

# Southwark Fathers Group – TIDieR

## Why?

**Describe any rationale, theory, or goal of the elements essential to the intervention. What is the purpose of your intervention and what did you set out to achieve?**

Historically in the London Borough of Southwark, Fathers and other males with a caring responsibility for children who were identified as requiring parenting support were often placed on generic parenting programmes that tried to meet the needs of all parents. Whilst it was clear that these parenting programmes did offer some elements of positive interventions for some of the men referred, it also became clear that some Fathers attending these parenting programmes felt isolated and they were not meeting all of their needs.

As a result the Fathers Group was formed and began running in Southwark in 2016. At the end of each group, the effectiveness of each group and the content of each session were evaluated in consultation with local fathers to ensure it was meeting the needs of the men that attended. Most of the research into positive outcomes for children and young people indicate that their chances of success are greatly improved if the young person has a positive bond with their father based on a good relationship and positive parenting overall. Jeffrey Rosenberg and W. Bradford Wilcox (2006) completed a research project that concluded that “even from birth, children who have an involved father are more likely to be emotionally secure, be confident to explore their surroundings, and, as they grow older, have better social connections with peers. These children also are less likely to get in trouble at home, school, or in the neighbourhood”.

This is specifically the case for young males who require a positive male role model in order to be successful in later adult life. Jeffrey Rosenberg and W. Bradford Wilcox (2006) research found that teenage boys with good relationships with their fathers were “less likely to experience depression, to exhibit disruptive behaviour, or to lie and were more likely to exhibit pro-social behaviour. This same study found that boys with involved fathers had fewer school behaviour problems. In addition, numerous studies have found that teenagers who have good contact with their fathers are more likely to have good physical and emotional health, to achieve academically, and to avoid drugs, violence, and delinquent behaviour”.

There is a growing body of research that finds when families work with professionals such as Children's Social Care or Family Early Help, that the care plans created tend to focus on how the mother can provide emotional and physical support to their children to foster their development. There often appears to be little detail as to how the father can have any positive involvement in these care plans. Research completed by the Fatherhood Institute in 2016 called *Fatherhood: Parenting Programmes and Policy - A Critical Review of Best Practice* (McAllister and Burgess) concluded that “fathers have, traditionally, not been as involved in child welfare case planning as mothers. Worker bias regarding father involvement appears to be the most widely researched barrier to fathers’ participation in child welfare case planning. One study found that caseworkers did not pay attention to birth



fathers to the degree that they did to birth mothers. At the same time, the fathers did not respond to outreach efforts as well as mothers, which testifies to the need to approach fathers with an understanding of their unique needs and feelings". This piece of research also concluded that this is particularly the case when the mother and father are not together in a relationship and the father has limited or no contact with their children. Given this information, one of the reasons why the Fathers Group was initiated was to reach out to fathers more to ensure they are included in these plans with an aim to improve the outcomes of children in the local area.

Prior to the inception of the Fathers Group, some men attended other groups for men such as the Barnardo's group and again, the feedback from fathers was that they were not being included in plans for their children and not being consulted. Specifically, fathers whose children were currently involved with Children's Social Care certainly felt their needs and wants were not being considered by the professionals working with their children and they were very rarely consulted. Again, the fathers of those children who were in the court process to decide whether the care they were receiving was suitable were more likely to feel that they were isolated from this process and less likely to be consulted regarding plans for the future of their children.

Finally, all of the group evaluations from previous Fathers Groups as well as general consultations with men indicated that they wanted a service that helped them to connect with other males using a parenting group in the area to help reduce isolation, improve connections with like minded individuals and most importantly, have an opportunity to have a positive impact in the outcomes of their children in the future. This included taking full custody of their children if need be, rather than having their children go into the care system.

## Who With?

**Which group/demographic is the intervention aimed at? How will these people be identified/referred? How many can receive the intervention at any one time?**

The Fathers Group is open to any person who identifies as being male and has a caring responsibility for a child. This child must reside in the London Borough of Southwark.

Referrals received for the Fathers Group include:

- Self referrals- should a man see some information regarding the Fathers Group either on the website or through some advertising seen at various partner agencies, they are able to contact me to complete and they will need to complete a Family Early Help referral form, to allow tracking of numbers of referrals.
- Referrals made through Southwark Children's Social Care and Family Early Help service are made through an internal system.
- Referrals received from our universal partner agencies that include voluntary services, schools, mental health services, the family nurse partnership, Children Centres, mentoring services (for children) will use the Family Early Help Referral Form.

