

Healthy Parent Carers Training Sub-Group Meeting

3rd December 2020 10:30am

Meeting Notes

Attendees

Family Faculty: Mary, Kevin, Jane, Kate

PenCRU: Bel, Annette, Fleur

Overview:

Adapting activities to online delivery
Wellbeing issues during programme delivery
Group dynamics
Managing the Chat

Ground rules for this meeting discussed

Adapting Activities:

Modules have been classified: Red- not possible online, Amber- needs adjustment, Green- suitable for online.

If two facilitators are in same room during delivery, then activities more possible. Online training is just for the two blocks of training in the Implementation Plan. Beyond that the charities can deliver as they want to. Online version likely to continue to run as reaches more parents. Resilience game and Balloons game can be adapted- using building blocks on a desk possibly. The discussion around the activities is the most important and this can continue. Could use video clips of balloons activity. Videos can be useful for promotions and gives people a mental break.

Wellbeing:

Breaks: Construct breaks into the flow of the activities e.g. getting people to stand up and move around. Have a discussion standing up- will introduce humour. Beware of falling over pets! Facilitator standing up brings vibrancy. Getting people to look away from the screen for a short period. First session has space to discuss health and wellbeing during online delivery.

Icebreakers: involving active movement will help, e.g scavenger hunt. A mixture of probing and less personal icebreakers is best. Early on in programme use less probing icebreakers. Time limit of two hours for each session.

Ground rules: people can get up and down and turn off cameras if they wish. Letting people know when the break is coming is helpful. Allow participants to suggest what they find helpful/necessary, steered by facilitator. Chat- see below.

Group Dynamics:

Social connecting in breaks is important. Starting Zoom meetings early would help. One to one chats and friendship development is difficult online. Brainstorming with one other person is key to the face to face programme. Using breakout rooms could work, further into the programme, when people feel more confident. Facilitators and assistant facilitators can drop in, but don't have to be there all the time. Important for people to chat without being heard by the facilitators. Small groups of 2 or 3 work well. Assistant facilitator can look out for distressed participants and be available for messaging or for a meeting in a breakout room.

Managing the Chat:

Chat can be distracting- Assistant can manage it. But also some people feel more confident to message on Chat rather than speak. Could have a ground rule that Chat is only for private messaging to facilitators. Issues of people sending messages by mistake to the group. Could send a 'check in' chat first and practice at the start or in a pre-meeting. Or possibly text the facilitator. Also frame a certain time and rules for the chat. Icebreakers that use the chat- to get used to it. All chat including private chat is visible to host after the meeting- can mention in ground rules at start.