



# onefamily matters

Voice | Support | Action  
for One Parent Families

Volume Eight | Issue One | March 2011

## Celebrate Family Day and Win €1000

Building on the success of *Family Day* in 2010 we are delighted to again invite individuals, organisations, clubs and schools all over Ireland to take part in this wonderful celebration of all families in Ireland. Join in by organising an event however big or small to celebrate families. Then, let us know about it by registering on [www.familyday.ie](http://www.familyday.ie) and sending us a photo of your event so you could win €1,000 in an EBS account.



You could also join us for the *Family Day* picnic in Dublin's Iveagh Gardens on Sunday 15 May. Please display the enclosed poster, spread the word and help us make *Family Day* an annual event for all families. ■

## Join Us for the One Family Networking Event *Links*

We are holding *Links*, our first networking event for professionals working with one-parent families, on 9 June 2011 in Dublin Castle. Join us to share resources, best practice and skills with other industry professionals. Parenting expert John Sharry is confirmed as one of the keynote speakers and there will be a range of workshops and other talks. If you would like to register please let us know at [info@onefamily.ie](mailto:info@onefamily.ie) or on 01 6629212, or keep an eye on [www.onefamily.ie](http://www.onefamily.ie) for more information. ■

## Want to be a Member of a Great Club?

We want to invite you to be a **One Family** member and to get access to a wide range of benefits including a regular ezine, policy news, training special offers and updates on campaigns that you can get involved in. See the enclosed sign-up sheet or sign up online at [www.onefamily.ie](http://www.onefamily.ie)

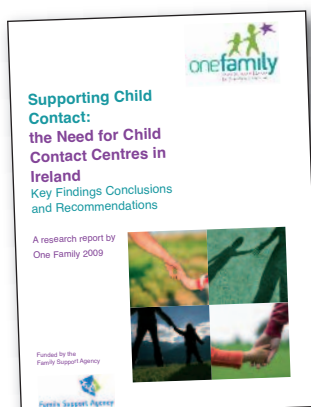
Membership is free and open to anybody who is a member of a one-parent family, anybody who works with one-parent families or people who simply care about these issues. Follow us on Facebook and Twitter and join a growing movement of people who want to connect with each other and change things for the better. ■

## Contact Centres for Dublin

Following the launch of **One Family's** research on *Supporting Child Contact: The Need for Child Contact Centres in Ireland* in April 2010 by then Minister for Children and Youth, Barry Andrews TD, we are delighted to announce that two pilot contact centres are due to open in Dublin.

These centres provide safe spaces for arranging contact between non-resident parents and their children and for children in care.

The centres will be run by Barnardos in partnership with **One Family** and their impact will be closely monitored and evaluated to inform future provision of child contact services in Ireland. Please see [www.onefamily.ie](http://www.onefamily.ie) for further details. ■



## Welcome...



Director –  
Karen Kiernan

to the 2011 issue of *One Family Matters* where we keep you up to date with the latest news affecting one-parent families and what we have been up to at **One Family**.

Despite funding cuts, we continue to keep services running and to develop new supports.

Our *One Family Futures* programmes, designed to progress parents on social welfare into education, training or employment, are going from strength to strength. *New Futures* recently launched in Galway and courses are planned for other parts of the country.

**askonefamily**, our national helpline, continues to receive thousands of phone calls, many reflecting the fact that more people are separating because of financial strain.

I am pleased to say that the research which we conducted on Child and Family Contact Centres has led to the setting up of two pilots of these much needed services so that children can more easily maintain contact with their non-residential parent, who is often their father.

We are gearing up for *Family Day* on 15 May, to celebrate all families and mark International Day of the Family, and hope you will join us by holding your own event or by coming along to Dublin's Iveagh Gardens for a big picnic.

We are excited about our first ever networking event, *Links*, on 9 June which will give anyone who works with one-parent families a chance to share skills and expertise.