The vast majority of referrals (approximately 80%) come from Children's Social Care, where the father isn't involved with their child and the professional working with the family is struggling to engage the father/carer (i.e. older sibling, grandfather, uncle etc.) There are also referrals from court where suddenly a father becomes involved with the child or there are concerns about the interaction of a father already involved with their child. In these



instances, the professional can refer as part of a Care Plan, or the judge can recommend the service; including Solicitors involved with any of the parties to make referrals.

Once a referral has been received, the referral is presented by a FEH manager and heard at one of the two weekly Referral Meetings held, for the parents of over and under eleven year old children. It is at these referral meetings where a decision is made to allocate to the Fathers Group as a method of intervention. Once the referral has been processed at the referral meeting, the father will be contacted by the Father's Group Facilitator, prior to the commencement of the group and provided with more details about the programme; the venue, accessibility and times. Where possible, the father will be offered a home visit as an introductory meeting to help develop a good working relationship. Maintaining communication with the father in the lead up to the start of each Fathers Group is key to ensuring engagement on the group is maximised. This often requires a lot of persistence to help build trust.

A week before the start of each group, a coffee morning is offered to all participants of that particular programme, so that the potential group members can meet the facilitator and each-other. This helps to build an understanding of how the group will work and familiarise themselves with the venue and specific location of the room within the building.

Within the room that the Fathers Group is held, is space for no more than fifteen individuals for each group that runs. This is to ensure that each participant is able to access all of the material and to ensure that the fidelity of the group Check In process is maintained. At the time this was written, the highest number of participants we have had in one group is thirteen fathers/carers. This was based on a total number of initial referrals being twenty-nine. These numbers have grown overtime as a result of better marketing to potential referrers as well as better ways of engaging the men prior to them starting the group.

After week four, the group is closed to new members to ensure that the confidentiality of those already attending is protected and because by this time, the group members have already started to form and bond. New members may compromise this formulation of the group bonding if they were able to attend after week four as there may be issues of breaking confidentiality. As well as this, those men that have attended from the beginning will have a good understanding of the group rules and method and new people will struggle to catch up and slow the overall progress of the group.

As a general rule, slightly less than half of the referrals received end up attending the group, but this is beginning to increase of late as word is spreading about the usefulness of this programme within the local authority. At present, our understanding of the reasons why some of the referrer men do not attend are due to work commitments, a lack of trust that the group will be of benefit and also anxiety surrounding attending the group from the start. Some men that are referred need more than one group to be offered to them before this anxiety or lack of trust reduces enough for them to want to engage.

Those men that were referred, but did not attend as well as those referrals received after week four, are automatically placed on the waiting list for the next available Father's Group.

## What?

**Describe what will be done with the recipients. The activities of the intervention. Attach or refer to any relevant materials or procedures that are required for delivery.**

Each Fathers Group comprises of ten, three hour sessions delivered at Children's Centres throughout the London Borough of Southwark. Each Fathers Group is run and completed



during each of the three school terms and is concluded with a celebration ceremony for all those that completed the programme (70% attendance and engagement) At the celebration ceremony, food and refreshments are provided for the successful participants, and their family members and other loved ones, where the men receive their certificate, encased in a frame is awarded to them. This ceremony is designed to celebrate the achievements that each man has been able to make by graduating from the Fathers Group and acknowledge the commitment they have shown throughout.

Each weekly session of the Fathers Group occurs at the same time and same venue each week. The last Fathers Group that was completed was held at the 1st Place Children's Centre on a Wednesday morning from 10am until 1pm.

Each session of the Fathers Group is divided into two main components. The first component, that lasts for approximately an hour and a half is called the Check In. This process has several functions, but is mainly designed to allow each participant to talk about themselves, divulging their names, the names of their children and if they are in a relationship with the child's mother. As well as this, each participant is asked to describe one thing that went well that week as well as talk about a struggle or worry that they have regarding their parenting. As well as giving each man an opportunity to talk about their own issues and personalise their involvement in the group, this check in process has a huge advantage in bonding the group together.

