

WHAT NEXT?

10

This module covers the following information:

- What next?
- The value of networking
- Linking to other services
- Practicalities of running parent support groups
- Monitoring progress
- Sharing emotions and feelings

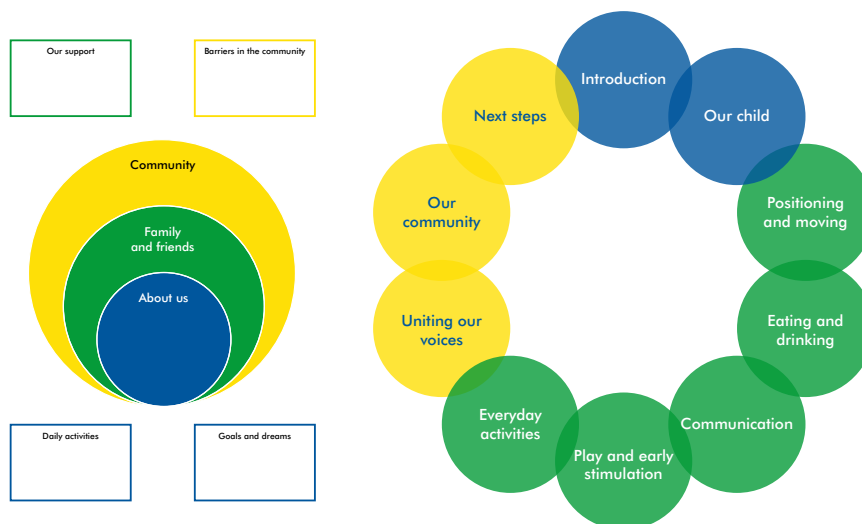


WHAT NEXT?



Materials

Flip charts, pens, personalised image 1.06 and image 1.01.



Icebreaker

15 minutes

Show the session overview to the group. Ask everyone to tell you their favourite moment over the course of the programme. Allow time for sharing of stories. You should also share their favourite moments.



Explain

5 minutes

Today is the last session of our programme. For some of you it might feel quite sad to be finishing and for others you might feel relieved to be done! The biggest question we often get asked is what happened next, so today's session is going to think about that:

Outcomes for the module (on flipchart).

By the end of this session, you will be able to:

1. Understand some benefits to networking with other caregivers and parent groups.
2. Identify which support groups already exist and how you may be able to connect with those.
3. Identify good practice for running and organising 'self-help parent groups'.
4. Reflect on what you have learned over the past 10 sessions and how it has impacted on you, your family and your child.
5. List a number of subjects that we have not covered and considered how you might find out more about those.

THE VALUE OF NETWORKING



Materials

Image 1.06



Activity

20 minutes

Have a look again at your personal posters. Ask someone who has not presented their poster regularly to present their network. What has changed in your situation since coming? Where do other mothers or parents feature within the posters?



Ask

Ask the group the following questions and allow plenty of time for discussion.

“How do you feel about being networked with other parents/caregivers and other groups?”

“Is it useful? What are the benefits?”

“Do you ever get an opportunity to meet up with any of the other parents outside of the sessions?”

“Is it useful why? Why not?”

“In what ways can you facilitate meeting of parents and gaining support from each other?”

Document suggestions and ways forward for this.

“There are many physically disabled children in our village. I did not know them before this time, and we also were not aware of those who arrive from other villages. As a result of coming to the training we know each other.” **Parent, Bangladesh**

“During this group I had a lot of discussions with my husband, we talked about how important it was to be accompanying and participating in the activities, and today it seems that he is more aware of things and participates without complaining.”
Mother, Salvador

“We also change psychologically, it is important to be with other parents.”
Parent, Salvador

LINKING TO OTHER SERVICES



Ask

Which other groups for parents/families do you know in the area? Do you already go to any of them?



Activity

Discuss in your groups the services that you are aware of, whether you have accessed them, and your experience of using the service.

List the names of organizations on flipchart paper and the activities that you do. How can people join or find out more about these groups?

Facilitator Tips:

Asking everyone to think of who they can invite e.g. other organisations to come in and give a short talk about their services, may be a useful way to continue the group meetings.

If there is no obvious group that caregivers could join, it might be that they wish to set something up.

PRACTICALITIES OF RUNNING PARENT SUPPORT GROUPS



Ask

Ask everyone to plan how they might run their own parent support group. Emphasise that **there is NO BLUEPRINT** of a perfect group and every group will be different.

Each parent will have a different amount of time to give to this.

Some questions to think about:

“What makes a good group? Would it be a group that meets regularly? How often or not at all? Is there something that is important for your group that you want to work together to change? How might you do this? Is there anything you could do as a group? Could you meet at someone’s house? Could you rotate and meet at different people’s houses? How will you communicate with each other about the meetings? How can you find out what other opportunities there may be for your group to access services?”

For example, group savings schemes.

“What might be some of the challenges for your group? How might you address some of those challenges? What makes a good group leader? How would new people find out about a group?”

In Bangladesh two parents from each of the 14 parent groups were identified as leaders and this module was run with them. This provided an important opportunity to meet parents from other groups, and encouraged a wider exchange of information.

“I have come to know most of the parents through going to training... before training they were unknown to me. Now, we always talk to each other. Whenever we hear about a child improving, we meet him at their home, and try to find out more.”

Parent, Bangladesh, during session on running a support group

Break

10 minutes



Activity

40 minutes

Image 1.01 – session overview.

Guide everyone through each of the sessions that they have covered. Ask them to remember two or three points from each session that they learned. (5 minutes per session).



Ask

20 minutes

“What subjects do you feel we have not discussed that you would like to know more about? How do you think you can find out more about these? Could this be something organized as a group activity?”

List the issues on a flipchart paper and make a plan for each.

Points to raise:

- Some issues may be specific to just one person or child and so this may be something you try to find out for yourself.
- Other issues may be shared by several parents and asking someone to come to present to you as a group might be useful.
- Ideas include: assistive devices, gastrostomies, applying for a disability grant, how children with disabilities could go to the local school.

MONITORING PROGRESS



Activity: Most Significant Change stories

Work in groups of four or five.

Looking back over the last 10 sessions, what do you think was the most significant change that you or your family have experienced because of our time together?

Each person tells one story of Most Significant Change as a result of the 'Juntos' group. Ask each group to select one story that they regard as most significant to share with the whole group.

Ask the group to give the reason that they chose this story, this is just as important as the story.

Out of the selected stories, the whole group selects one most significant story of change.

Ask everyone to consider 'Most Significant Changes' at different levels:

1. For themselves as caregivers.
2. For their children.
3. Within the family.

SHARING EMOTIONS AND FEELINGS



Ask

"How did this session feel? Did it raise any emotions or feelings that you did not expect? How have you been feeling this week? How are you feeling about the end of the sessions?"

This is the end of the facilitated group sessions. Reconcile that everyone may have different feelings about it. Thank everyone for their time and contributions to the sessions.