As always we love to hear from you and encourage you to become a member of **One Family**, if you have not already done so, so that you can share your views.

With best wishes to you and your family.

– Karen Kiernan  
Director, One Family

## Proposed Changes to the Law on Family Relationships

At the very end of 2010 the Law Reform Commission (LRC) published its final report on the *Legal Aspects of Family Relationships*. One Family had hosted a major seminar on the LRC's original consultation report and made a submission in response to it. However, the final report made a number of very different recommendations to those proposed in the consultation report and One Family has some concerns about these proposed changes. We seek clarification on the extent to which the proposal and draft bill will ensure that the welfare of the child is paramount in all situations and on how this will be enforced. We would welcome views from our members and other interested parties on these proposals.

The draft bill states that: 'Where in any proceedings before any court parental responsibility, day-to-day care, access, the upbringing of a child, or the administration of any property belonging to or held in trust for a child, or the application of the income thereof, is in question, the court, in deciding that question, shall regard the welfare of the child as the first and paramount consideration.'

Some of the key recommendations of the LRC report are:

- The term 'guardianship' be replaced with the term 'parental responsibility'.
- The term 'custody' be replaced with the term 'day-to-day care'.
- The term 'access' be replaced with the term 'contact'.



- Legislation be enacted to provide for automatic joint parental responsibility (guardianship) of both the mother and the father of any child and that automatic joint parental responsibility be linked to compulsory joint registration of the birth of a child.

For the full report see:  
[http://www.lawreform.ie/\\_fileupload/Reports/r101Family\(1\).pdf](http://www.lawreform.ie/_fileupload/Reports/r101Family(1).pdf) ■

## Social Welfare Changes in the One Parent Family Payment (OFP)

The Social Welfare (Miscellaneous Provisions) Act 2010 has been passed. The Act provides for very significant changes in the way the OFP operates with the age limit for children of new claimants from April 2011 reduced to 14 with further changes planned which will affect families with children of lower ages and from 2013 affecting existing claimants. Widows will be treated differently by these changes.

One Family has expressed its view that such changes are not appropriate or fair in the current labour market environment and has called on the Minister for Social Protection not to proceed with these changes. We also met with the then Minister in 2010 to help ensure that lone parents affected by the changes already made are given customised supports to assist them in accessing relevant education and training, supported by affordable quality childcare.

### The details are:

#### New Claimants 2011

- From April 2011, the OFP will be payable to new recipients only until their qualified child reaches 14. If you are getting Domiciliary Care Allowance for that child, then the OFP will continue until the child reaches 16 and can apply for Disability Allowance.

- If you become a lone parent because of the death of your spouse or partner and you have a child who is aged over 14, you may get the OFP for two years or until your child reaches 18, whichever is the shorter. If you have a child who is aged between 12 and 14 at the time of the death, you may qualify for the payment for two years.

#### Existing Claimants

- For existing claimants there will be a six-year phasing-in period:  
For 2011 and 2012, the age limit will remain 18.  
For 2013, the limit will be age 17.  
For 2014, age 16.  
For 2015, age 15.  
For 2016, age 14.
- If your child is aged between 18 and 22 and in full-time education when the changes come into effect in April 2011, payment may continue until the end of the 2012-2013 academic year or until the child reaches age 22, whichever is the earlier.
- If you are a claimant in April 2011 and you subsequently leave the scheme in order to take up employment or take part in the Back to Education Scheme, you will be able to rejoin up to the end of 2016 if you meet the conditions for the phasing-in period. ■

## Further Planned Changes in Social Welfare Supports

In 2010 the Department of Social Protection published two reports aimed at reforming the social welfare system:

### 1) *A Policy and Value for Money Review of Child Income Support and Associated Spending Programmes*

This report proposes changes to child support payments which would provide for a universal payment for all children, with a single payment rate (this would replace Child Benefit) and further supplemental payments for children of families getting a social welfare payment or in low-income employment. These supplements would replace Qualified Child Increases and Family Income Supplement.  
([http://www.welfare.ie/EN/Policy/CorporatePublications/Finance/exp\\_rev/Pages/CISReviewFinal.aspx](http://www.welfare.ie/EN/Policy/CorporatePublications/Finance/exp_rev/Pages/CISReviewFinal.aspx)).

