

Accessing the Online Separated Parents Information Programme

SPIP is a four hour course for around five parents with slides, exercises, short films and discussion.

If you feel there are any barriers that might stop you from being able to attend or fully participate please let us know **before the course** and we will do our best to help.

Parents often ask us if they can

- Stand up and move. The group take a break every hour. Let us know before the course and we can arrange extra breaks for you.
- Mute or turn off the camera for a specific reason eg to breastfeed.
- Have a support worker or carer in the room for support eg using BSL.
- Stop the films or slides from time to time and talk them through in sections.
- Access a BSL interpreter or let the facilitator know you lip-read.
- Ask the facilitator not to ask them questions directly due to anxiety or have extra time to gather their thoughts before speaking.
- Get support to fill in our online feedback form eg if you have dyslexia.

Split sessions

If you need to move frequently, are breastfeeding or receiving medical treatment we can arrange a place on a session split into four one hour sessions or a pair of two hour sessions. These are run over several days.

How to access support

Contact us **before the course** to arrange the support you need on the programme.

Contact Tracey Gore, an experienced practitioner who manages our trainers on **07791382964** or tracey.gore@family-action.org.uk. If she's not available please leave a message with a good time to call you back.

