colchester	Approximately 1 in 100 young people have autism spectrum disorder (National Autistic Society, 2015). An estimated 37,857 young people aged 0-17 years were living in the Colchester borough in 2015, which accounts for approximately 21% of the total population. This leads us to calculate that there is currently about 378 children and young people in Colchester with Autism. MoP was the first organisation to provide the IY ASD parenting group intervention in Colchester
National evidence of need	There are three main areas with which people with autism have difficulty: communication, social interaction, and social imagination (National Autistic Society, 2015). Problems with communication are a strong predictor of externalising maladaptive behaviour (Hartley et al., 2008) and these behavioural challenges, as well as child emotional problems, can cause the caregiver more distress and mental health problems than the core features of autism (Hastings et al., 2005; Herring et al., 2006). NICE recommends that research should focus on group-based parent-training interventions that help parents learn skills to deal with these behavioural challenges before they become problematic. A review by Matson et al. (2009) of

	<p>parent training for parents of children on the autism spectrum, found that it helped parents to develop new skills that they could use at home. Furthermore, parent training is effective in reducing behavioural problems in children on the autism spectrum, improving parenting styles, and increasing parents' ability to facilitate the development of their children's communication skills (McConachie et al., 2005; Whittingham et al., 2008). Group parent training has the added benefit of providing social support (Dababnah and Parish, 2014) and shows promise as a valuable resource to help parents.</p>
Outcomes	To promote children's emotional regulation, social competence, language skills, school readiness, and relationships with others
Our evidence of effective impact	<p>For the first pilot group we increased the age group to 8 years as children in the UK are often diagnosed later than in the USA. In the second pilot group we had a father with a child aged 10 years. 20 parents completed the programme. The parents completed the Autism Parents Stress Index (APSI) before and after the group. 18 parents scored decreased post group which is a positive result outcome. The programme received high group retention, high programme content/delivery satisfaction and reduced parent stress scores. This would indicate that the programme was extremely beneficial to the parents of children on the autism spectrum. The parents found the video vignettes particularly helpful as they depicted children on the autism spectrum. 100% of the parents said they would recommend the programme to family or friends. We currently have 14 parents on the waiting list for the ASD group – these parents are aware that the next activities are funding dependant. Investment in implementing further groups would be justified.</p>
One Parents testimonial	<p>There is no quick fix in dealing with a condition like Autism, but this programme has equipped parents, like me, with tools to cope and understand. Oh, and the next time I'm in the paediatrician's office and I hear a diagnosis that I have been dreading, yes there will probably be more tears. But now I know it will be ok, as I have some tools and strategies to deal with what lies ahead. And for that, I can't thank this programme enough.</p>
Added value	<p>Since starting the ASD programme we have received requests for the ASD groups to run in Clacton and across South and Mid Essex. Expanding the access of the ASD group to parents across the region will only be possible through training professionals from a wide range of services. During the two pilot programmes the parents agreed to film the sessions; the filmed sessions were assessed by the ASD programme author as part of the programme fidelity accreditation process. The author Carolyn Webster-Stratton has asked the trained staff member to progress to becoming a trainer in the programme. Investment in having the skills and authority to deliver the ASD training to enable wider access and sustainability would be justified.</p>

Appendix 3

	FLASH Parenting Programme
Programme structure & target population	FLASH stands for 'Families Learning About Self-harm'. This programme was designed to address young person's mental health issues by supporting young people and their carers who self-harm, through offering a formal parent-based intervention in the format of a parenting programme to the parents/carers. The FLASH Parent Training Programme can be delivered as a 10-week programme or as a 4 day workshop model. The programme is designed for parents and carers of young people 11 to 18 years of age where there are particular difficulties in relation to their young person self-harming behaviours. For the Colchester based groups we chose the 4 day model programme structure as some parents expressed concern about leaving their self-harming young person in the evenings. Also the child age was extended to the age range of the young person, to 18 years; this is following recent research which indicates self-harm has increased in college students.
Delivery area	Delivered in Colchester on Saturdays to avoid interruption to work. Parents attended all day. Refreshments and lunch was provided.
Our evidence of need	This programme was developed because there was no identified service which offered parents of young people who self-harm an opportunity to explore, share and problem solve the complex issues that face them when their young person is hurting or trying to kill themselves. Parents value, support and propose the need for advice, information and counselling, plus a chance to meet with other parents. Feedback from our parents indicate that this form of intervention is important as young people often report that they do not feel listened to and a common time for a young person instigating a self-harming act is after a conflict with a parent. The programme aims to support young people by encouraging parents and carers to improve their listening and coping strategies, thus supporting the young person and reducing the self-harm events. The fear of self-harm/suicidal behaviour generates anxious responses from family and professionals and therefore families often withdraw and feel very isolated. Parents inform us that they largely left unsupported by professionals and they often cannot tell their family and friends because of a lack of understanding of self-harm; it is still a taboo subject for many. Whilst self-harm is ultimately damaging and may be dangerous, for many people it provides a method of coping with life. It is important to remember the level of distress that has led to the self-harm. This is particularly important for parents who become aware of the issue and wish to raise it with the individual. Taking away a person's means of self-harm can increase the emotional distress and make the situation worse, therefore the aim of the programme is to educate the family members. The funding to deliver FLASH programmes has come from an ICC grant. Since the start of the grant we have had 92 referrals to the FLASH programme. The ICC grant completes March 2018.