### 2) *Report on the Desirability and Feasibility of Introducing a Single Social Assistance Payment for People of Working Age*

This report looks at the introduction of a single social assistance payment to replace the different means-tested payments to people of working age (for example, Jobseeker's Allowance, OFP) including some secondary and supplementary payments, as part of a 'more purposeful labour activation strategy'.  
(<http://www.merrionstreet.ie/index.php/2010/11/press-statement-from-minister-for-social-protection-eamon-o-cuiv/>).

One Family is reviewing these reports and engaging in discussions on their implications and further development with policy makers, politicians and other NGOs.



## Policy Bites

### Latest Statistics

#### Poverty in One-Parent Families

- Poverty in one-parent families has remained stubbornly high throughout the boom and into the recession and much higher than for other groups of the population. The latest figures for 2009 show that 17% of lone-parent families live in consistent poverty compared with 5.5% of the general population while over a third of one-parent families are at risk of poverty compared to 14% of the population as a whole (EU SILC, CSO, 2009).

#### Children in One-Parent Families

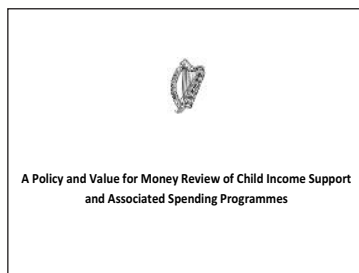
- Figures produced by the ESRI as part of the 2010 Year Against Poverty have revealed that two-thirds of all children living in consistent poverty are living in lone-parent families and that two in every five children at risk of poverty live in a one-parent family (ESRI: 2010).

#### Lone Parents in Receipt of Social Welfare

- Latest figures from the Department of Social Protection show that over 90,000 lone parents with 150,027 qualified children (dependant aged under 22) were in receipt of the One Parent Family Payment (OFP) in 2009 representing a 3% increase since 2008 (DSFA Annual Statistics, 2009).
- These figures also show the low and declining proportion of OFP recipients

in the under twenty age group – dropping from 2.2% in 2004 to 1.7% in 2009 (DSFA, 2004, 2009).

- 29% of Family Income Supplement recipients are also in receipt of One Parent Family Payment (CIS Review 2010, [http://www.welfare.ie/EN/Policy/CorporatePublications/Finance/exp\\_rev/Pages/CISReviewFinal.aspx](http://www.welfare.ie/EN/Policy/CorporatePublications/Finance/exp_rev/Pages/CISReviewFinal.aspx)).



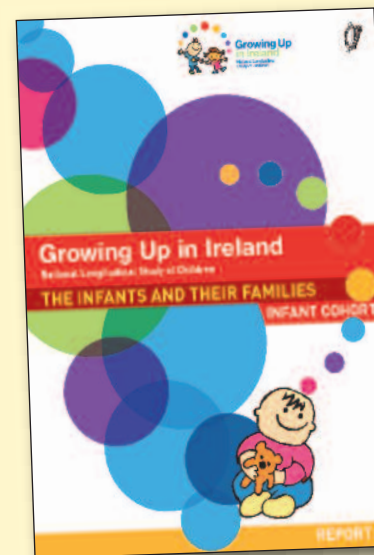
#### Family Law Statistics

- In 2009 there were a total of 1,100 judicial separations and 3,341 divorces awarded in both the Circuit and High Courts which represents a 14 per cent increase since 2002 (Court Service Annual Report 2009).
- A total of 1,861 applications for guardianship were granted to unmarried applicants in 2009 (Court Service Annual Report 2009). A total of 976 applications were made in 2009. Of those 687 orders were granted while 243 were withdrawn/struck out and a further 46 were refused (Court Service Annual Report 2009). ■

### Latest Results

## from the Growing Up in Ireland Study

Initial results from the *Growing Up in Ireland* study on infants and their families 2010 reveal that many infants are living in one-parent families (14% of the total) and that the mothers of such infants tend to be younger than mothers in two-parent families with an average age of 25 compared to 31.



