



## *Parent Group Leaders*

EPEC courses are led by local parents who have completed accredited EPEC training and receive ongoing supervision and support. They make an essential contribution to EPEC's special quality and effectiveness.





### Why does EPEC use a peer-led approach?

EPEC's well-tested and innovative combination of peer-led methods with professional parenting support and supervision:

- Improves the scope and scale of help available to parents and families.
- Boosts parent access, acceptability and accelerates behavioural change.
- Offers greater credibility and influence with parents.
- Builds community capacity and resilience.
- Improves group leaders' confidence, qualifications and employability.
- Offers parent group leaders a way to express their personal and community altruism.

### 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 those with higher levels of need.
- 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 training and support do they get?

Each EPEC Hub offers parent group leader training and on-going support including:

- Introductory accredited 6-10 day EPEC group leader training supported by a crèche.
- Ongoing fortnightly supervision to maintain quality, review safeguarding and course issues.
- Supervisor observation of parent group leader practice and course delivery
- Continuing development sessions to exchange skills, reflect on practice, revisit and review course structures and organisation, and co-design new developments.

### What do parents say about EPEC group leaders?

- "They definitely know their stuff and have so much to offer." *Parent, Newham*
- "Lovely trainers, very upbeat and used their experiences to illustrate strategies really well" *Parent of a 9 year-old, South London*
- "Really helpful trainers, lovely and understanding.....I wouldn't have stuck with the course if it wasn't for the trainers." *Parent, Southwark Primary School*
- "Absolutely fantastic at delivering the course, empathising with our situations and making us feel really comfortable with sharing our experiences and comments." *Parent, LB Croydon*
- "They were amazing.....made me feel really relaxed and I was able to open up about a lot of things that I have not spoken about and talk about my emotions which I don't normally do." *Parent, Lambeth Children's Centre*

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