



Case Study

Sharing parenting

Moving on with Heads and Hearts

Project: Community Grants

Business sector: Voluntary and Community

Location: Suffolk

It has helped me to stand back and look at other ways of handling the parenting of my children

*Lucy
Community Grants participant*

TCHC Community Grant project has life-changing effect on mum Lucy

” A Newmarket mum who took a parenting course funded by workforce development provider TCHC has enjoyed such a confidence boost that she has launched her own support network for fellow parents.

Lucy Castang, of George Lampton Avenue, went on the ten-week programme run by local company Sharing Parenting after her daughter Imogen, eight, showed signs of ADHD. The 37-year-old explained: “Imogen is a very lively girl and can be quite full on. A family friend thought she may have ADHD, but before I could get her assessed I had to take a parenting course.”

Self-employed gardener Lucy, who is also mum to three-year-old Sophie, was enrolled onto the Raising Children course, which was funded by a £13,000 Community Grant from TCHC. For two hours each week, she and a group of other mums and dads learned about different parenting methods, understanding why their children might act in a particular manner and how to respond accordingly.

Lucy said: “We learned how to discipline them in the right way and explain the consequences of their actions to them. The course was brilliant - it made me take a step back and look at ways I could handle my children better, helping me improving how I deal with them.

“It’s increased my confidence and made me realise that I’m more capable than I thought.”

Such was the positive impact on Lucy’s self-esteem that she has since co-launched a parenting project with three other mums from the course. This will offer one-on-one support for local people who are experiencing minor issues with their children. “The parents will get in touch with Sharing Parenting, and we will then arrange a time to meet them in a neutral location,” said Lucy, who lives with partner Michael. “We’ll be a listening ear for them and hopefully be able to suggest ways they can improve things.”

She added: “I would never have had the confidence to start something like this without doing the parenting course.”

The Community Grant was awarded to Sharing Parenting by application managers TCHC, with the overall project fund coming from the European Social Fund and the Skills Funding Agency. TCHC was awarded £2.4 million in total to be distributed amongst small, third sector organisations which help disadvantaged learners move closer to work.



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Sharing Parenting director Suzanne Pearson said: "We are very grateful to TCHC for this grant, without which we wouldn't have been able to run our parenting course. The families involved really benefit from it; the course increases positive relationships at the same time as improving confidence and self-esteem in the children. Two hours a week can really change a child's life."

She added: "Lucy did brilliantly - it was fantastic to see her growing in confidence as the weeks went on."

Chief executive of TCHC, Dale Morgan, added: "We are extremely pleased that the Community Grant has been used to such great effect by Sharing Parenting and that it has had a truly positive impact on Lucy. We wish her all the best in her new project."

Community Grants is a programme financed by the European Social Fund and the Skills Funding Agency.

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