## Eurochild Study Visit to Denmark and Sweden

Members of Eurochild's family and parenting support working group took part in a study visit to Sweden and Denmark in April 2010 to look at what family support policies and practices give the best outcomes for children. Initiated by **One Family** and pioneered by Eurochild, delegations from

Bulgaria, Finland, Ireland, The Netherlands/ Flanders and Wales participated.

**One Family** was delighted to be able to invite policy makers and service practitioners from the Dept of Social Protection, the HSE and the Office of the Minister for Children to travel with us on the tour.

*Family Policies that Work Best for Children* is the final report of this project. It concludes that Nordic countries demonstrate family policies that work in improving work-life balance, equal employment opportunities and public childcare. See [www.eurochild.org/](http://www.eurochild.org/) ■



# One Family Supports, Education and

One Family's holistic model of specialist family support services works in two main areas – firstly, to progress parents on social welfare to take the next step to education, training or employment; and secondly, to provide expert parenting and family supports to people parenting alone or sharing parenting.

Our model is to pilot and test new services to unmet social needs, and then mainstream what we have developed to ensure that parents all around Ireland can benefit. We do this through our Training and Consultancy Service as well as through direct delivery of programmes around the country. Our national helpline

service **askonefamily** is available throughout Ireland.

If you are interested in any of our services mentioned below please contact reception on 01 6629212, email [info@onefamily.ie](mailto:info@onefamily.ie) or see [www.onefamily.ie](http://www.onefamily.ie) ■

### One Family Parenting Supports



Our parenting courses are aimed at parents with children from 2-16 years. Classes start April 2011.

- **Positive Parenting** is aimed at parents with children from 2-10 years. The course focusses on managing children's challenging behaviour and helping them through family transitions such as separation and divorce.
- **Family Communications** is aimed at parents with children from 8-16 years and focuses on using effective communication as the main tool for managing behaviour and improving relationships.
- **Communicating with the Other Parent** is aimed at people who want support around sharing parenting after the breakdown of a relationship. Participants will learn how to focus on parenting their children and managing their feelings towards each other so that they do not have a negative impact on the children.
- **Dads' Workshops.** We will continue these popular one-day workshops for dads who are finding it hard to get support to parent.
- **One-day Workshops.** We are also planning a variety of one-day workshops for parents who cannot commit to weekly courses. These include *Challenging Behaviour and Family Change*.

All courses have a small fee which can be discussed at registration.

### One Family Welfare to Work Programmes... enabling education and employability

One Family runs a number of programmes where lone parents can learn new skills so that they can progress to training, education and employment. Courses are free to parents in one-parent families, are supported by a free on-site childcare facility and provide accreditations recognised on the National Framework of Qualifications.

Our Programmes:

- 1 **New Futures** with FETAC Level 5 accreditation is our core foundation programme. It offers distinctive career development with wrap-around supports. *New Futures* participants will:
  - Discover suitable jobs or courses.
  - Build confidence.
  - Learn how to balance work and family life.
  - Receive support and friendship from other lone parents in the same situation.
 They also receive childcare and parenting guidance, individual coaching and mentoring, counselling support and information on how to make work pay.
- 2 **Steps to New Futures** offers an accredited programme for participants, through which they can progress to *New Futures*, if desired. Topics covered include goal setting, finding motivation and improving productivity.
- 3 **Options** delivers accredited programmes which cover: enterprise skills, work trials, customer care, social care and give enhanced strengths for the labour-market and beyond.
- 4 **Passport** provides a bridge to learning and education by providing additional academic qualifications and



experience. It can help to secure a place in further/higher education and ensures that participants are well prepared for learning.

