

Speakeasy Report

2024



Who are we and what do we do?



Speakeasy is a free NHS Tayside programme for parents and carers, designed to encourage positive communication with children and young people about all aspects of growing up, relationships, and sexual health. Sessions are delivered in schools, community settings, and targeted groups such as foster carers, young parents, and families of children with additional support needs.

AT A GLANCE.....

117

parents and carers engaged with the programme

5

bespoke courses

21

stand alone sessions

19

targeted sessions with parents/carers of vulnerable young people

12

new Speakeasy facilitators were trained from Community Health, D&A College & RASAC

4

parent /community volunteers were trained to support delivery in their communities

What Was New in 2024?

We became much more flexible in our approach. Instead of focusing on full courses we devised a menu of sessions. This allowed participants to choose the ones that met their needs.

Multi-session courses continued to run but became more bespoke.

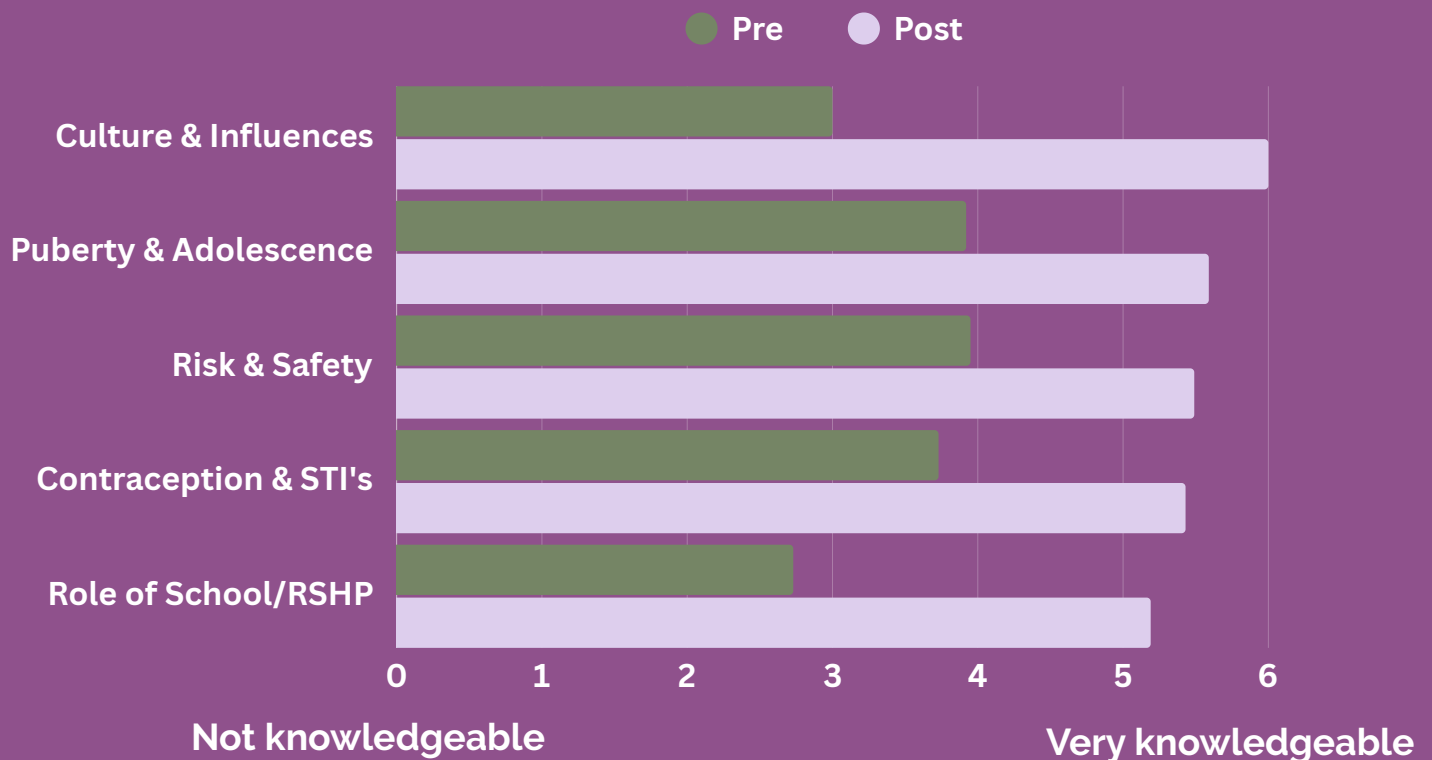
We created a Padlet of online resources for participants and facilitators which we update regularly. This makes it easier to share current and relevant information with parents and carers. These resources can also be shared with parents and carers who haven't attended sessions, enabling them to better support their children. You can access these via the link above or the QR code below:



