

# INCREDIBLE FAMILIES NEWSLETTER MARCH 2015

**Supporting loving secure relationships  
Keeping our children in mind**



## **Trustees: left to right**

Denise Guy, Diana Linforth-Howden, Roz Broadmore, Abi Simmonds, Rogan Spears

We've had a name change becoming  
**INCREDIBLE FAMILIES**

Continuing to deliver three evidence based programmes that focus on supporting parents and caregivers and training practitioners

## **The Incredible Years Parenting Programmes**

**140** families successfully completed the IY programme with us in 2014

**“The course has helped me stay calm with the kids and is making our home a calmer place to live. I am enjoying our kids a lot more now”**

Another very successful year of providing the Incredible Years [IY] Parenting Programme has passed with Incredible Families obtaining a “Preferred Provider” Contract from the Ministry of Education until 2017. This is helpful and acknowledges the high standards of reliability and fidelity in the delivery of these courses by the Trust. We will continue actively applying for funding for additional IY courses as the demand from parents and

referrals for places on our courses remains heavy. At the end of 2014 there were 85 families registered and waiting for a place on one of our IY parenting courses.

We delivered 6.5 courses on behalf of the Ministry of Education and 2 additional courses funded by generous donations from a variety of Charitable Trusts. All our courses are evaluated and parents attending have consistently reported substantial improvements in their family relationships and child management skills. This is very exciting and rewarding for the Trustees, facilitators and families alike. It is these positive changes for parents and children that motivate Incredible Families to continue this work.

## **Watch, Wait, and Wonder® Intervention Training**

Progress continues with training practitioners in Australasia in this dyadic, child-led intervention for problems in infancy and early childhood. We are very thankful to the Dove Trust and the Eleazar Family Support Trust for donations made in 2013-14 to support Scholarships for training in New Zealand. In 2014 Incredible Families approved 8 new scholarships and additional support for two clinicians given partial funding in 2012.

Tanya Furstenburg and Natasha Nish were accredited for independent practice. Tanya works in Perinatal Mental Health at Lakes DHB and Natasha in the Young Parents Development service, St John of God Waipuna, Christchurch. We congratulate Tanya and Natasha, and thank Lakes DHB and Waipuna SJG for their support for these two clinicians.

In October, IF and the NZ Association of Child and Adolescent Psychotherapists [NZACAP] hosted a successful 1 day symposium in Arrowtown. The focus was on **‘What Happens when Infants and Children lead the Way? Watch, Wait, and Wonder – Theory, Practice, Training and Research’**. It was a pleasure to

spend a day watching, listening and discussing difficult and fascinating clinical work. Finally – the website was launched:

[www.watchwaitwonderdownunder.com](http://www.watchwaitwonderdownunder.com)

providing information on training, developments with the intervention and research.

## Fostering Changes

Incredible Families recognised that there was a need to provide a specific intervention for children and young people who are no longer living with their birth family and have typically experienced serious adversity including abuse.

Abi Simmonds introduced the Trust to the intervention **FOSTERING CHANGES**, an evidenced based programme for caregivers to develop skills in providing a safe and consistent environment for children and young people in their care building positive relationships and increasing placement stability.

In November 2013, Incredible Families was proud to bring the first ever Fostering Changes Facilitators training to Wellington. Caroline Bengo and Kathy Blackeby from Kings College London (Institute of Psychiatry) trained a small group of facilitators from a range of organisations and professional backgrounds in the Fostering Changes Programme. At the conclusion of the five day facilitator course, feedback from the participants indicated that they felt confident in delivering the programme within their organisation. We are very excited about the relationship which is being developed between Incredible Families and the Fostering Changes Training Centre in LONDON, UK

For more information on Fostering Changes

[www.fosteringchanges.com](http://www.fosteringchanges.com)

Or contact Abigail Simmonds

[fosteringfuturesnz@gmail.com](mailto:fosteringfuturesnz@gmail.com)

## Thank you to our Donors

Incredible Families is grateful to the following organisations for their generous support

- The Dove Trust
- Eleazar Family Support Trust
- Harbour City Rotary
- The Rotary Club of Carterton
- Carterton District Community Trust
- Sutherland Self Help Trust
- The Winton and Margaret Bear Trust
- The Waiarapa Children’s Trust
- COGS – Community Organisation Grants Scheme

## Contact Us: Incredible Families

[www.incrediblefamilies.com](http://www.incrediblefamilies.com)

**PO Box 19259 Courtenay Place**

**Wellington, 6149**

**Phone: 027 474 5075**

**Email [incrediblefamiliesNZ@gmail.com](mailto:incrediblefamiliesNZ@gmail.com)**