

## **Parents Supporting Parents ~ Group Rational**

### **Location**

Running from **Central Family Hub** ~ Edward Street, Grimsby, DN32 9HL

Thursday mornings from 9.30 till 11.30 – Parents / Carers and Children

Refreshments provided

### **Set up**

The groups are open to parents & carers of children with additional needs or a condition that is under investigation.

**No expectations for attending** – it's not to tick a box exercise, sessions to complete training or to show compliance.

The group offers a friendly relaxed social arena to provide guidance and support (specific to requests when required). A safe environment to meet up, share experiences, build friendships, ask for advice, or just watch and listen with other parents & carers in similar situations.

Contact can be made by a parent / carer prior to attending the group and a FFP (Family First Practitioner) or FSW (Family Support Worker) can make a home visit as an introduction and to give further group information if required.

### **Rules**

Parents remain responsible for their own children within the group setting.

Parents are asked to be respectful of all other attendees. Behaviour and language should be appropriate at all times and those not adhering to this will be asked to leave.

Any issues discussed within the group must not be offensive to anybody else attending. Sensitive issues can be raised and attendees can indicate if the subject is ok to be discussed openly. Any subjects that are sensitive to individuals and not wanting to discuss openly, can be discussed personally with a FFP / FSW.

Parents to notify a FFP / FSW if medications are brought into the building. These will then be secured in a locked facility outside of the group setting area.

Concerns wanting to be raised about another attendee are to be discussed with a FFP / FSW and can be discussed in private.

## **5Rational**

There are currently no other groups of this nature within the locality which offers this type of support to parents / carers of a child with additional needs.

Parents often start sharing information and supporting each other, taking some of the onus away from supporting FFP / FSWs.

The group provides a regular social event for parents & carers, which can be accessed as and when they wish to. Supporting family members / carers can also attend to support parents and the children attending.

A group which helps empower parents & carers to move on more confidently with reassurance to support themselves more independently.

The group with attendance from other professionals offers regular support and updates for parents & cares from pre birth through to young adults moving through transition into adulthood.

Attendees are also encouraged to discuss any issues or concerns about everyday living, health, financial, education etc. This enables FFP / FSWs to provide focused information sharing about subjects of high importance for parents & cares.

**Comments** - from parents attending the previous group run at Riverside include;

'A place to go without feeling your every move is being judged'

'Receiving emotional support and direction, when I just don't know who to turn to'

'Nice to attend a group which accepts my child as he is'

'A place I can feel at ease attending, and somewhere my niggling questions can be answered'

## **Sharing Information**

Family First Practitioners (FFPs), Family Support Workers (FSWs), Educational Health Care Plan Coordinators (EHCP), Health support staff, Benefit Officers and various other professionals attend the groups on occasions to provide attendees with useful information on Pathways through the various systems that are in place for children and parents / Carers. As well as advice on the educational, health, social and financial support which is available at different stages of a child's life.