By involving themselves in the check in process, each man is able to get some solutions to their own issues, but also allows them to problem solve with the other group members and realise that a lot of the issues that they face are similar to other men which reduces feelings of isolation. As the group continues, the check in focuses less on the details of the children and more on trying to resolve presenting issues and acknowledge improvements over time. From a facilitator's perspective, this also provides useful clues as to the sorts of issues that the group faces as a whole and provides an understanding of the length of time to focus on the other parts of the programme.

Following a half-hour break where the men are provided with light refreshments, the final part of each group session focuses on providing them with some information about parenting and improving their relationship with their children. Each session has a plan of work to be presented and includes work on positive parenting, improving relationships, working with professionals and other family members agencies, including understanding child development stages and why these areas covered are so important.

As well as this, during each Fathers Group, the participants will have access to a pro bono lawyer who offers two or three individual sessions incorporated within each Fathers Group. These sessions are offered outside of the main group room so that each man can have complete confidentiality to discuss any issue they have relating to Children and Families Law. The exact discussion during these legal sessions are not divulged to the facilitators of the group. During each session where the lawyers are present, the time allotted to each individual group participant depends entirely on the demand as well as the time that the lawyers are available. These sessions are provided free of charge, although if the man wishes these lawyers to represent them in court, charges are then applied and these are dealt with privately between the individual father and Lawyer.

## Who by?

My name is Ben Campbell and I am a Parenting Practitioner, based in the Southwark Parenting Service which is attached to the Southwark Family Early Help Service. I am



responsible for devising this current Fathers Group programme as well as delivering the weekly sessions with a colleague or other father where appropriate. As part of my role, I am available to partner agencies and professionals for consultation; I complete full parenting assessments, which includes making recommendations for statutory or voluntary interventions to the Courts in relation to Parenting Orders. I also hold a small caseload and provide one to one support to families; usually where there are Child Protection concerns or Legal proceedings are in place or being considered by the local authority.

I have a Bachelor of Arts Degree in Sociology as well as being one paper away from completing a Social Work degree. I have over twenty years experience in working with Children and their Families both in New Zealand as well as in London. Since arriving in the United Kingdom in 2005, I have worked exclusively as a Family Support Worker within several local authorities, working within their Children and Families departments. This work focused on working with children aged 0-18 and their families where there were a number of concerns surrounding the likelihood of harm to children as well as the care provided by their parents or carers. This work has focused on all children, but with a focus on children with disabilities as well as children with a diagnosis of Autistic Spectrum Disorder.

In 2013, I worked in East London completing parenting assessments for the courts as well as devising and implementing groups for those who were deemed to be perpetrators of domestic violence. It was during this period of time that the origins of the current Fathers Group were born.

Since joining the Southwark Family Early Help service in 2015, my role has been to offer both 1:1 parenting support as stated above, as well as facilitating several different parenting group programmes designed to improve parenting for all residents of Southwark referred to the service. It is during this period of time that the need for a Fathers Group was first identified and I was given permission to start devising the Fathers Group and running it within the borough to support and improve the outcomes for Fathers and their children. The Fathers Group has been running in its current format for three successive years and was created using the training I had already received as well as training received on the delivery of various parenting programmes already in existence. Most importantly, I received lengthy training facilitated by Respect UK, a leading agency in the UK who provides training for facilitators on running groups for men and the best ways of engaging men in a positive and meaningful manner.

Working within Southwark over the past five and a half years has given me an insight into the presenting issues for all families living in a diverse, unique and vibrant inner city London Borough and specifically for the men who live there. It has also allowed me to understand that one gap in the service provision within this borough is a specific service for men in order to encourage them to be an active and important part of the lives of their children. Being a father myself has also given me an "on the job" understanding of the pressures and stress that comes with being a father as well as the enormous rewards that come with raising children in these modern times. It has been very clear from my own experiences of being a Father that specific services for men are not commonplace and that providing these services would be of huge benefit to men who want to be active parts of their children's lives and upbringings.

Finally, and possibly most importantly, it is my view that all Fathers where it is appropriate to do so, should be encouraged and motivated to play an active and important role in the upbringing and development of their children. It is my view that the role of a Father has a hugely important part to play in our society improving the outcomes of children and all research suggests that the outcomes of children reaching adulthood are significantly



improved if they have a good quality male role model to rely on as they develop into the later parts of their lives. All Fathers can make mistakes and again, where it is assessed to be appropriate, should be given every opportunity to be given the skills to develop relationships with their children in the same way that mothers' are.