- 5 **Career Clinic** takes a proactive and creative approach to analysing professional career challenges and formulating appropriate solutions. It provides practical support and advice on:
  - Career review, assessment and guidance.
  - CV preparation.
  - Interview techniques.
  - How to capitalise on transferable skills in order to find employment.
  - Challenges and solutions to parenting alone.
- 6 **Marks & Start** offers pre-employment training and a two-week work placement with *Marks & Spencer*, proving to participants and future employers that they can combine being a parent with paid work. The programme gives a confidence boost, a sense of direction and a new awareness of the help that is on offer – and, of course, a reference from one of the most respected high street names. Aftercare support services are available on completion of the programme to help achieve personal goals. Travel and meal costs are met. ■



## Employability Skills for Lone Parents

### Stephanie's *New Futures* Story – from Despair to Dream Career

My name is Stephanie, I'm a lone parent and I recently graduated from **One Family's *New Futures*** programme. I want to share my story because it changed my life.

Before I began *New Futures*, I had worked part-time on and off since becoming a lone parent. I signed up for the programme uncertain what I would gain from it, but clear that I had nothing to lose. I knew that I wanted a brighter future for myself and my child and to be financially independent – but I also knew that I desperately needed guidance on how to achieve those goals.

First, my *New Futures* group taught me to accept that I was a lone parent and that this was OK. I realised that I hadn't fully acknowledged the reality of my situation up until then.

Then, we looked at our self-esteem, confidence and beliefs, all of which helped me to get a greater understanding of myself. My coach Helen helped me to

explore my values which was ground-breaking for me as I realised how important they are to me.

I looked at a whole range of career options including starting my own business and returning to education. But, something clicked for me when we were asked to imagine our dream career – the one we would choose for ourselves if we had no restrictions. I immediately chose dance, thinking that's what I'd do if I could turn the clock back to being 18, before I became a mum.

Suddenly, with the support of **One Family**, all the barriers that restricted me from following my dream simply fell away. Mental barriers, practical barriers and financial barriers all disappeared.

I began my full-time degree course in dance last September. I am coming to the end of my first year and cannot believe how my life has turned around. Full-time dance training can be challenging as it's a very high-energy course combined with



academic work. I have to be very organised and sometimes it can be exhausting along with parenting alone. But I am working towards a career I am passionate about and one which gives me enormous satisfaction.

I am grateful for the opportunity *New Futures* gave me. It helped to guide me into my very own new future.

– Stephanie

## One Family Counselling

Counselling is sometimes called the 'talking cure' because when we put our thoughts and feelings into words it helps us to clear our minds, put some order on what is happening for us, and bring us closer to the next steps we might take in our dilemma. Talking to family and friends helps us with hundreds of smaller decisions and choices every day, but sometimes there are major events happening in our lives – a pregnancy that wasn't expected or planned; coping with children and change after a break up; having ongoing difficulties trying to share parenting; struggling with a child's disruptive behaviour or feeling isolated and overwhelmed parenting alone. Talking to those close to us about these things can be difficult, either because they are involved or because they will have their own strong views on how we should deal with the problem. We need first to connect to our own responses. This is where counselling comes in.

Counselling provides confidential, personal time to talk and be really listened to. The counsellor won't tell you what to do – she knows that you are the person best

qualified to live your life and she is trained to support and guide you as you find your own way forward and see your own solutions.

We have a three-strand service and clients can use any strand or move between strands.

