



THEME:

Building Positive Relations:
Regional Level Projects

FUNDING(ERDF+MATCH):

€1,279.917.28

MATCH FUNDERS:

The Executive Office NI &
Department of Rural and
Community Development,
Ireland

LEAD PARTNER:

Lifestart Foundation Ltd

PROJECT PARTNERS:

Lifestart Services Limited, Sligo
Family Support Ltd, Dunluce
Family Centre, The Junction
and Barnardos

PROJECT CONTACT:

mary.holmes@lifestartfoundation.org

Start Date: 01/12/2017

End Date: 31/05/2021



www.lifestartfoundation.org



@LifestartFdn



@shapingourselvesandourchildren

SPECIAL EU PROGRAMMES BODY

Project Case Study: Lifestart Foundation: Shaping Ourselves & Our Children (SOOC)

The SOOC Project is an innovative, inter-generational project aimed at promoting reconciliation and good relations by addressing the site where human values and social attitudes are initially formed and shaped—the Home Learning Environment, where the parent is key.

SOOC aims to support parents of young children to create a home conducive to good child social and emotional development, inclusiveness and a respect for social and cultural diversity.

Working in cross-border collaboration, the project will deliver 240 interactive SOOC parenting programmes within nine areas:

- Derry/Londonderry
- Tyrone
- Fermanagh
- Ards Peninsula
- The Border Counties of Ireland
- Donegal
- Sligo
- Leitrim
- West Cavan

“Positive feedback and observations from parents are evident from all the SOOC courses that have been run in Leitrim. Engagement has been very good from the groups and interactions between members have improved over the duration of the course, with open and honest conversations evident. Most parents pledged to make a conscious effort to build better relations with others and embrace difference, so as their children would more easily foster good relations with people despite diversity.”

Centre Manager, Co. Leitrim



Parents learn about the importance of interactive play.



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To date, the project has been delivered to 952 parents, grandparents and childcare educators, and approximately 1,752 children.

Evaluative data on impact indicates significant changes in: parental attitudes and behaviours; communication; and on parenting practices.

The project is being delivered through interactive sessions, each lasting four hours, delivered once a week, over four weeks to groups of parents, grandparents and childcare educators in this region.

It is aimed that approximately 2,880 parents and their children will benefit. Families will be from the Protestant; Catholic; Black; Minority; and Ethnic backgrounds.

The Lifestart Foundation aims to make the project stimulating and innovative; build upon parental strengths; challenge values, attitudes and behaviours; and support shared learning, personal change and self-esteem. The aim is to make the project available to as many families in the Border Region as is practically possible.

“That ideas we have regarding other cultures are learned as a child. I am more aware of how I treat others and will make sure my child treats others with respect and dignity. Brilliant course would totally recommend it to other parents.”

Parent on what they have learned about prejudice.



Child participating in a SOOC programme in Strabane, Co Tyrone.

Key outputs :

- Number of parents and children expected to benefit from the project: 2,880
- Number of interactive SOOC parenting programmes delivered within nine areas around Northern Ireland and Ireland : 240