

Parent Outreach Program (POP) Tobago

Through The Years 1995 - 2023



**Mavis Bacchus Training
Coordinator / Coordinator
(POP) Tobago
2002 - 2016**

Introduction

The Parent Outreach Program (POP) started in Trinidad in 1993, but then branched over to Tobago. The pioneers of the program did their initial training at SERVOL Regional Training and Resource Centre (RTRC) Trinidad. These pioneers were Ms. Kathleene Lindow, Ms. Pamela Prescott, and Ms. Lucille Mc Conney.

In 2002 I was given the responsibility of training coordinator of POP. This added further opportunity to provide training and supervision to three groups of POP facilitators. The first of which started in 2002, followed by a group in 2005 then 2007.

This POP training was scheduled for three years. However due to the need for strict adherence to the syllabus, it was difficult to conduct all the sessions proficiently in isolation. To facilitate the needed efficiency necessary support was sought from volunteers from various disciplines.

Introduction

Acknowledgment

POP Facilitators

POP Facilitator (Tobago) Metamorphosis

Achievements

Statistics

Future Of POP

Acknowledgment

These volunteers worked tirelessly and were committed to the task. At this time, I would like to acknowledge the organizations and individuals who contributed to the formative years.

Ms. Rose Ambrose, Ms. Gloria Moore (Family Planning)

Ms. Arlene Blade (Breast Feeding)

Dr Joan Bobb-Ward (Psychology)

Mr. Sheldon Cunningham (Social Services)

Dr Adam, Dr Pantin, Nurse Margaret Wright (Health Promotion Clinic)

Ms. Thelma Perkins (Child Development)

Ms. Volis James (Parenting and Family Life Organization)

Pastor Toney Mapp (Spirituality)

Dr Dereck Forrester (Counseling)

Ms. Virginia Wright (Early Intervention)

Mr. Horatio Taylor, Mr. Malcolm Melville (Music)

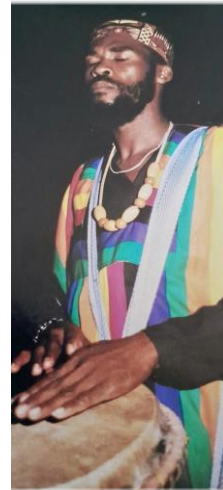
Ms. Marva Munroe, Ms. Angela John, Ms. Patricia Grant (Craft/Marketable Skills)

Mr. Kert Callendar, Ms. Dywane Ottley (T&T Fire Service)

Parent
Outreach



Receiving Breast feeding book from Ms. Arlene Blade.

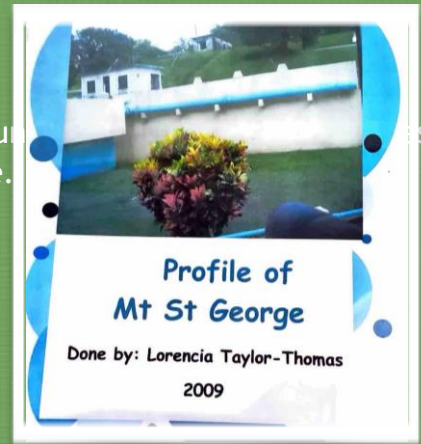


Mr. Malcom Melville demonstrating different sounds on the drum.

Parent Outreach Program Facilitators

Community Profile

The Facilitators needed to know the idiosyncrasies of the community profiles facilitated that knowledge.



CHURCHES



The Churches of Tobago has always been a place in which the people paid tremendous attention to their spirituality. The village reflects this by its various denominations of churches. There are currently six (6) churches in the village. The Mount St. George Methodist Church being the most dominant and longest standing, the Mount St. George Seventh Day Adventist Church, the Roman Catholic, the Church of God, the Spiritual Baptist and the Fountain of Life Ministries. The village also has three (3) cemeteries, one of the Methodist Church and the Catholic and public cemeteries adjacent below the Catholic Church.



