



Transforming Children's Lives

EPEC National Scaling Programme

*NESTA Early Years Social Action Fund
Summary Findings Jan 2020*





EPEC Scaling Programme tested the rapid expansion of EPEC across 15 new areas in England.

- The Scaling Programme is a national programme of local parent group leaders (PGLs) from areas of high social disadvantage recruited to train as EPEC parent group leaders to lead EPEC Being a Parent courses in their local communities supervised and supported by Hub staff.
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Recruitment of parents within disadvantaged communities to train as EPEC parent group leaders is replicable at scale.

- New EPEC Hubs recruitment of local parent group leaders (PGLs) from areas of high social disadvantage exceeded planned volume by 36.0%.
- Local Hubs delivered highly successful and impactful PGL training resulting in 216 successfully trained EPEC parent group leaders across the 15 sites to lead EPEC Being a Parent courses.
- The vast majority of trained PGLs went on to lead EPEC Being a Parent courses in their local communities supervised and supported by Hub staff.

EPEC Hubs were highly successful at organising of Being a Parent courses for their selected socially disadvantaged communities and neighbourhoods.

- EPEC substantially increased scale, reach and acceptability of parenting support.
- EPEC hubs delivered 128 Being a Parent courses during the Scaling Programme, reaching over 1000 parents, of whom 90% took part in a course.
- Three quarters of parents attending BaP courses were not in paid employment, two-thirds lived in rented accommodation, half had no post-school qualifications and one-quarter had English as an additional language.

Hub EPEC courses were attractive, valued and popular with parents.

- EPEC's peer-delivery model was highly effective at recruiting and retaining parents from socially disadvantaged communities and neighbourhoods
- Three quarters of parents attending completed their Being a Parent course.

EPEC Being a Parent courses were highly effective and strongly supported by parents.

- Parent-led Being a Parent courses enabled participants to achieve meaningful change with clear impact on parent, child and family outcomes.
- Outcome data across the 128 Being a Parent courses showed substantial to very substantial improvements in child concerns, parenting goals, parenting behaviour and parent wellbeing.
- Parents emphasised the competence, skills and motivation qualities of the Hub parent group leaders, underlining their crucial and effective role in EPEC's effectiveness and successful reach.

The Scaling Programme was a robust and successful test of the capability to deliver EPEC at scale and at pace across a diverse range of organisations and communities.

- Hubs successfully mobilised and trained local parent group leaders, and delivered an effective and popular programme of Being a Parent courses to socially disadvantage families.
- Hubs have continued to increase the scale their local Being a Parent programmes.
- Hubs are expanding the range of EPEC parent-led courses for parents of infants, teenagers, children affected by autism and families affected by co-parent conflict.
- National EPEC team continues to provide EPEC scaling support to new sites in the UK and internationally.

The full NESTA/DCMS EPEC Scaling Programme report is available from the National EPEC Team, South London and Maudsley NHS Foundation Trust, EPECProject@slam.nhs.uk



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