

Prepare Enrich Newsletter – Spring 2008

Highlights

The new-look Prepare Enrich website

A new guide for working with groups – out soon

A new Couple relationship tool to reach additional couples

Regional events being planned for 2008/9

The new-look Prepare Enrich website

You may have noticed that the Prepare Enrich website has a new look and more content. If you haven't found it yet, try www.prepare-enrich.co.uk

Of particular interest to you will be the Practitioner area, where we hope you will find the information you need as you use Prepare Enrich with couples, as well as some resources you can order. Do have a look at this, and the other areas too, so that you can point the services out to other people. Do let us have your comments on the site.

A new guide for working with groups

Prepare/Enrich have been developing and delivery group sessions for a number of years. We have now produced a new group package including

- detailed information on running a group course,
- a collection of exercises
- key tips and
- a Powerpoint presentation to accompany your sessions

The guidance is flexible so you can run the course over a single day, a weekend or a series of evenings. The information will be incorporated into future training, but if you would like a pack please contact us and we will send this to you as soon as it's finalised – any day now. The manual and exercises can be emailed to you free, or printed and sent by post for £5. The accompanying Powerpoint is currently only available electronically.

A new Couple relationship tool to reach additional couples

We have been working to adapt a new tool for working with couples, originating from Prepare Enrich in the US. This is called the **Couple Checkup**. It's an online tool with many of the features of the existing Prepare/Enrich inventories but the initial reporting is provided directly to the couple, who can then seek further insight through practitioners.

This is not seen as a competitor to the tried and tested, face to face process, but more as an accessible entry route into the service, particularly for those couples not connected into groups that can provide the traditional support.

You can find more information about it on our website, at www.prepare-enrich.co.uk/couples/cc_checkup.htm

and the tool itself also has a direct entry point at www.couplecheckup.co.uk

Regional events being planned for 2008/9

After the successful workshops a couple of years ago we are planning more day workshops for practitioners – one later this year in the North probably around Sheffield, and another early in 2009 in the South in Wimbledon. Dates and venues will be available shortly.

Training planned

We currently have practitioner training days booked for:

- Inverness – June 20, 21
- The Hague – Oct 11
- Southampton Oct 25

All these are open to anyone who wishes to book.

We also have outstanding requests for training in the Oxford, Leeds, and Co Durham areas, but need more interest to make these viable. We can run a course more or less anywhere for a minimum of 4 “training units” (single people or couples) so please do contact us if you know of people interested in any of the above, or you would like to initiate a course in your area. Current practitioners can attend a training day as a refresher for a much-reduced fee.

Relationship MOT at Lee Abbey

The next events at Lee Abbey, for both married and engaged couples, are on June 13 to 15, Nov 7-9, and Mar 6-8 2009. See the web site for more information.

Practicalities – photocopy sheets/posting requirements

There is a lot of useful information on the website, but can we underline a couple of points:

- We have had a few instances of inventories getting lost in the post. We suggest that you take a copy before sending the sheets to us, as this means you will not have to get the couple to do it again. You should certainly have your report back in 5 days (and usually less); feel free to ring us if it has not arrived.
- We are happy for you to save yourselves postage by folding answer sheets once or twice so that they fit in a standard “Letter” envelope (A5 maximum size), rather than sending them unfolded as “Large letter”. However, if the envelope does qualify as “Large letter” through area or thickness please make sure you stamp it sufficiently – underpaid postage can cause several weeks delay in delivery.

Contact details:

Phone: 023 8021 6003

Email prepare-enrich@scft.org.uk

Web www.prepare-enrich.co.uk