THE MOUNT ST. GEORGE SUGAR ESTATE: - This estate, directly west of the capital city Georgetown was established on lands that were originally reserved for poor settlers. The identity of the first estate owner is uncertain but, in 1809 it was owned and cultivated by George Field and W. Braswell. George Field still remains the name of one of the village street. Sometime before 1832 the Mount St. George estate had transferred to a Mrs. Braswell and in 1866, still in cultivation; the estate had again been

COMMUNITY CENTRE



The village gained recognition in Trinidad and Tobago when it took part in the Best Village Competition led by Mr Rawle (Axeback) Titus in the years 1970-1975 and won the crown twice in 1971 and 1972. The village was given an 'A' class community centre which was constructed in the early 70's. There is a computer room with approximately ten (10) computers. The Retraining Program is held at this location for the past two years. It housed the Mount St. George Early Childhood Centre before it got its own building which is now located between the Mount St. George Methodist primary school and the Mount St. George Methodist Church.

POP Facilitators (Group 1)

This group of facilitators began working in twenty-five (25) communities throughout Tobago.



Sandra Taylor 2002 -
present Field Officer
2008

The program helps me to become more assertive as I develop my identity. It provides me with the opportunity to learn new skills and develop the skills that I already possess. It also allows me to help persons in need to empower themselves. Helping others to become a better version of themselves is one of the greatest joys of this program.



Gillian Nurse
2002 - Present
Field Officer 2008

My affection and passion for the POP program continue to grow as I watch parents who were once homemakers progress to career women; children whom I nurtured as babies are now excelling in skills and academics.

POP Facilitators Group 1 cont'd



Verna Warner Lewis 2002
- 2006 Deceased

Verna worked in the sparsely populated northern part of the island. However, she found a way to unite the communities in the various community centres where she held monthly workshops to discuss ideas and suitable solutions to their problems, especially for the babies and children with whom she worked. She expressed satisfaction when her fathers participated in the program.



Angela Duke - Charles 2002
- 2006

Working in various communities helped to bring positive change to the lives of both parents and children with the different workshops, skills training, and social events of POP. I felt like I could see the fruits of my Labour with what I learned as a POP facilitator.



Murlin Morris - Douglas
2002 - 2006

What I enjoyed most about The Parent Outreach Programme was being able to encourage and touch parents' lives, which was evident in my follow-up visits.

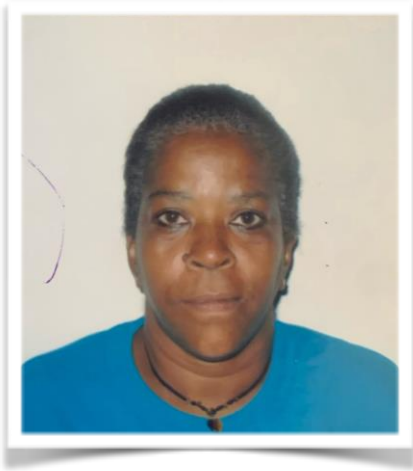
POP Facilitators Group 2

Further training for facilitators was done in 2005



Kelvin Alexander 2005 -
2010

Emotional exercises also affect the social development and well-being of individuals today. It's essential but challenging in a quest for success. There will always be limitations. With the support of my peers, I challenged the system and developed the "men's program" that proved successful and still holds dear to my heart.



Cheryl Frank 2005 -
2009

I found pleasure in crocheting, and this love for the craft I transferred to my parents. However, not only was I able to transform the parents' lives into better parenting but also to become more diligent in crocheting, which is economically viable for some parents.

POP Facilitators Group 2 cont'd



Elizabeth Duke 2005 -
2019

My secret to happiness is helping others. It is the secret of loving a life that includes you and others. My passion is the foundation of giving back to communities. It is not how much you give but how much love you put into giving. Working at SERVOL (POP) allowed me to excel and establish my growth and dream. Working with parents and children came as my extended family. A kind gesture can reach a wound that only compassion can heal.



Rae Samuel 2005 -
2010

I was always interested in community work, so when the opportunity availed itself, my enthusiasm peaked. My motivation remained consistent when I observed the changes I made in the lives of my parents with whom I interacted, as well as the support from my peers. What I liked most about the program was the opportunity to interact with members of the community and the new friends I made.

