

# Programme 2 – What is Parent to Parent? (Part 2)

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**Presenter:** Val Ockenden

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## Guests

### **Carolyn Jury**

Support and Information Co-ordinator

I have been involved with Parent to Parent for 10 years, first as a requester looking for support and information, then as a volunteer support parent and now as the Support and Information Coordinator at National Office in Hamilton. I have previously worked as a medical professional, but in recent years I retrained as a counsellor, graduating in 2015 with a Bachelor of Applied Social Science from Wintec in Hamilton. I have a 22 year old son on the autism spectrum who has been my greatest teacher and was the catalyst for me training to be a counsellor. I also have a 20 year old 'neurotypical' son. I am passionate about supporting and empowering families and whānau who have children with disabilities to lead lives filled with meaning, purpose and hope. It is my greatest joy to feel as though I have made a meaningful difference in someone's life, and connecting with a diverse array of people ensures my job (and life) is never boring! Outside of work I enjoy yoga, being out in nature (especially the beach and the bush), exploring new places and meeting new people.

### **Ruth Taylor**

Executive Co-ordinator

Ruth has been connected with Parent to Parent since 2008 as a programme coordinator and trainer. She is currently responsible for coordinating a range of workshops, seminars and support events, including the unique SibSupportNZ programme. In addition she helps monitor the process of applying and accounting for funds from National and Regional Trusts and other funding bodies. Originally from the UK she has brought with her, experience in mediation, training and health and safety. Having worked for the Princes' Trust, holiday camps and run projects in schools, Ruth knows all about risk assessment and keeping young people engaged.

### **Jo Eastwood**

Executive Manager

Jo is passionate about providing the right tools to help people with disabilities and health impairments live the lives they choose.

With a Diploma in Comprehensive Nursing (1989) and working as a Registered Nurse in Australia and New Zealand, Jo met her desire to help people. To develop her skills further she completed a Bachelor of Social Science with a major in psychology in 2001 and became a member of Golden Key International Honour Society for outstanding scholastic achievement and excellence. This led her to

the Waikato District Health Board as an Accreditation Facilitator where she gained experience in facilitation, quality processes, policy development and change management.

When this fixed term contract ended, Jo was asked to apply for the Continuous Quality Improvement Facilitator role, extending her skill set to include, managing contracts, HR, project management and relationship management.

After taking a short break to add to her family, Jo started with Parent to Parent as an Information Officer in October 2014, moving on to become Team Leader for the Support and Information team at Parent to Parent in August 2015.

## Programme Synopsis

- **Connecting parents** - Parent to Parent operates a parent support network for families raising a child with a disability in New Zealand. We have a network of more than 600 specially-trained volunteer support parents. We connect families with support parents who have a family member with the same/similar disability or issue. The role of the support parent is to be the 'listening ear' who can empathise and understand the challenges and joys of raising a child who is different.
- **Sibling Support** –The longest relationship a person with a disability has is with their brother and/or sister. Living with a brother or sister who has a disability can be a blessing and a challenge. The SibSupportNZ programme offers young people support to thrive in their own unique family environment through SibCamps, SibShops and SibDays. Our SibSupport programmes are run by facilitators who are assisted by leaders who have also grown up with a sibling with a disability, again sharing that 'lived experience' level of understanding.
- **Information Service** - Our dedicated research team provides free, researched, evidence-based information to families, and those involved in a family's care, on nearly 4,000 conditions each year, from the very rare to the more common. The information is designed to be easy to understand, written in plain English (also available in different languages) and is tailor-made for your child's individual condition or issue.

There is no limit to the number of requests a parent can make for medical conditions themselves and related-issues, from diagnosis to adulthood. Parent to Parent can provide information for early childcare learning centres, schools, workplaces and any organisation that works with, and for, people with disabilities and health impairments.

## Music

### "Retail Blues" by The Mutes (from Mars)

## Links

[www.parent2parent.org.nz](http://www.parent2parent.org.nz)

<https://themutes.bandcamp.com/>

<https://www.facebook.com/The-Mutes-from-mars>

<https://altogetherautism.org.nz/>

<http://www.enablinggoodlives.co.nz/>

<https://carematters.org.nz/> or freephone 0508 236 236 for carer services