- We offer a confidential three-option, non-directive, **crisis pregnancy service** open to women, men, couples and family experiencing unplanned pregnancy. Also confidential post-abortion counselling and support services. For those parenting, ongoing support through pregnancy and early parenting as requested. These services are free of charge and appointments are available within a few days.
- **General counselling** offers ongoing counselling to clients with problems they are finding hard to resolve – difficulties with shared parenting; with relationship patterns; with parenting alone or personal issues. The counselling service will also see adolescents and teenagers.
- **Solution-focused** counselling usually takes place over 3-6 sessions and can be used to deal with a single issue such as how to explain something difficult to a child or how to talk to a family member about a difficult topic. The sessions will focus on that issue, supporting the client to explore their thoughts and feelings, identify the difficulties, and decide on the outcome that they see as best.
- The counselling service at **One Family** is open to all members of one-parent families. Charges are on a sliding scale and based on ability to pay. We regret that due to demand there is currently a waiting list for solution-focused and general counselling. A Play Therapy service is open to children between the ages of 4 and 12 years. ■



## Housing - Rental Accommodation Scheme

Housing is a big issue for many one-parent families and we receive many calls to our helpline about this topic. Here are some frequently asked questions about the Rental Accommodation Scheme (RAS). Introduced in 2004 and managed by the local housing authority, the scheme provides the option of quality rented housing for those who have been in receipt of Rent Supplement for 18 months or more. It provides a certain amount of security as contracts are for four years duration at affordable rents.

- Can I apply?

Yes, if you are living in private rented accommodation and have been in receipt of rent supplement for 18 months or longer.

- How can I apply?

Each local authority has a RAS application form available, some may be downloaded on-line.

- I am happy living in my rented apartment with my five year old daughter and she has settled into a nearby school. Can I continue to live here under RAS?

Yes possibly, providing the landlord is willing to enter into a contract with the local authority and the authority assess the property as of a good standard that meets your family needs. The landlord must also be tax compliant, willing to register with the Private Residential Tenancies Board and have a building energy rating (BER) certificate for the property. The landlord would need to apply to the local authority for the property to be assessed for the scheme.



- Can I work whilst living in accommodation under the RAS scheme?

Yes certainly, rent is based on the differential rent scheme of the local authority. In Dublin City Council, for example, rent is assessed as 15% of the net income. So whilst with rent supplement when you work your contribution increases and the payment decreases, under RAS your contribution is assessed as 15%, regardless of how much you earn.

- What are the benefits of the Rental Accommodation Scheme?

The benefit is that you will have the opportunity to have longer-term secure housing at a more affordable level of rent than the current Rent Supplement assessment and that more of your earned income remains in your pocket than it would if you were in receipt of Rent Supplement.

- What if I want to move house to be nearer my job or college?

The scheme is aimed at providing affordable quality accommodation so being able to move area or accommodation is unlikely.

- I am living in private rented accommodation at the moment but my landlord is not interested in the scheme, can I still apply?

Yes you can, once your application is assessed and accepted then you may be placed on a waiting list until accommodation becomes available.

- If I accept an offer with RAS do I come off the housing list?

Some local authorities allow RAS tenants to remain on the housing list whereas others may not, once you are housed. Check with your local authority for their policy on this. ■

### One Family and Charitable Legacy

If and when the time is right for you to make a will, please remember **One Family** after your own family and friends. In recent years, the number of people who have started to consider including a charitable bequest in their will has grown and is increasing on an annual basis.

**One Family** are now members of Legacy Promotion Ireland [www.legacypromotion.ie](http://www.legacypromotion.ie) which has been set up to support charities in the development of legacy programmes. Making a will is simple, easy and low cost, yet this one action can be invaluable to family and friends in the event of a death. It is particularly easy to leave the residue of a will to a charity and we are extremely grateful for and touched by those that we have received in the past.

**One Family** Director Karen Kiernan is happy to answer any questions you might have. Call 01 6629212 or e-mail [development@onefamily.ie](mailto:development@onefamily.ie)

### Helpline

Do you or your service work with parents and families?

**One Family** has a national Lo-Call helpline, **askonefamily**, which provides information, listening support and signposting to other services, for all members of one-parent families and the professionals working with them.

