



## *EPEC Scaling Programme*

The National EPEC Team can provide training, materials and support to new partners to help them set up a new EPEC Hub in their local area.





## What is the EPEC Scaling programme?

South London & Maudsley NHS Foundation Trust's National EPEC Team will partner with 16 organisations in England to help them to establish EPEC Hubs in their local area:

- Each Hub will offer EPEC parenting courses in local, socially disadvantaged communities for parents with children aged 0-4 years.
- The Scaling Programme provides local multi-agency partnerships that are ambitious to develop innovative, community-based parenting support with a robust, well tested approach.
- EPEC combines local professional parenting expertise using evidence-based methods with a parent-led approach that builds community resilience.

## What do parent group leaders do?

EPEC courses are led by local parents who have completed our accredited EPEC training. Group leaders' qualities and skills, backgrounds, experience, and status as parents are critical to engaging other parents and affecting change by:

- Building trusting relationships so that parents feel encouraged, optimistic and well informed about EPEC, particularly families with more complex needs.
- Shaping EPEC's manualised course content and methods to reflect the individual and collective needs of parents and their children.
- Helping parents to develop individual plans and goals for themselves, their children and family.

## What will the National EPEC Team offer?

Over 18 months, we will offer each new partner:

- **Free training** to set up an EPEC Hub, recruit and train local parent group leaders and run EPEC parenting courses.
- **Free access** to knowledge and expertise in organising EPEC courses supervising and supporting volunteer group leaders.
- **Free access** to all EPEC manuals, outreach and group materials, and quality assurance and outcome monitoring systems.
- **Free, on-going access** to 1-to-1 site support and the national EPEC workshop programme.

## What will you contribute?

We need each new partner to commit to:

- A local provider hosting the local EPEC Hub. This can be community health services, early help team, children's centre, CAMHS or other appropriate service.
- Local funding for 18 months to cover an 0.6wte Hub coordinator, admin support and non-pay costs including parent group leader expenses, crèche support.
- Recruit, train and supervise 16 local EPEC parent group leaders.
- Run 10 EPEC parent courses for up to 100 parents over a 12 month period.
- Share EPEC quality, fidelity and outcome information with the National Team.

## What's involved?

There are three phases:

- Phase 1 (Sept 2017-March 2018): Engage and select partner sites.
- Phase 2 (Apr-July 2018): Establish local EPEC Hubs, share EPEC materials and resources, train local Hub Coordinators, select & train local parent group leaders.
- Phase 3 (Aug 2018-June 2019): Each Hub delivers at least 10 EPEC courses, ongoing support, quality assurance and outcome evaluation.

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