Evidence of need in Colchester	Colchester has a higher than average percentage of mental health problems
National evidence of need	Reports show that 1 in 10 teenagers self-harm, but the true figure could be even higher as most incidents of self-harm are treated at home and will not reach the attention of services or professionals. Although some very young people and some adults do self-harm, rates are higher in young people. No single factor has been shown to predict self-harm. A combination of pressures in home and school life, such as being bullied at school, not getting on with parents, parental divorce, unwanted pregnancy, abuse, rape, bereavement, entering care and mental health problems such as depression, can all lead people to self-harm. It is important to bear in mind that everybody's experience is unique, and there are no universal rules or reasons for self-harm behaviour. Only 12% of those who harm themselves had presented to A&E (NICE 2011) indicating that a vast majority of acts of self-harm are 'invisible' to professionals. Around 30% who begin self-harm in adolescence continue into adulthood – therefore this intervention is a key opportunity during the teen's years.
Outcomes	To enable the parent/carer to integrate the role of a parent with how to manage and support young people who exhibit self-harming behaviours.
Our evidence of effective impact	The results from our FLASH workshops have shown the programme has led to huge changes in the parent's family life, their relationship with their young person and their views of adolescent wellbeing. The results support the fact that behaviour is something that can be changed (new behaviours can be learnt) and that parenting groups are able to fully engage with families to work on young person's behaviours. Changes in the child's/adolescents self-harming behaviours are harder to predict as the FLASH programme does not directly aim to reduce the self-harming behaviours. However, it is clear from the programme evaluation results that the programme does improve parent child relationships, thus supporting both during this difficult time, which has been shown to increase parental acceptance and empathy which in turn had a direct link to the reduction of the child's self-harming behaviours.
One Parents testimonial	When FLASH was first mentioned to me, she'd been cutting for two months. I knew nothing, had no experience and didn't know anyone who had. Her first overdose six months later escalated with EWMHS but by then she was so low and things continued to deteriorate to a point where 6 months later she was admitted to St Aubyn's. I felt very alone during this time trying to understand the 'why' and how to support her and felt I was fumbling my way through. I changed GP's so we could move from EWMH's Chelmsford to EWMH's Colchester and was immediately told about a course due to start with The Ministry of Parenting – a year from when I first asked for help. The course was so useful, the group leaders were both so professional, knowledgeable, experienced, supportive and welcoming; this course should be available to everyone and offered regularly, can't recommend it enough.

Appendix 4

	The STOP Programme
Programme structure & target population	The STOP Parent Programme is a 10 week programme for parents of children/adolescents aged 11-16 years old. There is an additional three sessions which can be added to the 10 week programme, or exchanged for two of the set sessions- the notion is then that the programme can be more targeted to the needs of the parents attending the individual groups. The programme was originally developed as a specialist group programme for parents with children who are difficult to manage, young offenders, or those at risk of offending or exclusion. However, over the last 10 years the programme has been implemented and been found to be an effective preventative programme at a more universal level. The programme sets out to support parents and to help them support their core relationship with their child/adolescent, both in the short term and the long term. This is done by offering parents aid and teaching them to better understand their adolescent child by encouraging them to improve their listening, praise and encouragement skills, giving them information and teaching about practical ways to cope with their child/adolescents behaviour, practical ways to deal with confrontational situations, reassurance about their role, a realistic understanding of what should be expected of a parent or carer and a better understanding about peer influences on young people.
Delivery area	The STOP groups are delivered in Colchester at the MoP main office base which is on a local bus route and walking distant from the town centre and station. Rationale for this venue is to have a central location accessible to families in Colchester. We alternate day time and evening groups each term so that we can cater to fathers and working parents.
Our evidence of need	The funding to deliver our STOP programmes has come through FIF early help offer. The funding supports a set limit number of direct intervention. In 2016-17 we had 22 referrals to the STOP programme, since April 2017 we have had 20 referrals. The FIF funding towards the STOP programme completes in May 2018.
Evidence of need in Colchester	Colchester has a higher than average rate of crime.
National evidence of need	Risk-taking behaviour is a normal and positive strand of development and supports the development of resilient, active, and positive young people who aspire to do the best they can for themselves and the world they live in. Harmful risk-taking behaviour can reduce opportunity, limit aspiration, increase vulnerability, promote criminal or anti-social behaviour and cause physical and psychological problems. Research has identified factors in young people's associated harmful risk-taking. Risk factors include: Poor parental supervision and discipline, Family conflict, Family history of problem behaviour, and Parental involvement / attitudes condoning problem behaviour. Research has also identified protective factors. These factors operate together as a 'protective process'. Protective factors include: Strong bonds with family, Healthy standards set by parents,

