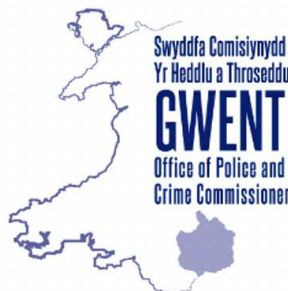




Person to Person Parent Advocacy



Support for Parents whose children have been adopted/long term fostered: written by parents who have been through it too.



Who we are:

We are a group of parents that met at support group. Our children are adopted or in long term foster care or with family. We want to help you know that you are not alone and where you can get help from.



We would like to say to you:

- “Don’t give up , keep going” (*Parent: Emma*)
- “There’s a light at the end of the tunnel” (*Parent: Kelly*)
- “People with a Learning Disability should be treated the same as everyone else” (*Parent: Lisa*)
- “Everybody should be treated with respect” (*Parent: Kat*).

People who might be involved

Children's Social Services

- Solicitor
- GP
- Health Visitor
- Foster Carer
- Judge
- Mother and Baby Placement
- Social Worker
- Parent Advocate
- Advocate for children
- Guardian.
- Different support agencies.



What we'd like professionals to know

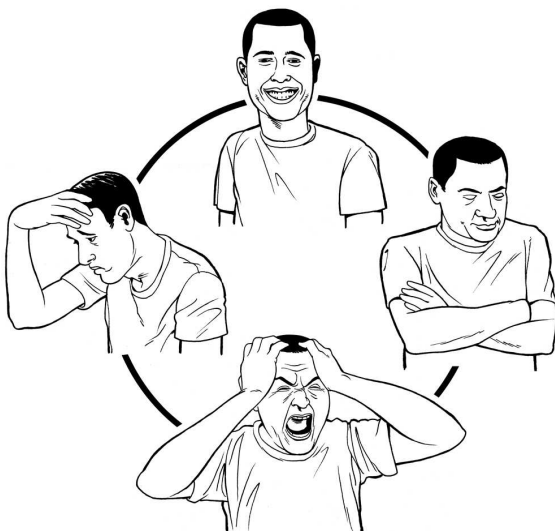
- We love and miss our children.
- We might need a bit longer to understand information
- If you say you'll do something, then to do it.
- We might come across as angry, but are really upset and scared.

How we felt

Everybody feels different. How you are feeling is important.

Here is how we felt:

- Sad. Depressed.
- Hurt.
- Upset
- Suicidal. Self-harmed.
- Stressed.
- Lonely.
- Didn't want to leave the house.
- Judged.
- No control over what is happening.
- Not listened too.
- Seeing other people with their kids upset me.
- That my past/ mistakes were used against me.
- Useless. Not good enough.



**“You are not alone.
We have been
through it too”.**

Things we did that helped us:

Some things we did, like drinking or going out all night, didn't really help us.

These are some things that made us feel a bit better or helped to take our mind off things:

- Focusing on someone/ something I love.
- Cuddling my pet.
- Doing something I like—like watching a film, having a bath or playing on my Xbox.
- Joining a Support Group.
- Joining a class or course., i.e. craft course, IT.
- Having support from P2P.
- Talking about what happened.
- Spending time with my friends or family.
- Volunteering so that I'm not in the house all day.
- Exercising—like a walk, the gym or a punch bag.
- Reading a book, or doing a jigsaw/ crossword.



“It is important to look after yourself and to be kind to yourself.”

Where can I get support?

It's different for everybody, here are some of the places we got support from:

- Friends
- GP
- Partner
- Family
- Person To Person (phone number on back page)
- Citizens Advice Bureau or Supporting People for housing/ money or benefit



If You Are Feeling Really Low or Suicidal

If you need help right now:

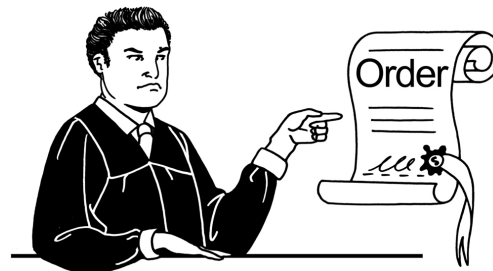
- go to A&E or phone 999.

If you need support but don't need to go to A&E call:

- your GP
- NHS Direct: 0845 46 47
- Samaritans: 116 123

Words you might hear and what they mean:

- **LAC:** Looked After Children.
- **LAC Review:** talk about how your child is doing.
- **PAMS:** “to see if you can look after your kids” “is a points based system”.
- **PR:** Parental Responsibility— somebody with PR has legal rights for the child. This might be a parents, Social Services.
- **Care Order**
- **Cognitive:** the way we think and learn.
- **SGO:** Special Guardianship Order
- **CAMHS:** Child and Adolescent Mental Health Services.
- **PIP:** Personal Independence Payment—Benefit
- **ESA:** Employment Support Allowance—Benefit
- **JSA:** Job Seekers Allowance—Benefit
- **PEP:** Personal Education Plan
- **Twin Tracking:** being prepared for if does/ doesn't work out.





If you feel that you would benefit from the support of a **Birth Parent Support Worker**, please contact our main office:

Bargoed YMCA
Aeron Place
Gilfach
Bargoed
CF81 8JA
Tel: 01443 834145

Email: info@p2pcitizenadvocacy.co.uk

OR

Laura Locket
Caerphilly Birth Parent Support Worker
07557 109447

Monthly Support Group:

Held on the last Monday of the month in Bargoed—
please contact Laura on the number above for details.

Parents Who Contributed To This Leaflet:
Emma, Kelly, Lisa, Mel & Kat.