



Our Commitment to You

Reliability

Our workers do what they say they will do. If you feel let down or disappointed, you can talk to the manager at Comas, Ruth, on 0131 623 4424.

Confidentiality

Your worker keeps everything you say to themselves as private information. They make notes to help them work with you and review your progress. These notes are kept safely and you can see them whenever you want to.

If a worker is worried about you or someone in your family coming to harm, they will have to share this information to try to keep you or the other people safe. We will always talk to you about this.

Sometimes, your life might be easier if workers share information with other workers involved with your family, whether things are changing for the better or getting more difficult. We will always ask you if you want us to share information which might help improve your situation. If other workers ask us for information, we will only do this with your permission.

Learning as we go

Our organisation tries to find the best way to do things and to share what works with other organisations. Our funders always want to know how we are using their money. Sometimes we write about our work and how we have helped people make changes. We never use people's names or any other information that might identify them. We will always ask permission.



The Resilient Parent Project -
1:1 coaching

Feel in a rut?

Feel family life is tough?

The Resilient Parent project aims to help parents to feel better and stronger. It is a small project which will work on a 1:1 basis with mothers and fathers or step-parents. You don't have to live with your children to take part. The sessions can take place at a time which suits you.

The project aims to help you:

- Feel good about yourself and what you bring to your family
- Feel more confident in family relationships
- Get life on track – if you're on track, then your family will benefit
- Recover from setbacks and learn skills to deal with difficulties

Parents can get involved in the project in two stages during February 2010 and in June 2010.

The places last for 6 months and provide you with 1:1 weekly coaching sessions.

To ask for a place call Comas on 0131 623 4424. If you have a support worker they can call for you if you prefer.

Jim or Sally will return your call and talk to you about the project.

What is coaching?

Coaching is NOT counselling or therapy. Coaching is 1:1 help to get the most out of life.

When things are difficult, coaches help you to work through the muddle.

When things are okay, coaches help you work towards your own goals.

Who would be my coach?

Our coaches are Sally and Jim. Once you start working with a coach you will usually keep that coach until the coaching stops.

How long will it last?

You can work with the coach for up to six months. If you feel you have achieved everything you wanted, you can stop the coaching sooner.

How often would I meet the coach?

Coaches will usually meet you once a week. If things are going well for you, you might meet fortnightly. You can decide with your coach what works best for you.

Where does it take place?

It can take place in your home, or in a community centre or other location that suits you best. We will work it around your commitments so that it is easiest for you.

What will I get out of it?

The coaching is for you and only you can decide what your goals are – every individual will get something different out of it. But a lot of people find that they:

Gain confidence

Feel clearer about what they want and how to get there

Gain skills in how to deal with challenges and day to day life

Feel more able to talk about their feelings and ideas