

How Young People and Parents are shaping the service

Focus today on 2 main strands:

- Article 12 – Involvement of Young People in developing the service
- Acting on feedback from parents and carers to support their needs

SNC Garden Project









Feedback from Parent Representatives at PAG

It's great to be involved at the heart of the service and bring **the voice** of the families involved to thought processes and decision making

Our frustration is that while the focus is rightly on the young people, we're with them 24/7, so **how can we be better prepared** to support their journey

Setting up Walking With You

Objective of the group:

Provide a space for parents and carers to come together to share experiences and insight and gather clues for supporting our young people

Who runs it:

We are a group of parent volunteers, supported by Barnardo's and CAMHS

All Parent Volunteers who lead the group have completed **safer recruitment checks** (including DBS checks and references). They have all completed **Barnardo's volunteer induction training** including Safeguarding, Boundaries, Confidentiality, GDPR data protection, and Equality, Diversity and Inclusion.

Setting up Walking With You

Frequently asked questions:

What is the age limit for young people we are supporting?

We want to keep the sessions open to as many people as possible, so we think a guide of 25.

Can we bring children to the group?

It is important to have a space for parents to talk openly and honestly. The accommodation isn't suitable for children as well.

What range of mental health do you cover?

We have parents of children and young people who are across the range of the autistic spectrum, as well as suffering with different levels of anxiety and conditions.

Do we have to be involved with CAMHS or Barnardo's to be eligible to come along?

No. Our sessions are open to anyone supporting a child or young person.

Setting up Walking With You

Frequently asked questions:

What can I expect at a session?

We provide some **refreshments** and then open with a **introduction** to the house rules and what to expect from the session before giving you time to talk as a **whole group and then smaller groups** too

There is a **subject expert** from CAMHS who focuses on one key area identified at a previous group as being something most people want to hear about

You can also ask questions of the **Parents/Carer Leaders** who can share their experiences around the **day to day challenges of supporting their young people**

There will also be information and people available to give **advice and help**

This is a chance to spend time with other parents and carers who are walking a similar path and know the challenges you face. **It's a non-judgemental and non-critical group**

What did we learn from the Pilot

Feedback from Survey Monkey:

"It's a well attended, well received and much needed group"

"A great group and well worth going to, at last I'm meeting people in the same boat and don't feel so alone"

"Please can we have more time to talk to each other?"

"Could we split into age groups for discussions, so the conversations are more relevant to us?"

"It's great to hear from professionals and to have a topic per session, can we have time to think of questions over maybe a quick break to get the most from their attendance?"

"Can we help people attending to focus on the topics being discussed in group sessions, then we can add in time for people to connect around specific issues afterwards?"

"There's a really good balance of hearing from professionals and learning from each other"

What are the next steps for Walking With You?

- We're committed to being an established group- dates set monthly until Dec 2019
- Gather the parent/carers voice to help form future service developments
- Bigger space to meet and set up more local meetings (e.g. North and South Bucks)
- Get the word out to a wider potential audience – need ideas!
- Consider evening options for people who haven't been able to attend so far
- Continue to learn from each session about what's needed to support parents/carers
- Increase number of parent volunteers
- Measure impact of the group



Walking With You