	<p>Opportunities for involvement in families, Social and learning skills to enable participation, Recognition and praise for positive behaviour</p> <p>Although children may be born with certain predispositions, behaviour patterns are 'learnt'. Community-based action to reduce risk in children's lives and enhance protection can not only enable them to achieve their potential, but also reduce the chances of involvement in crime, substance misuse and other problem behaviour.</p>
Outcomes	<p>The aim of the STOP group programme is to reduce risk-taking behaviours by:</p> <ul style="list-style-type: none"> • Strengthening parent monitoring skills • Modifying parent self-modelling behaviours • Improved listening and praise skills • Improved understanding about peer influences • Encouraging positive parent/young person interactions <p>The longer term outcome is to increase child and adolescent pro-social behaviours and decrease harmful risk-taking behaviours</p>
Our evidence of effective impact	<p>The evaluation results of the STOP parenting programme shows the programme has positive effects on the parents' mental well-being and style of parenting, as well as their young person's behaviours.</p> <p>To date all parents who have completed the programmes rate the service highly. As a direct result of the programme, parents felt they benefited from being encouraged to consider what (if any) action is needed before reacting, better understanding of their young person and more patient; learnt to take a step back, feels more positive, much calmer, not rising to confrontation and increased awareness. Parents reflected that their young person's behaviour had improved, feeling they were more understanding of why boundaries were in place, were able to put their own strategies in place, more affectionate and agreeable. Parents' felt that by role-modelling calm behaviour, their young person responded in a calmer manner. Parents' also reported that their young person had verbalised that the parents' appeared happier and communication improved. Parents' stated they were enjoying a better relationship with their young person, noting that both understood each other's perspective better, were now enjoying spending time with them, talking a little more, relationship had become less volatile and were receiving more respect and consideration from their young person.</p>
One Parents testimonial	<p>We would just like to thank the Ministry of Parenting for the wonderful support and guidance given in the STOP parenting course. We were given strategies and tools to improve our parenting skills. We didn't feel blamed or accused, in fact we felt that MoP had faith in our current parenting strategies. The group leader did a wonderful job enhancing and providing new techniques making parenting and family life fun. Men are sometimes reluctant to attend parenting classes but my husband said "I felt so comfortable and actually looked forward to the sessions. It was a place where I felt heard and understood."</p>

Appendix 5

Health Improvement outcomes

		STOP	IY School aged	IY ASD	FLASH
Improved child behaviour	Decrease of behaviour problems	√	√	√	
	Supporting parents to commit to learning about the emotional and development changes in adolescent	√			√
	Parents assessing and reducing their own negative responses to their adolescents	√			√
	learn skills to know how to communicate effectively	√	√	√	√
	Set fair limits, recognise and praise positive behaviour	√	√	√	√
	Maintain a healthy relationship with their adolescent	√			√
	Promotion of child positive attributions, academic readiness, and problem solving skills		√	√	
	Increase of children's on-task school-readiness behaviours, language development and curiosity for learning		√	√	
	Improved concentration/attention	√	√	√	
	Reduce critical and physical discipline and increase the use of positive for managing behaviour	√	√	√	
Improved child resilience, emotional wellbeing and mental health	Increased family connection (Adolescents who feel connected to their family smoke fewer cigarettes, drink less alcohol, use less marijuana, start sex later and are less likely to be involved in violence)	√			√
	Increase of children's ability to names feelings (emotional literacy)		√	√	
	Increase of children's social skills and friendly interactions with peers		√	√	
	Increase of children's empathy skills	√	√	√	√
	Prevention, reduction, and treatment of early onset conduct behaviours and emotional problems	√	√	√	√
	Increase of children's ability to manage angry ,sad, anxious and over-excited feelings (self-regulation skills)		√	√	
Improved parent wellbeing	Increase of parents positive relationships, sensitivity and attachment with their child/adolescent	√	√	√	√

	Increase of joy with child/adolescent	√	√	√	√
	To aid parents increased understanding of interpersonal issues such as building social skills	√	√	√	√
	Update parents knowledge of Brain development	√			√
	Increase of parents understanding of Autism Spectrum disorder, ADHD and encourage developmentally appropriate expectations		√	√	
	Increase adult resilience skills and improved relationships which will then be transferred to the adolescent	√			√
Reduced stress on families	Enabling family members to explore family functions, examine the processes by which the family operates as a whole, including communication	√	√	√	√
	Improving parent's family life and the relationship with their child.			√	
	Reduced negative affect i.e. less negative commands and more ineffective limit setting	√	√	√	√
	Parents empowered to identify their own problems, needs and solutions.	√	√	√	√
	Parents gain problem-solving skills to address current adolescent and parent conflict	√			
	Content subjects include conflict management, listening skills, praise and encouragement, limit setting, family meetings and personal stress managing	√	√		

Appendix 6;

Measures used to assess impact of the parenting programmes

Quantitative - parent numbers attending programmes and age of children they are responsible for, number of referrals and from which agency, demographic information.

