

## Claudia Aldersley

---

**From:** Alphonse Rudakubana <DPA>  
**Sent:** 13 March 2020 16:36  
**To:** Claudia Aldersley  
**Subject:** Re: Parenting 2000

Hi Claudia,

I found the course an eye opener as to how much as a parent and as an individual I don't know. It is helping me to understand more why my children are having difficulties communicating with me or expressing themselves they way adults do.

The course is equipping me with the knowledge, techniques and patience to engage more with my children and find more time with them. For me, the course should be extended to school teachers and teaching assistants. In addition to the personalised one to one sessions, I would love to see a similar group course offered to the young people because it would help them understand themselves better, which would give them confidence and improve their mental health wellbeing.

In relation to Axel, I have realised that the course has given him plenty of resilience and calmness (his bucket is bigger now). He trusts you and really looks forward to attending his sessions with you. Trust me that does not happen often. You must have done very well with him and, having attended the adult group course myself, I see why.

Thank you.

Kind regards,

Alphonse

On Fri, 13 Mar 2020 at 11:02 am, Claudia Aldersley  
<Claudia.Aldersley@parenting2000.org.uk> wrote:

Hi Alphonse

The SAS project which I lead on and has funded both Axel's recent counselling sessions and the Youth Connect 5 parent group is being inspected by the Home Office on Monday. I have to present some of the work that we have been doing. I was wondering if you would have the time to write a few words about how you have found the support offered to your family? Last night you suggested that it had really changed your thinking and I wondered if you could let me have this in writing for me to use your own words to the inspectors- it will, of course, be anonymous. Please let me know your thoughts.

**Warm regards**

**Claudia Aldersley**