POP Facilitators Group 3

This group began training in 2008



Rhonda Bacchus 2007 -
Present

One of the things I like about POP is the fact that I can assist others in any possible way that I can by inspiring them to better themselves in areas that they are lacking.



Adana Jordan 2007 -
2015

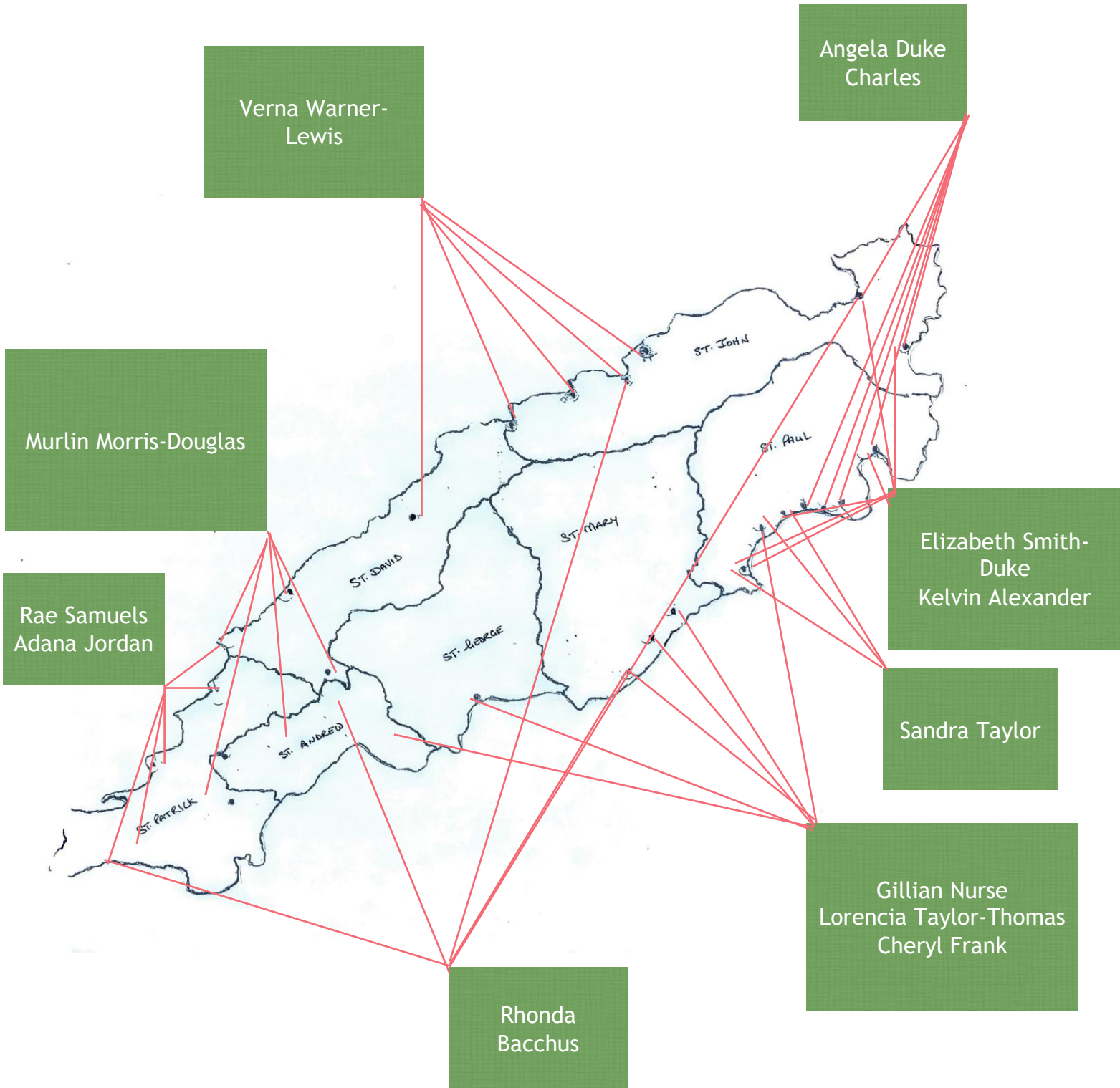
SERVOL POP allowed me to make a positive difference in the lives of the parents and children with whom I interacted. The program has tailored me into the woman I am today, who shows compassion and understanding to the many walks of life.