Direct Session Delivery With Parents and Carers - Evaluations

This year, we introduced Microsoft Forms and QR codes to streamline the collection of evaluations. We continued to use pre- and post-course evaluations to gather feedback on our multi-session courses. Session-specific forms were also employed for individual topics, helping us assess changes in participants' knowledge, confidence, and motivation to communicate with children about growing up, relationships, and sexual health.

Bespoke Courses - Pre & Post Course Changes



By the end of the course over all confidence had increased by 47%

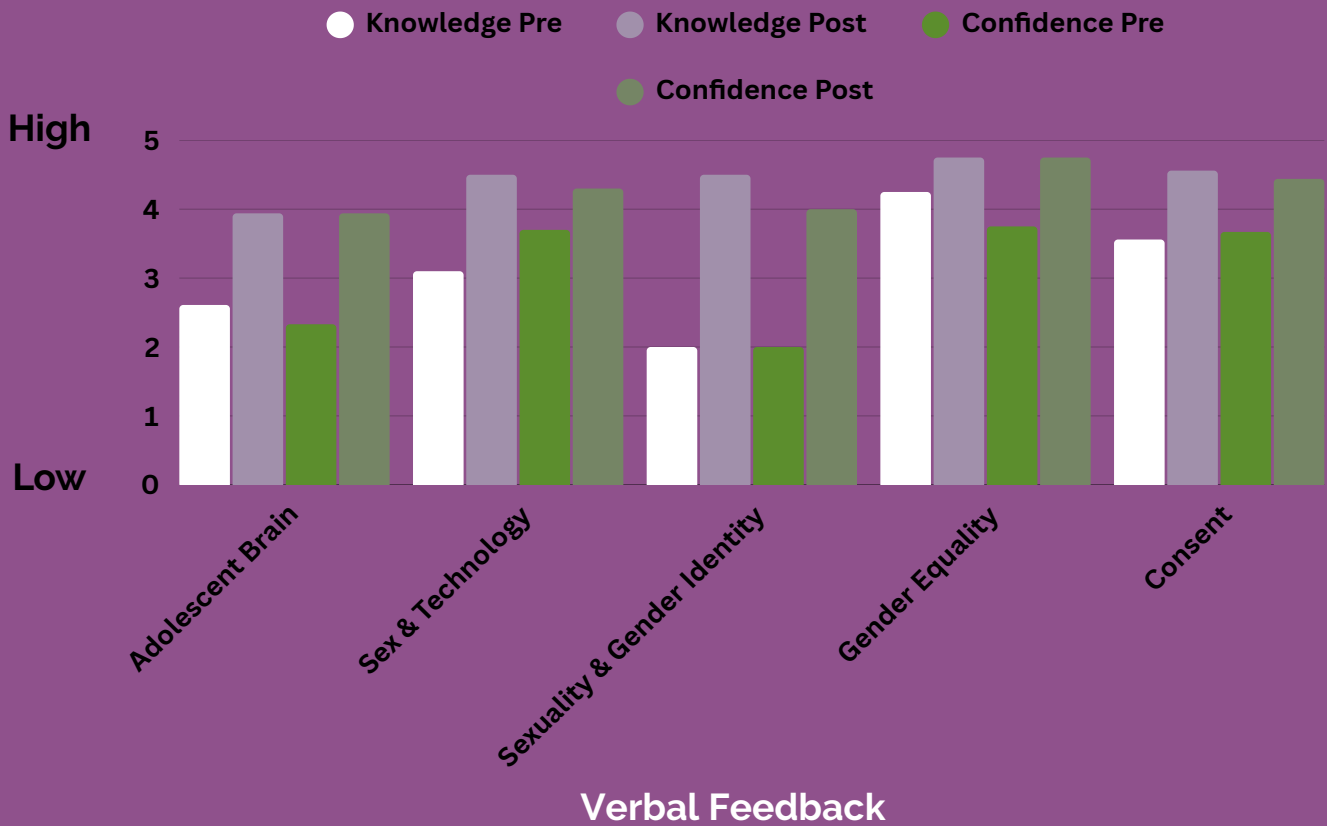
- 94% agreed or strongly agreed they wanted to talk to their children about these topics
- 97% agreed or strongly agreed that they could identify opportunities at home to have these conversations
- 95% agreed or strongly agreed that they felt able to raise these topics with their children even when children didn't ask



