

# Blackpool Carers Centre

---

*Quality • Passion • Respect*

## Hand in Hand Project

---

**Supporting Parent Carers**





## Who are We?

**Blackpool Carers Centre is an independent, local charity and network partner of Carers Trust.**

**We provide a range of services to support and enhance the lives of unpaid carers of all ages throughout Blackpool.**

## What is a Parent/Guardian Carer?

A parent/guardian carer is someone, who, without payment, cares for their child due to their additional needs. This could be due to learning or physical disability, illness, mental ill health or behavioural disorders.

Your child may access mainstream education with support, or attend a special school or college in the local area.

It may be difficult for you to recognise yourself as a parent carer because you are simply carrying out your role as a parent or 'getting on with things'.

# How can we help?

Blackpool Carers Centre recognises the role of a parent carer and the challenges this can bring, such as:

- the impact on the whole family
- accessing services to get the best for your child
- the impact on your own wellbeing
- the impact on siblings' wellbeing
- isolation and/or feeling lonely
- accessing the appropriate support
- financial difficulties.



# How can we support you?

To support you to alleviate the above issues, we can offer:

- 1:2:1 support
- Emotional and practical support
- Attending appointments/meetings/GP/Consultants/Jobcentre
- Core Groups/Conferences
- Family Activities and Trips
- Managing Challenging behaviour course
- 1:2:1 with children in school
- Respite sessions for siblings on assessment

# We can refer you to:

- Sibling workshops
- Behavioural workshops
- Counselling
- Benefit Advisor
- Mental Health and Wellbeing courses
- Other services for support



# Our Courses, Support Groups and Workshops

## Managing Challenging Behaviour

Our Managing Challenging Behaviour course provides parents with strategies to help manage these behaviours and enables them to meet with others who are in similar situations which helps to show parents they are not alone.

The course is set out over four 3-hour sessions covering:

- **Confidence and stress management**
- **Understanding your child's needs**
- **Communication**
- **De-escalation of aggression and extreme behaviour**

Resources are provided so that parents can implement these strategies at home and in



the community and the sessions are always done in a relaxed and accessible way.

## Sibling Workshops

The Hand In Hand project at Blackpool Carers Centre delivers Sibling Workshops that support and encourage siblings to open up about their feelings and their thoughts. They

also teach children resilience techniques to help them to cope with what happens to them in life.

Through interactive and fun sessions we develop an action plan with the young person which is then shared and worked through with the parents so that real change can be made to the sibling's life.

We run three different workshops for three age groups, 5 to 8 years, 9 to 11 years and 12 + years, looking at:

- **Why am I? - Feelings**
- **I am - Who is in the family and how and where they fit**
- **What next? - Building up resilience and coping strategies**

## Behaviour Workshops

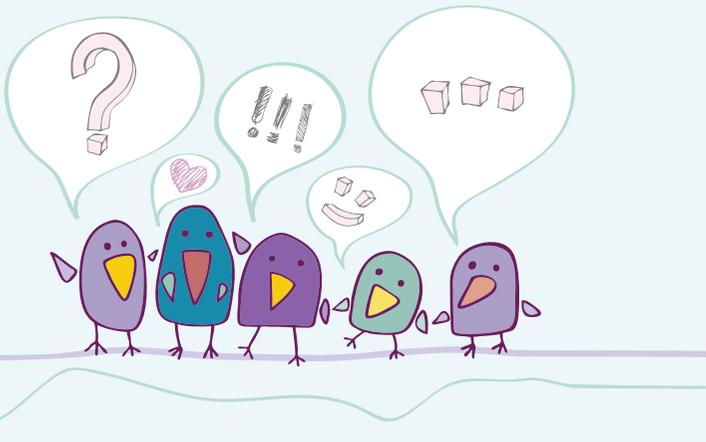
We run the behaviour workshops to help young people to recognise and understand the differences between anger and aggression. We help them work out coping mechanisms and techniques to help them manage their anger in a safer way. We carry out these workshops in small groups of similar age groups over four weeks.

**Chatterboxes** is our friendly support group where you can meet other parent carers for a coffee, tea and a chat. The group is held every other Monday (term time only) between 10.00am-12.00noon.

**Chatterboxes with Children** is a monthly coffee and chat and play session for parents of pre-school and home-schooled children. The group is held on a Monday between

10.00am-12.00noon (date each month will be advertised on our Facebook page).

# 'Chatterboxes'



# Work Experience Project

Our Work Experience Project is passionate about realising the potential of differently abled people.

We recognise that every person has unique skills and strengths which need to be identified and fulfilled.

With this in mind, we work with students at Highfurlong, Park and Redmarsh Schools, enabling them to take part in meaningful work experience activities that inform and assist the journey to valued paid employment.





# Blackpool Carers Centre

---

*Quality • Passion • Respect*

## **Blackpool Carers Centre**

**Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ**

Tel: 01253 393748

Fax: 01253 393450

Email: [admin@blackpoolcarers.org](mailto:admin@blackpoolcarers.org)

[www.blackpoolcarers.org](http://www.blackpoolcarers.org)