Lorencia Taylor - Thomas
2007 - 2019

I never thought I had leadership skills, but this hidden talent emerged while working in various communities as a POP facilitator. I emerged from the program after interacting with children and parents with fulfillment and confidence to do more.

Communities served by POP Facilitators



Metamorphosis

SERVOL Parent Outreach Program was an exceptional training ground in the earlier stages of my career as a facilitator and a psychiatric nurse today. Social and behavioral building, training and mentoring encourage and promote excellent character and personality traits. These helped to strengthen areas such as parenting skills, personal growth, and functional behavioral techniques used to conquer many complex challenges and motivate individuals, parents and colleagues.



Adana Jordan
Psychiatric Nurse

Metamorphosis

Reflecting on my time at SERVOL, I am humbled by the fact that it prepared me for the person I am today. Proudly, SERVOL lives in my work day to day. Thank you, SERVOL.



Lorencia Taylor-Thomas
Primary School Teacher

Metamorphosis

Engraved in my mind is the philosophy that no one is better than another, and everyone needs help at some point. The lessons and values that POP taught were etched in my mind, which I use daily, even in my current career as a firefighter.



Kelvin Alexander
Fire Fighter

**Receiving certificate for the Marine Fire
Fighter Course**

Achievements

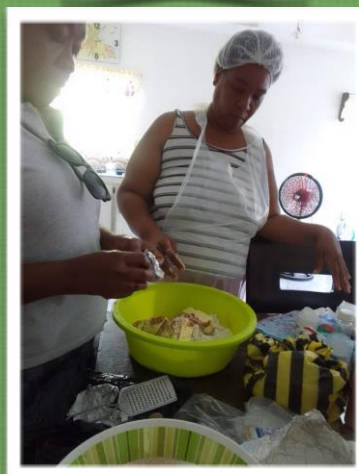
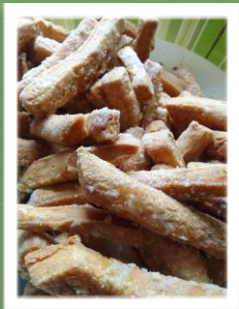
POP Tobago has been able to have some notable achievements throughout the years. These include;

- Marketable Craft /Skills
- Family Day / Sports
- Workshops
- Social Events
- Home Gardening
- Hamper Distribution



Marketable Craft / Skills

Craft sessions form an integral part of our home visits. These sessions are sometimes done in the form of workshops, where parents share ideas about craft e.g each one teach one. They also use these opportunities to socialize in an informal and relaxed atmosphere.



Sports / Family Day

Parents and facilitators alike always look forward to sports and family days. Families meet families from other communities. The sporting activities and events planned aim to not only encourage socialization but also to have fun and release stress and anxiety.



Workshops

Workshops help parents understand where emotions and challenging behaviors develop and give them the necessary strategies that parents can implement to change the behavior of children and parents alike. These workshops are sometimes held at parents' homes or on the block with the "boys." Some topics discussed throughout the years;

- ▶ Self-care for parents
- ▶ Health care for women
- ▶ Finding new purpose
- ▶ Courage to make a difference
- ▶ Time vs Opportunity
- ▶ Taking charge
- ▶ Perfect picture

At these workshops, Kelvin, the male facilitator, planned workshops, particularly intending to have the men understand the importance of positive social interactions such as lifestyle habits and personal hygiene.