We have credit-card sized helpline cards, small counter-top display stands and A3 posters available for display, to let parents know about the helpline.

If you would like some of these resources please contact [info@onefamily.ie](mailto:info@onefamily.ie) or call 01 6629212.

Lo-Call



**askonefamily**  
The National Helpline for All One-Parent Families



## 10 Steps to Introducing a New Partner to Your Children

If you parent alone, there is no need to introduce your child to every person you meet or date. It's only when you feel that a relationship may be going somewhere that you should introduce this new person to your child. Remember, if your child witnessed you being hurt in a previous relationship they will be protective of you and may not necessarily want a new person around. You need to be aware of this and discuss it with your child, no matter what their age.

### Step 1

Be open with your children by letting them know that you need to socialise and meet new people. When you meet someone and feel that the relationship is going to blossom, then it is time to introduce them to your family.

### Step 2

Talk to your new partner about your children and what life is like for you as a family. Explain what your child experienced in your past relationships and what their fears may be. Tell them about your child's relationship with the other parent.

### Step 3

Talk to your child about your new partner. Your children may not be too happy about it – they may be concerned about their own needs being met and you need to listen to what their fears may be. Then, reassure them that you will be there to meet their needs as best you can.

### Step 4

Set up a meeting between your children and your new partner. Fun activities such as bowling, going out for lunch, the cinema and the zoo are all good ideas. Choose somewhere neutral so the children feel at ease and so that this new stranger is not invading their space. Keep it short.

### Step 5

Discuss the first meeting with the children and your partner separately. Acknowledge what they felt and try to understand their needs. Don't ever dismiss feelings as this will discourage the person from saying how they truly feel in the future. Use the second meeting to try to combat any negative feelings.

### Step 6

The second meeting needs to be very relaxed but with more opportunity for your children and new partner to talk to each



other. Activities which allow for interaction, such as playing football or going to the playground, are good ideas.

After a few meetings, you may be ready to invite your partner around for a meal. Ensure your child is involved in the preparations and knows that your new partner is coming to see everyone. However, you are also a couple, so you need to make it very clear to your child that you will need to spend some time alone with your partner.

### Step 7

In order for time alone with your partner to work well you need to ensure you also have time alone with your child. Quality time. This is when you and your child do something together for 20 minutes every day. It's very important so that everyone feels they have a special place in your life. Don't forget to give yourself some special time too to reflect on how you feel.

### Step 8

If and when your partner starts to stay overnight, you can describe it as a sleep-over to younger children. You need to be careful with older teenage children as you are a role model for them – explain how you feel about your new partner and why you want them to start staying over. Create the ground rules with both parties. Lock the bedroom door, lock the bathroom door, wear dressing gowns. You do not want children to witness things they do not need to see. Also your partner needs to feel comfortable. Don't make too big a deal out of it.

### Step 9

If it reaches the stage where your partner is staying over quite often then the time has come for this relationship to be taken one step further. You need to allow your partner to be part of your child's life. You need to talk to them about how you parent and why you do things as you do. You also need to look at how they interact with your child. If they are at home alone with your child, how should they handle misbehaviour? These are the type of things that can cause problems so it is really important to discuss them.

### Step 10

If the other parent is still involved in your child's life, tell them about your new relationship once you feel it is going to last.

The other parent may be afraid that they will no longer be needed in their child's life. You need to assure them that they are an important part of your child's life and that you want them to stay very much involved.

Finally, remember you are all in this together. Everyone needs to play a part if your new relationship is to work. Your child can really benefit from seeing you in a healthy and respectful relationship. They need to see how adults can have lasting and loving relationships, having witnessed a relationship breaking down. Problems can and will arise but if you sit down and talk about things as they occur, involving everyone, you can usually work things out.