Pre and post evaluation; the pre-group questionnaires are completed at the introductory meeting. Questionnaires were then completed in the final week of the group. These incorporate standardised measures (depending on service/funders requirements) such as the: Strengths and Difficulties Questionnaire (SDQ), The Adolescent Wellbeing Scale, Parenting Stress Index (APSI) and Family STAR. These all have their merits and we are keen to evidence our outcomes in line with the national recognised measures and are very aware that these measures also shape our service if outcomes are not being met. Using these methods comparisons can be drawn at different time points to evaluate change over time with the programme and measure its effectiveness. To ensure the performance management of the group facilitators, all facilitators have to complete the weekly programme session fidelity checklists.

Qualitative: Thank you cards from attendees, weekly evaluation forms. Anecdotal evidence. We have hard evidence (quantitative data) that shows that the programmes are effective in the short term. The wider national evidence suggests its effectiveness long term, but we want to prove this at both locally and at district level, so beneficiaries know why this is going to benefit them.

Measures are collected and analysed by using tools tabled below;

	IY	ASD	FLASH	STOP
Record no: of queries	X	X	X	X
Record no: of Contact	X	X	X	X
Demographic information	X	X	X	X
Weekly evaluation	X	X	X	X
The Adolescent Wellbeing Scale (young person)			X	
The Adolescent Wellbeing Scale (parent)			X	
Strengths & Difficulties Questionnaires.	X			X
Family STAR	X	X		X
Parenting Stress Index (APSI)		X		
End of Course Satisfaction Questionnaire	X	X	X	X

Appendix 7; Training for Professionals - programme overview 2016/17

Training programme	Target professional population
The Incredible Years Pre-School -3 day training	For Professionals working with parents of children aged 1 -6 years. This programme covers both the Toddler and early Years programmes
STOP - A Supportive Programme for Parents of Teens 3 day training	Training Programme for professionals working with parents of children aged 11-16 years. The programme aims to give parents a greater understanding about the developmental process of their teenage child. Sessions include Alcohol; conflict & aggression; sex & relationships, praise & encouragement; setting the limits and more.
The Incredible Years Baby Training -2 day training	The Parents and Babies programme consists of a 6 part programme, focused on helping parents learn to observe and read their baby's cues and learning ways to provide nurturing and responsive care including physical, tactile and visual stimulation as well as verbal communication.
FLASH- Families Learning About Self-Harm -3 day training	For professionals working with parents of children aged 11-16 years and who are showing signs or behaviours of self-harming. The course will enable participants to: have a wider knowledge, awareness and understanding of self-harm behaviours in young people; understand the basic approaches for implementing a FLASH parenting group programme and provide practical strategies for parents
The Incredible Years - School Aged Training 3 day training	This series focuses on the importance of promoting positive behaviours, interpersonal issues such as building social skills, and effective praise
The Incredible Years Home-Coaching Programme 1 day training	This one-on-one parent-coach model can be used to deliver the entire pre-school BASIC programme, or as a supplement for parents attending an Incredible Years group. This home-visitor coaching model is a good option if parents cannot attend a parent group due to schedule conflicts, or if there is an extended delay before the next parent group will be offered. This model may also be used with parents who need some additional home-coaching with their children.
Group Facilitation Skills Training	This four day course will enable you to develop your skills for working with groups, develop your confidence as a facilitator and help you get more out of your facilitator role.

4 day training	
<p>SHARPS</p> <p>Supporting Holistic Approaches – Risk, Parents and Self Harm</p> <p>3 day training</p>	<p>This is a 3 day multi-agency training course that aims to give professionals an awareness of the key principles of working with young people who self-harm, and their families. The content of the training is based from the work and evidence of the FLASH parent programme designed for parents of a young person who is exhibiting self-harm behaviour and this behaviour is having an impact on the whole family.</p>
<p>Pit – STOP</p> <p>(Parent Interactive Toolkit)</p> <p>1 Day Training</p>	<p>Pit-STOP is a 'one- to-one' parenting programme based on the STOP (Supporting Parents of Teens) parenting programme. The training day will take professionals familiar with the STOP programme through the Pit –STOP eight baseline content sessions which include subjects such as conflict management.</p>

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