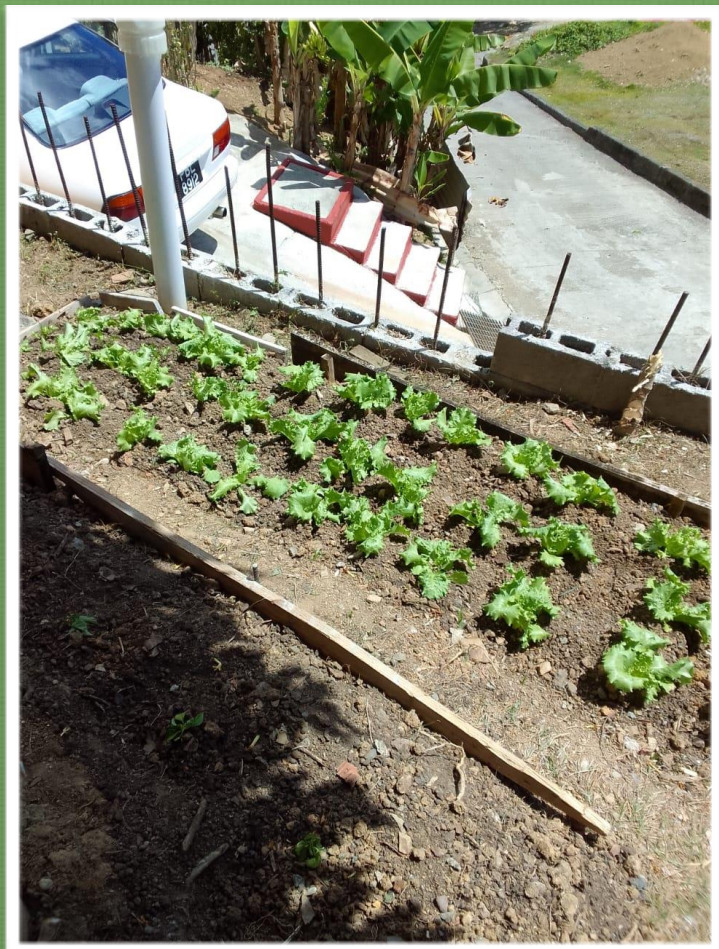
Social Events

The pictures that follow depict the effort made by all facilitators to create a positive atmosphere, build trust and camaraderie between colleagues, encourage collaboration, and foster creativity through several social activities.



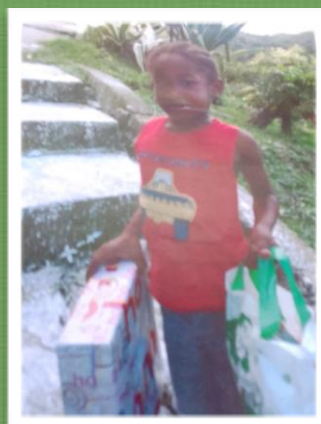
Home Gardening

Home gardening helps curb the economic crisis that some families experience. Home gardening encourages them to eat healthy and eat what they grow. The excess is frequently shared with neighbors and acts as a means of economic stability.



