



NEWSLETTER
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Parenting awareness for young people – PAFYP

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www.parenting4youth.eu

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PARENTING 4 YOUTH

Parenting Awareness for Young People

ABOUT PAFYP

Six partners from United Kingdom, Bulgaria, Spain, Poland, Romania and North Ireland, UK are going to exchange best practices and to develop:

- a common understanding of positive parenting
- attachment theory
- positive practices and simulations in parenting awareness

to up-skill those working with young people in order to address the Europe 2020 agenda regarding poverty and social exclusion in terms of addressing early school leaving and improvement of academic attainment in young people.

AIM of the project:

to create a best practice training resources (BPTR) representing a synergy between partners from different cultural backgrounds working in different field of education, training and youth, The BPTR will be useful for those working in Higher Education, Youth work, School education, and in a health and youth related setting.

First partnership meeting 15-17 October 2019



The first PAFYP meeting was hosted by Devon Mind in Plymouth, UK. Many details about the implementation of the project were discussed, among them:

- Approved Application overview & EMCs, project outputs and expected results, evaluation, template format and usage, project time management and financial matters, Huddle overview;
- Feedback from British National Agency, budget changes and impact on partners regarding removal of IO1;
- Re-affirming roles and responsibilities among the partners;
- QARM protocols, presented by IRIS, to be followed throughout the project lifetime.

In addition, each partner had a short presentation of its organization. PADM presented 2 workshops: Emotional Regulation and its impact on Perinatal Mental Health; and Self Care & Compassion and Mindfulness For Young People

As a result, foundations for a successful partnership were laid out and innovative practices were shared among the partners.



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WHO ARE WE ?



Associació Programes Educatius

OPEN EUROPE

OPENEUROPE (Es):

- v Education and training center offering informal and non-formal learning opportunities to young people and youth workers;
- v Development of online platforms, mobile apps;
- v Organizing international youth exchanges;



EUROPEAN DEVELOPMENT FOUNDATION

EDF (Bg):

- v Works for civil society development and introduction of innovative practices;
- v Providing education and training of children and young people;
- v Social integration of vulnerable members of the society;



Kilcooley Womens Centre (NI,UK):

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- v Works primarily with socially disadvantaged women, children and families, to help improve their life chances and deliver high level out;
- v Aims to prevent young woman's lives being affected by Para militarism.



BUCOVINA (Ro):

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- v Works with the School Inspectorate of Suceava;
- v Organizing thematic training courses and non formal training, workshops, seminars, conferences, campaigns;
- v Providing authorized social services and researches in social economy, sociology, community development;



IRIS (Po):

- v Supporting new reforms in non-formal education;



MIND DEVON(UK):

- v Working in perinatal mental health and fostering emotional resilience in young people;
- v Affiliated to National Mind but autonomous in their own;

WHAT NEW HAVE WE LEARNED ?

A variety of training approaches that Plymouth Mind uses to address the issues, which cater for such a different range of people.

What new have we learned ?

We were provided with practical materials and ready to use activities to work on self-care issues with different range of people.

The approaches shared during the meeting will help partners introduce them in their personal development programmes and will open new areas for work with young people.

NEXT STEPS

Each partner will host one transnational partnership meeting.

Prior to it, the partner will prepare training materials, together with workbooks, training packs/materials for each partner to take away with them.

During the meeting, the host partner will deliver 2 one-day non-formal workshops.

Partners will translate the materials for delivery of future workshops, locally, beyond the project end.

The toolkit of learning materials will be presented at each partner's multiplier event in order to reach a wide an audience as possible.

The following partnership meetings will be organized within the project timeline:

2ND MEETING, REUS, SPAIN, OPENEUROPE.

Training workshops topics:

- "FIT PREGNANCY AND BABY - I & II".

3RD MEETING, SOCEAVA, ROMANIA, BUCOVINA

The topics of the training workshops will be:

- Alexithymia to help young people to express their feelings and emotions;
- Attachment Theories and the work of Daniel Siegel around early trauma and its impact upon later brain development.

4TH MEETING, LODZ, POLAND, IRIS

Training workshop topic:

- "How to Rock Baby Blues" (PND - Post Natal Depression)

5TH MEETING, BANGOR, NORTH IRELAND, UK, Kilcooley Women's Centre (KWC).

Training workshops topics:

- Inclusive Play to Promote Diversity and Tolerance & Creative Play to Promote Resilience and Positive Behaviour in Early Years;
- Baby Think it Over (education to tackle school age/teenage pregnancy) with use of simulator dolls.

6TH MEETING, SOFIA, BULGARIA, European Development Foundation.

Training workshops topics:

- Learning disability awareness
- Baby sleep day and night

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