

## Relaunch of Carer Support Groups

Since the success of our joint Fostering/DYPAS Carers Day we have been listening to our foster carers; (you guys) and talking about the best way to support you wonderful carers in the future.

We plan to have 2 support groups, one for those caring for children up to age 11 and one for those caring for our young people over 11. Some crossover is expected, for example if a carer has a child about to transition to senior school. However, the consensus is that the issues that carers experience with children in preschool or in key stage 1 or 2 are very different from those with older children and young people.

Our under 11s group will be supported by myself (Helen) and Matt. We'll meet at Newcourt Community Centre where we've booked a second room to accommodate any younger children (kind of like a little crèche.) We'd appreciate ideas as to how this could be supported, perhaps a rota between those carers who are bringing young children? Please let us know your thoughts.

The over 11's group will continue to be supported mainly by Steve McMahon and will be at Larkbeare House.

The plan is that both groups will have a bit of training input some months and other months it will be more informal.

The following dates and subjects are booked for the Under 11's Group at Newcourt Community Centre, Exeter, EX2 7AY. This group starts at 10am.

Monday 10<sup>th</sup> September – Lying and Stealing - Scott Jose and Craig Harris  
Monday 1<sup>st</sup> October – Attachment Seeking - Teresa Coventry and Sam Stacey  
Monday 5<sup>th</sup> November - Loss - Teresa Coventry and Sam Stacey

The dates for the over 11's Group are as follows and this group will continue to run at Larkbeare House, Topsham Road, Exeter, EX2 4NG and will start at 10:30am.

Wednesday 26<sup>th</sup> September  
Thursday 18<sup>th</sup> October  
Tuesday 27<sup>th</sup> November

Please note that there is no facility at the over 11's group for children. We are happy to hear ideas for any subjects you may wish to focus on for either of the groups. It's been suggested that for the over 11's Group, the 18<sup>th</sup> October may have some more formal content whilst the others remain informal.

We'll see how these all go and review it at the end of the year. Hopefully we can keep what's working and build on it!

PS cake is never out of place I find 😊