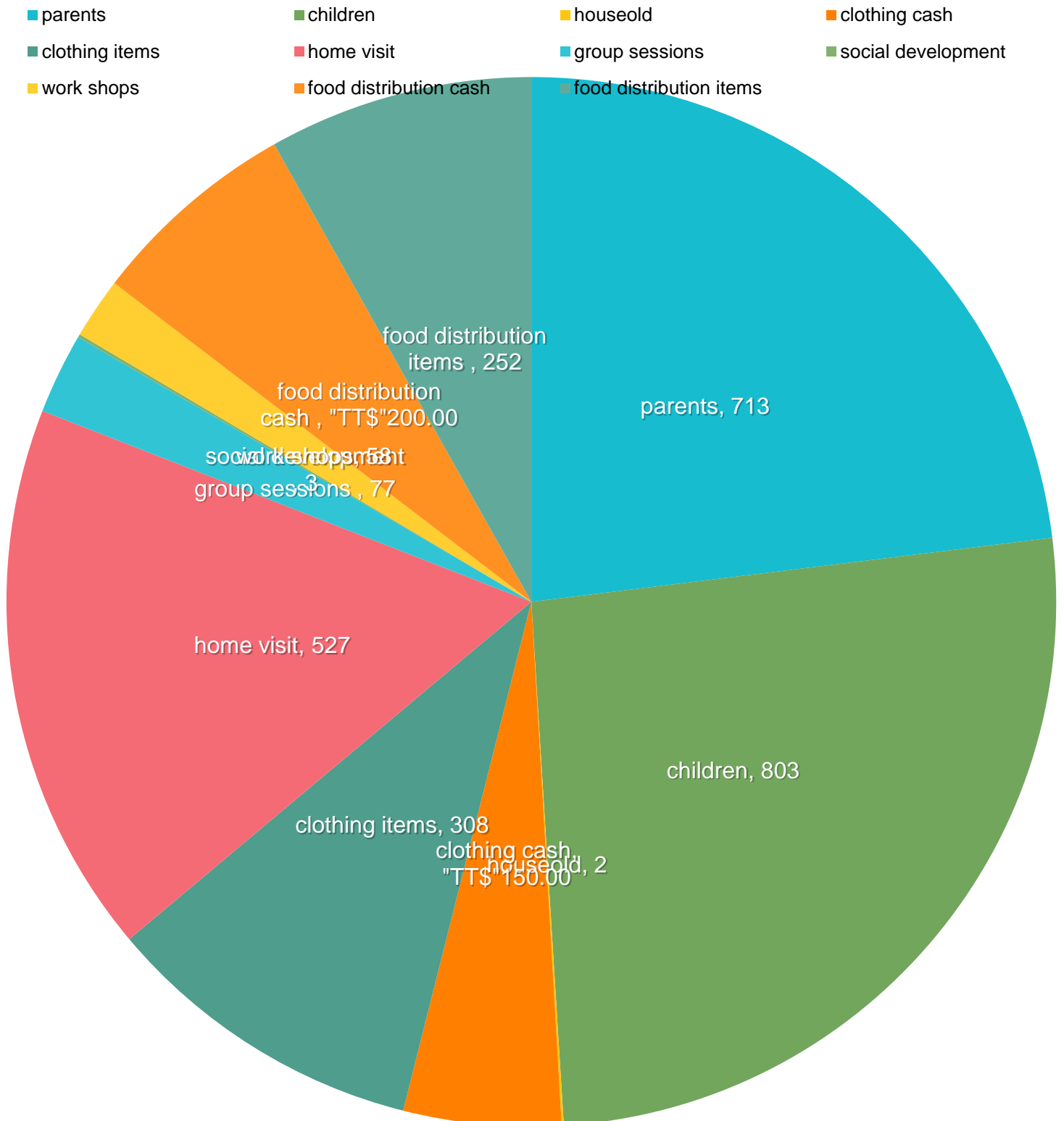
Hamper Distribution

Less fortunate parents have benefited immensely from the hamper distribution efforts of POP facilitators.