## Main Aim

**The main aims of the Fathers Group are to:**

- 1) Provide men with a space to talk about their parenting concerns and achievements;
- 2) Introduce parenting techniques that focus on positive relationship management and conflict resolution;
- 3) Help fathers to improve their relationships with their child and other people involved in the care of their children.

These main aims are further underpinned by the view that participants on Fathers Group may need some support surrounding:

- Changing parenting strategies to be more child centred.
- Increase awareness of child development and age appropriate expectations.
- Increase understanding of co-parenting.
- Understanding the role of a father in modern society.
- Increase father's awareness of the impact on children exposed to conflict in the home.

These aims can be broken down further to include getting the group participants to understand the role of the father. Within contemporary society, the role that fathers play within the family unit has changed over time and this has meant that there is often confusion as to how to parent young people in a world with new developments such as social media, a reliance on the internet and changes in how people communicate. Even the traditional ideas of how males and females should behave and what their roles are have changed dramatically over the course of the last twenty years and these things need to be considered when deciding how to be a father and what is important to focus on.

Given the fact that many men feel isolated and not included in the plans that professionals make for their children, it is important to get the group participants to understand the fact that it is essential to think about their presentation, both to their children, other family members, as well as the professionals that work with them. Not being included in plans for their children can be a source of extreme frustration for many fathers and often this frustration can lead to interactions with other family members and professionals that do not support the child in the long-term, or create a good working relationship. For example, often men become frustrated with a family member or professional if they do not feel they are being included. This can lead to angry interactions which are often counter productive and also reinforce the view that the father is uncooperative, not interested in collaborative work to try and improve the situation for the children. In the vast majority of times, fathers want to be included in the plans they have for their children.

As well as the aims listed above, other aims of the Fathers Group are to get the participants to:

- Reduce isolation within the local community and boost parental confidence;



- Understand children's developmental stages and how this impacts on their child and being a father.
- Understand emotions and behaviour management during their child's transitional stages and gain further knowledge in these areas;
- Improve awareness of parental rights and responsibilities.

## Who by?

**Background, qualifications, experience and expertise of staff. Outline what teams or services they will come from, and any specific training that is needed.**

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Borough and specifically for the men who live there. It has also allowed me to understand that one gap in the service provision within this borough is a specific service for men in order to encourage them to be an active and important part of the lives of their children. Being a father myself has also given me an "on the job" understanding of the pressures and stress that comes with being a father as well as the enormous rewards that come with raising children in these modern times. It has been very clear from my own experiences of being a Father that specific services for men are not common place and that providing these services would be of huge benefit to men who want to be active parts of their children's lives and upbringings.

Finally, and possibly most importantly, it is my view that all Fathers where it is appropriate to do so, should be encouraged and motivated to play an active and important role in the upbringing and development of their children. It is my view that the role of a Father has a hugely important part to play in our society improving the outcomes of children and all research suggests that the outcomes of children reaching adulthood are significantly improved if they have a good quality male role model to rely on as they develop into the later parts of their lives. All Fathers can make mistakes and again, where it is assessed to be appropriate, should be given every opportunity to be given the skills to develop relationships with their children in the same way that mothers' are.

## How?

**Describe the mode of delivery, such as; in-person, by phone, online etc and if it is provided 1-2-1 or in groups.**

The Fathers Group is delivered in ten, three hour sessions delivered across the three school terms in Children's Centres in Southwark. The groups are led by a trained facilitator whose role includes ensuring that each man within the group is able to share some concerns and successes in their own lives, feels confident and comfortable to do so and that ultimately, their parenting style and delivery is improved by accessing the full group.

As well as delivering the group itself, the facilitator of this group will always try and contact each participant on the telephone once during each week of the group to ensure that there are not any issues preventing them from attending in the future or to help if they require any further assistance. This is particularly the case for group participants that did not attend a specific session and did not alert the facilitator to this fact. Regular telephone contact outside of the group itself is a key component of this group to ensure that engagement is on-going throughout the entirety of the Fathers Group. Those group participants that are referred to the Fathers Group, but do not engage or drop out for whatever reason are automatically placed on the waiting list for the subsequent groups in the future.

