



## **Digital Support Available:**

### **A Private Facebook Group**

The aim of the group is to give a safe environment in which people can ask questions, gain advice, and connect with other carers. Carers can respond to each other, showing support as well as tips and ideas. The page will be managed by Anna and by Peer Volunteers and other Thriving Families staff when appropriate. The group is called: Thriving Families – Peer Support.



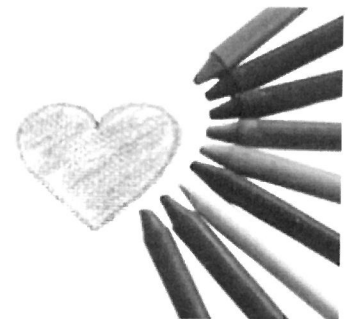
### **Share & Care - Tuesdays 11am-12pm**

This is a weekly 1-hour session designed to give carers of children and young people with additional support needs a safe space to talk, share experiences and support each other. The session will be hosted by Anna or a Peer Volunteer and each session will be themed around an issue that many families may be facing. Carers can share their experiences including struggles and successes, this will enable carers to connect with others supporting and learning from each other.



### **Time-In - Thursdays 7pm-8pm**

This will be another 1-hour weekly session and will be hosted by Anna. It is a time for carers to take a moment to focus on themselves. In each session Anna will lead you through a creative activity (paper and pen or pencil needed) to prompt thoughts and discussion about your own personal experiences. The hope is to build upon personal reflection and support carers to be more positive, confident, resilient, and empowered in valuing themselves.



### **Let it Out – Saturdays 10am - 11am**

This is our last weekly support session that is again be hosted by Anna or a Peer volunteer. This session is an opportunity for parents and carers of young people just to come together and chat freely about their week, issues they are facing or just connect socially. There is no agenda so the session can be what people need it to be. It will be a safe and non-judgemental space that should enable carers to make connections and feel less isolated.





# Thriving Families

Improving the lives of families in the Highlands

At Thriving Families we have recently launched a new Digital Peer Support programme and we are attempting to spread awareness of this across the whole of the Highlands. If you could share information and advertise these services to support its delivery we would appreciate it.

## About Thriving Families

We are a Highland based charity which provides vital services to families across the whole of the Highlands in supporting children and young people with additional support needs. The services we provide are both informative and supportive. Thriving families works to empower families to know their rights and have their voices heard so their families can thrive. As a charity who listens to its users it became clear that demand for increased support was needed and wanted.

## This Project

This programme is being designed with carers needs at the heart and the people best placed to understand how to support carers are other carers. Caring for a child in the Highlands with an additional support need is unique due to the large geographical remoteness of much of the area and hence our programme is designed specifically to suit our carers by being digital. The hope is that this service which is currently funded by NHS Highland will be built it as a sustainable long-term service.

## About Anna

Anna McBride was employed as the Volunteer Coordinator to lead the design, launch and management of the project. Anna is working with volunteer peer supporters to host the online sessions.

Anna has a background in Education as a secondary teacher qualified in Additional Support Needs with a Masters in Inclusive Practice and is a practitioner of Therapeutic play skills. Anna also has third sector experience of working with young people in improving their health and wellbeing through creative activities and experiences with in a Social Enterprise. She is also a parent to two adopted children and understands first hand the challenges of caring for children with additional support needs.



[thrivingfamilies.org.uk](http://thrivingfamilies.org.uk)

The Pines, Drummond Road, Inverness IV2 4NZ

Thriving Families is a Scottish Charitable Incorporated Organisation (SCIO), SC024835, regulated by the Scottish Charity Regulator (OSCR).