

Are you caring for a child that is not your birth child (or being assessed to)? Whether this is by family arrangement, or an order such as Child Arrangements or Special Guardianship? Then this group is for you!



Children's Carers Support Group

Why do children's carers need support groups?

- Support groups are a good way to meet people in similar situations, to help reduce loneliness and gain peer support
- Some carers for children do not always want people to know what is going on in their family and may feel isolated at times they need to talk the most
- Caring is not easy at times, and it is good to speak to others who understand this
- Opportunities to seek advice; you can gain valuable guidance from one another
- Hearing the experiences of others in practically caring for a child, also their experiences in engaging in assessments and meetings with professionals
- Groups are important for everyone, at every stage of the journey in caring for a child – it is never too early or too late to join!

The Group Details

- The group will be held monthly and will always be held at Alice's View Children's Centre in North Wingfield, S42 5XA
- The initial session will be held on 17th Jan 24 from 13:00-15:00 [flexible start and ending time for those who have nursery/school runs!].
- The group will be held on the third Wednesday of every month from the 21st February onwards
- Please feel free to bring children with you e.g. if your child is not in education. The room at Alice's View is a café-style room with provisions for young children.

If you wish to come along, please email an RSVP, or ask your worker to let us know on: charlotte.murfin@derbyshire.gov.uk

What can you expect from the group?

- Informal! The aim is for the sessions to be a 'catch up/meet and greet'
- On the initial few sessions, a worker from Children's Services will be present to support with introductions, informal icebreakers, and discussing professional support for carers. The worker will support with a WhatsApp group to be set up [just for carers]
 - Opportunity to discuss feelings/fears/hopes [if you wish to, this is your personal choice!]
- Following the above sessions being facilitated by a worker, we are eager for the carers to continue to attend the group without professional presence, to promote this being peer-led
- Hot drinks are not allowed in the room we are using, however cold refreshments and biscuits will be provided