

Peer Support Impact Report

April 2022 - March 2023



Our Peer support team organise and host regular coffee morning/support group events across North Somerset. These take place both in the daytime and evening providing peer support to Parent Carers of children and young people with additional needs and/or disabilities. These can be specific, general, themed and/or attended by guest organisations. We are continually developing this offer around Parent Carer needs and requests. For example, we run twice monthly support groups for parents of children with ADHD and/or ASC as a direct response to parent carer requests. Parent Carers of a child or young person with an 'emerging need' but without a diagnosis, are also welcome to attend any of our events.

Topic based sessions:

- ASD/ADHD
- Foster carers/Adoption/Kinship/SGO (Special Guardianship Orders)
- School Placements
- Childminder drop ins
- Short Breaks

Guest organisations:

- Off The Record (OTR)
- Young Carers
- RESET
- SAY SENDIAS service

“WOW! Thank you so much for this group”

“I'm so glad I had the courage to come through the door. It is so lovely to meet other parents who understand”

KEY FACTS



Number Of Attendees

568 parent carers



Number of coffee events

105

Peer support drop-in sessions are arranged in local venues and our community-based hub to create a safe space for parent carers to meet others facing similar challenges. These sessions help to ensure we are building a supportive community, reducing parent carers feelings of isolation, and providing appropriate signposting to further support as needed.

“I have gained so much from coming, what a lovely place to come and chat.”

“I was nervous about coming but glad I came”

Themed support sessions:

- Pizza evening
- Brunch
- Doughnuts
- Wellbeing

Locations across North Somerset:

- St Barnabas Children Centre, Portishead
- Haywood Airfield Leisure Enterprise (HALE)
- The Firs, Parent Carer Resource Hub
- Tithe Barn, Nailsea
- Old Mixon Children’s Centre
- St. Andrew’s Church Centre, Clevedon
- North Weston Village Hall, Portishead



“I will definitely be coming again, what a great support it was.”