## Materials

**Describe any informational or other materials used during the intervention.**

Whilst there is a specific lesson plan to the Fathers Group (see attached), to ensure the integrity of the programme very little written information is provided to the men during the group. There are a number of reasons for this; the first is that the feedback from the men that have already completed the group indicated that they would prefer to have discussions surrounding certain topics rather than receiving written information. It was felt by those that have completed the courses that they would learn more from live discussion around each topic rather than having a more classroom based written manual to refer to during each session. Nevertheless, all information provided by the facilitator is evidence based.





The second reasons for providing limited materials throughout the duration of the group is that many of the men accessing the course have very little or no literacy skills. This lack of literacy skills, or confidence in reading or written work is often a source of embarrassment for the men and has at times been a reason for not engaging with the Fathers Group or withdrawing once the group have become aware that there are issues with literacy regarding a certain participant. Unfortunately, very little or no information is shared with me regarding the participants' literacy levels of each man from the referring agency at the time of the referral and this is possible due to the fact that the referrer did not know this information either. When it is clear that a participant does have issues with their own literacy, often with their consent, they are referred to partner agencies where they will be assessed for their literacy skills and then offered free English and Maths lessons in order to address their lack of skills or confidence in these areas.

Finally, feedback from those men that have attended the Fathers Group as well as other parenting programmes has indicated that the participants preferred the more informal learning approach of the Fathers Group over other parenting groups where the style is slightly more prescriptive and classroom based.

Having said all of the above, during each session, flip chart paper and pens are often used. For example, flip chart paper is used to register and record each of the rules of the group during the first two weeks of the group. This is to ensure that any rules that the participants want for the group are recorded accurately and then displayed on the wall during each session. These rules are displayed in an obvious place to ensure that the participants are aware of them and this will hopefully encourage all members of the group to respect the rules and abide by them. As well as this, group members are always asked to review the group rules to ensure they are still relevant and are also able to change or add a rule should there be reason to do so.

## Where?

**Describe the location and any relevant features, such as; access, privacy and availability of child care.**

Since its conception, each of the previous Fathers Groups has been run out of Children Centres located within the London Borough of Southwark. Within these Children's Centres, private rooms are booked that hold up to twenty people and these rooms are able to be shut off from the rest of the Children's Centre to ensure that the group is private and there are no issues with confidentiality. To date, these venues have been suitable for the men and they have felt comfortable and confident to attend each week, according to the feedback received to date.

One part of the Fathers Group that is essential to maintain good group cohesion is the provision of food (light refreshments) This allows the group to continue to bond over food and allows the men to have a break from the group where discussions surrounding any manner of topics take place. Often, discussions surrounding the topics just discussed in the groups can continue whilst the food is being shared and again, this is an excellent way to discuss the topics more and allows each of the men to share their views or thoughts in an even more informal manner.

One issue that has prevented some men from attending the Fathers Group is the provision of child care. For some men with small children, child care is essential for them to continue to access the group. At present, the Fathers Group is run out of the 1st Place Children's Centre which has a specific and free crèche facility next door. This allows those men to



drop their children off to the crèche next door, settle their children if necessary and then make their way into the group room next door. That way if their children become unsettled, they can go and soothe their children without there being a massive disruption to the group as a whole. The provision of appropriate child care has coincided with a slight increase in referrals and graduates from the group as a result. It is anticipated that this crèche will continue to be something that is provided in the future. In some circumstances, and based on individual need, the local authority will also pay for child care in the form of a registered childminder to allow a parent to access a group.

## When and How Much?

**Specify how often, for how long and over what duration the activity will last.**

The Fathers Group is a ten week programme that is run once during each of the three school terms every academic year. The groups generally start during the third week of each school term and finish prior to the conclusion of the school term in order to facilitate a celebration ceremony before the school holidays begin.

Each session comprises of three hours- at present the Fathers Group is run on a Wednesday morning from 10am until 1pm. As a result, should a Fathers Group participant come to each session in its entirety, they will be exposed to thirty hours of training. During each three hour session, there is a minimum of one thirty minute break to share the food and then at least one fifteen minute break for refreshments. Often the exact timing of each break is dictated by the group participants, although one of these breaks does usually occur between the Check In and parenting techniques components of each Fathers Group session.

It is anticipated that the details listed above will continue to be put into practice for each Fathers Group that is run in the future. The only one of these details that may be altered is the day of the week the group is held. This may change depending on the availability of an appropriate venue or if there is sufficient demand from the participants that they want the day of the week or the time altered.