For more information contact **One Family** Childcare and Parenting coordinator Ger Kelly [gkelly@onefamily.ie](mailto:gkelly@onefamily.ie) ■

## One Family Communications

2010 was a busy year for communications at **One Family** and we have even more planned for 2011.

Our *One Family Stories* video was shortlisted for the *Better Together* awards and explains why we do what we do. Thanks to all those who took part. Please help us to spread the word by emailing this link to everyone you know <http://vimeo.com/18406884>.

We will be launching our revamped website this summer and have an ever-expanding Facebook page – so please join it and also follow us on Twitter.

2012 will be our 40th anniversary and we are planning a major campaign and some exciting events, so please get in touch if you'd like to be involved.

If you parent alone and want some free media training, we are training a group of people to interact with the media. This is to counteract the misinformation and negative stereotyping of one-parent families that still exists.

Or, share your story – tell us your personal stories about parenting alone, or being a child in a one-parent family for our website.



Call 01 6629212, email [info@onefamily.ie](mailto:info@onefamily.ie) or see [www.onefamily.ie](http://www.onefamily.ie) ■

### One Family Fundraising

We'd like to say a big thank you to all our corporate and statutory funders and to all our kind supporters and volunteers. We simply couldn't provide our crucial services to people who parent alone, and their children, without your help.

We ran a range of fundraising events including our *Family Day Big Night In* fundraiser with thanks to EBS, our *Christmas Cracker* food and wine event with thanks to Fallon & Byrne and Wolf Blass and our *Messiah* concert with thanks to the Culwick Choral Society. We plan more exciting events throughout 2011:

- Join us in celebrating families – hold an event for *Family Day*, register on [www.familyday.ie](http://www.familyday.ie) and raise money for **One Family**. Send us photos of your event and you may win €1000 in an EBS account.
- Run, walk or crawl the *Dublin Women's mini-marathon for One Family* in June.
- Set up a mycharity.ie fundraising page for **One Family** for your friends and family to see at [www.mycharity.ie](http://www.mycharity.ie)
- If you are doing any fundraising event whatsoever you might consider donating monies raised to the **One Family** Holiday. Every child deserves a holiday, but not every parent can afford one.

Call 01 6629212,  
email [info@onefamily.ie](mailto:info@onefamily.ie)  
or see [www.onefamily.ie](http://www.onefamily.ie)

## One Family Training and Consultancy

Families, as we know, are being greatly impacted upon by the recession. One-parent families and those sharing parenting are among the most vulnerable to these cuts and those who work to support them are under greater pressure than ever to meet their needs with less resources. **One Family Training** aims to support these professionals, providing them with the specialised training they need to design and deliver services and programmes that will make a positive impact on the well-being of one-parent families.

Our *Train the Trainer* programmes are intensive and highly participative in order to allow people to experience the programmes both as facilitators and attendees.

Our in-house developed programmes are a result of almost 40 years experience in working with families and the comprehensive manuals that accompany the training offer step-by-step session plans and a range of materials to support the facilitator as they work through each session. Participants learn to build up parental confidence and pride in order to support them through the challenges of their roles, such as parenting through separation and talking to children about their family situation.



Two of our most popular *Train the Trainer* programmes are *Positive Parenting - Building Strong Relationships and Managing Difficult Behaviour* and *Family Communications - Coping with Family Life and Communicating with Teenagers*. We also provide one-day and half-day specific skills-based training to professionals around themes such as Family Diversity; Coaching Parents in Successful Shared Parenting; Offering Parenting Advice in the Childcare Setting and Issues and Rights of One-Parent Families. All our training can be tailor-made to suit the needs of workers and the families they are engaged with and delivered directly within an organisation.

For more information contact **One Family Training and Consultancy Manager** Paula Lonergan [plonergan@onefamily.ie](mailto:plonergan@onefamily.ie) ■

### One Family –

### Voice Support Action for One Parent Families

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askonefamily – The National Helpline for All One-Parent Families – Lo-Call 1890 66 22 12