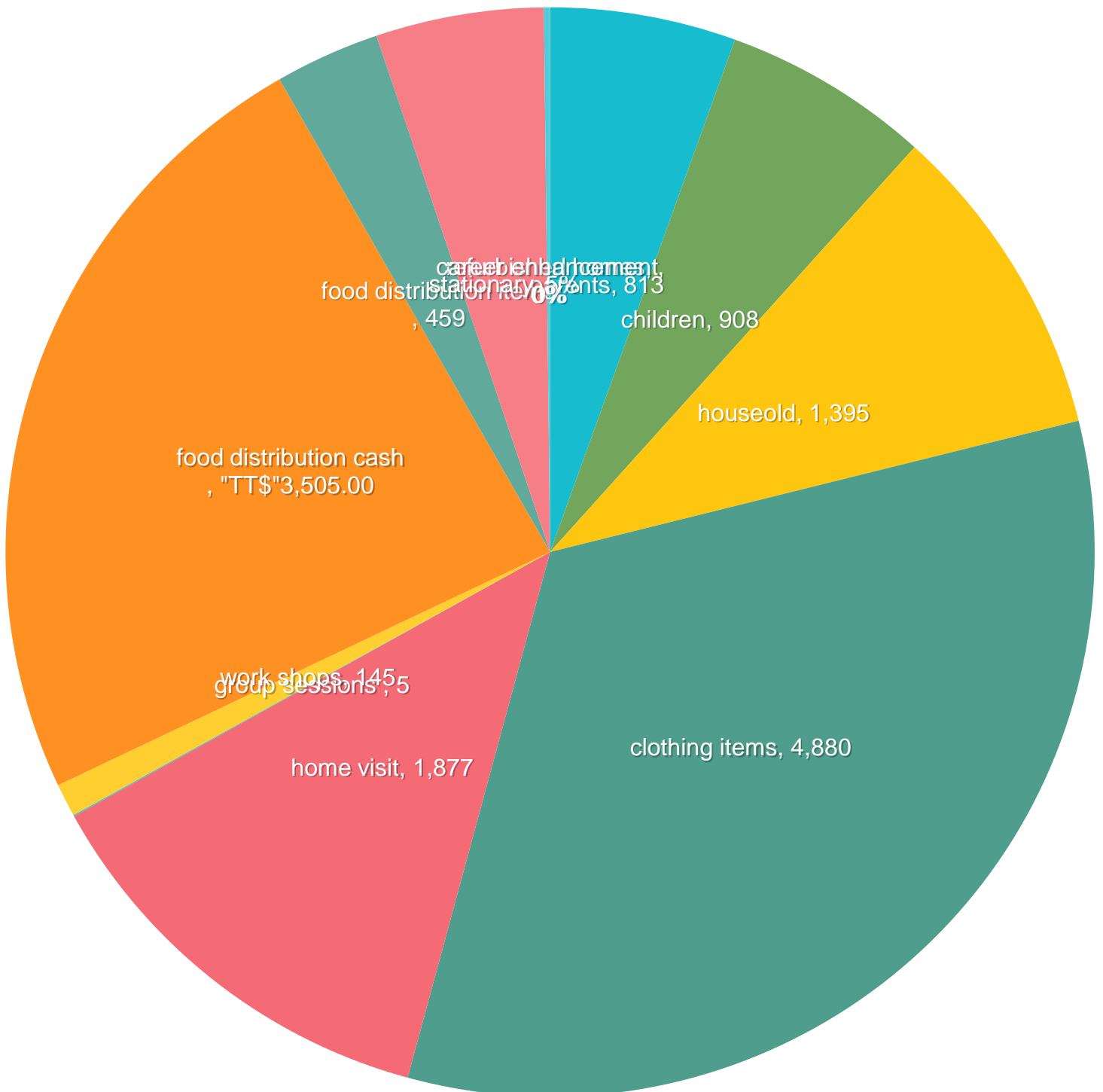
Statistics 2002 - 2009

The following statistics serve as tangible evidence of the achievements of the POP program in Tobago for 2002 - 2009, 2010 - 2017 and 2018 - 2023. Facilitators collected data at the end of each term for the corresponding year.