Participants said they'd share their learning at home, not just with their children but with partners, wider family members and friends. Participants shared that they would gladly recommend the sessions to other parents and carers, highlighting how valuable they had been. We used conversation logs to gauge whether conversations were taking place and to increase confidence around putting knowledge into practise.

Additional Sessions

These sessions were originally designed for parents/carers of older children. However, over the last few years, it's becoming clear that children need some of this information much sooner than high school. Therefore, these sessions now include participants with children of a wide range of ages.



Participants in all sessions were asked to say what they enjoyed most and least about their learning experience. Consistent with previous years, the positive feedback primarily centered on the valuable information gained and the opportunity to engage in open discussions. Facilitators played a crucial role in fostering these comfortable and welcoming environments. The majority of participants reported that they wouldn't change anything and were unable to identify aspects they didn't enjoy.

Most Enjoyed/Most Useful

- Padlet/resources
- Information
- Discussions
- Thinking about things from young people's perspective
- Atmosphere
- Working with a group
- The facilitators
- Increased confidence

Least Enjoyed/Least Useful

- Nothing
- Lack of learning outcomes at start
- Travelling to get there
- Lack of people attending
- Having to give feedback online
- The keeping children safe session was hard but necessary

What Would You Change?

- Nothing
- More on young people's views
- More interaction between participants in small groups
- Give hand out at start not end

Speakeasy Facilitators

Our facilitators come from a variety of organisations including Health, Social Care and Third Sector. This year we trained 16 new facilitators. The majority came from Dundee's Community Health Team. Others included staff from D&A college and RASAC in Perth & Kinross. We also had the pleasure of training parent volunteers who will co-facilitate with the support of Community Health Team staff. This ensures families and communities stay, which is at the heart of the Speakeasy programme.

The Speakeasy co-ordinator provides all training, resources and support to deliver if required. They check in regularly with all facilitators, offering catch up days and working in partnership to identify and create new pieces of work.

There are obvious barriers to delivery as highlighted in the annual feedback we obtain from facilitators. These include capacity, changing roles and difficulty recruiting participants. However, even when formal sessions aren't being delivered, facilitators continue to promote Speakeasy messages through things like 1 to 1 support with families, sharing resources and including the information in various other parenting programmes.

Speakeasy Links to Local & National Work



In 2024 the project worked alongside [TheChat.scot](#), a national consultation with parents and carers around how they educate their children at home. The focus was on what conversations are happening around growing up, relationships & sexual health. Speakeasy's involvement supported Tayside parents/carers to have their voices heard. We also deliver on all of the key themes that came out of the data. Contact the co-ordinator below for more information on this.

We use local and national research, such as Planet Youth, Health Behaviour in School Children studies and sexual health data to shape and deliver our work. We sit on the [RSHP alliance](#), a multi-agency Tayside network focusing on key themes and consistent approaches to lifelong Relationships, Sexual Health & Parenthood education (RSHP.)

The Speakeasy co-ordinator also supports delivery of [training for professionals](#) across Tayside.



In 2025, we're creating some new sessions:
Young People & Sexual Health: What's Trending? &
Boys and Young Men.

You can access our newsletter for parents & carers [HERE](#) our promotional video [HERE](#) and our website [HERE](#).

THANK
YOU!

as always to our parents, carers, partner agencies and facilitators. For more information about Speakeasy please contact: Linzi McKerrecher, Speakeasy Co-ordinator/Health Improvement Officer, NHS Tayside, Email: linzi.mckerrecher@nhs.scot, Tel: 07817 085977