## Tailoring?

**Describe how the intervention can be adapted to the needs of service users and which aspects would be delivered with some consistency from one service user to the next.**

The Fathers Group does have a standard lesson plan that is delivered each week (see attachment). It is usually the case that this lesson plan is adhered to at all times, but there is certainly a degree of flexibility based on the needs of the participants. For example, if during a Check In, a participant has a series of questions pertaining to an aspect of the programme that is not due to be discussed that day, there is an option to change the planned section of the programme and replace it with the part of the programme that relates to their questions. Should this be the case and it is felt appropriate by the facilitator, the group members will be asked to decide as a majority vote if it would be suitable to change the lessons plans in order to facilitate further discussion surrounding the questions being asked. If there is a unanimous agreement that this would be suitable, then the lesson plan for that day will be changed accordingly. Any lessons plans that were replaced will then be fitted into the group sessions at a later date.



As a result, Fathers Groups may vary from cohort to cohort in terms of the order that lessons are delivered, but overall will still cover the same material. The overall lesson plan is very unlikely to be changed within the first three sessions, as these lesson plans are designed to help the participants engage with the group itself and firstly understand what sort of father they are and what sort of father they wish to become. If these initial lessons plans are changed too much, the integrity of the programme and engagement of the participants may be compromised.

The other aspect of the Fathers Group that is likely to be slightly different each week and within each group cohort is the Check In part itself. Whilst the questions remain the same throughout, the answers provided by each group participant will clearly change depending on their situation and what they would like to share. As well as this, the Check In phase can at times go off on tangents especially if a participant raises an issue that resonates with other members. At times, if a participant raised a certain parenting issue that they are currently facing, other members are asked to discuss if they have experienced this too and what methods they used to manage the situation. This is a highly effective method of bonding the group closer together (especially in the early weeks) and also helps reduce individual feelings of isolation as they will feel better if they know that others are experiencing similar worries or difficulties. Often if several group members are fixated on a certain issue, it becomes very difficult for the facilitator to move onto something completely different as the group will want to stay on the topic of their choice. As a result, the Check In process can at times be led by the wishes and needs of the group participants and to date, these organic conversations and discussions are often when the participants gain the most knowledge as the discussions are directly related to their own set of circumstances.

## Monitoring?

**Describe how the delivery of the intervention will be monitored, for example, consider if anything will be documented after a session.**

All referrals for the Fathers Group need to be made using two separate methods. The first is for those working internally within the Social Care service as part of the London Borough of Southwark and they need to complete a referral form via the database used in the borough called Mosaic.

The second referral method is for those that work outside of Social Care. For these referrers, they need to complete a Family Early Help referral form and send it back to an email address. (See attached document)

Once referrals have been received, they are all loaded onto Mosaic by business support officers and then are heard at the weekly referral meetings. This process is designed to ensure that each referral is suitable for the Fathers Group as well as ensure that the referral is uploaded to Mosaic so that weekly updates related to attendance and level of participation can be recorded there.

As soon as the referral has been discussed during the referral meeting, each individual is contacted by the facilitator to ensure that they are aware of the referral and to discuss how the group works and get them to commit to working with the group.

Once the group is started, the attendance is recorded and then entered onto Mosaic. As well as this, each referrer will receive a weekly email with the topics covered during the session as well as whether their person referred attended the session. Should the referrer need any further information, they are invited to contact the facilitator via email or telephone where



individual conversations take place. At the conclusion of each Fathers Group, each participant has a summary report completed by the facilitator, that provides an overall picture of their engagement and participation within the group itself as well as some recommendations for further work or support if appropriate.

In regards to evaluation documents, each participant is invited to complete a post questionnaire during the final session of each Fathers Group. During the last session, the group is asked if they would like to complete this evaluation document individually or as a whole group. As time has gone by, each of the more recent groups have opted for completing this document as a group. It is my view that this is for a number of reasons. The first is that there are a few men in each group that either have no literacy skills or do not feel confident to write their views down on a form and therefore, they do not feel confident to complete this form individually. The second reason is that by the end of the group, the participants are often very comfortable working as a group and have bonded well. As a result, they often prefer to therefore work together to complete this evaluation task. Usually the participants remain in contact with each-other during and after the group has ended via WhatsApp groups which they set up themselves. This is also a good way of ensuring continued support for each-other within the community.