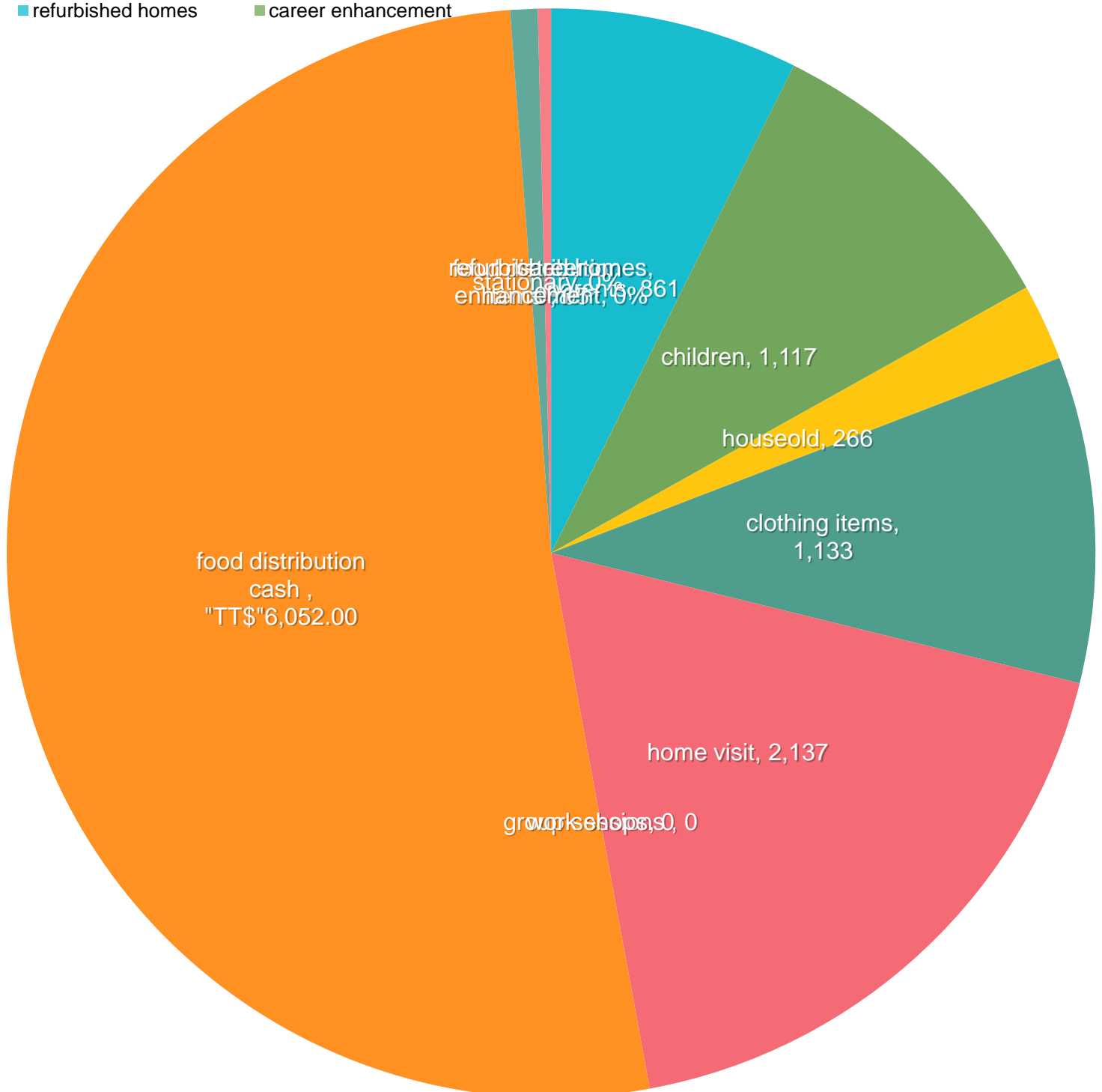
Statistics 2010 - 2017

- parents
- children
- household
- clothing cash
- clothing items
- home visit
- group sessions
- social development
- work shops
- food distribution cash
- food distribution items
- stationary
- refurbished homes
- career enhancement



Statistics 2018 - 2023

- parents
- children
- household
- clothing cash
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Future of Parent Outreach Program (POP) Tobago



Spaces To Grow

The POP program, as of yesterday, must begin to reimagine itself in the landscape of Trinidad and Tobago as more inclusive, connected and collaborative.

POP can achieve inclusion, connection, and collaboration by creating networks and teaching new skills, such as developing new projects that are regenerative, cooperative, and distributive. POP facilitators can create communities that work for everyone and meet the needs of many.

The Way Forward

To build inclusive communities of projects, activities, relationships, and networks that enable the residents to share time, spaces, learning, and ideas and create beautiful neighborhoods for all. To achieve this, POP facilitators must help people reimagine the streets they live on and create striving places where communities benefit from participation and practices.

Spaces To Grow

The Forward

Recommendations
