



Registered Charity Number - 1147969

Tel: 01709 296262

Email: [info@rpcf.co.uk](mailto:info@rpcf.co.uk)

[www.rpcf.co.uk](http://www.rpcf.co.uk)

**Who are the RPFL CAMHS Family Support Service?** Rotherham Parents Forum Ltd have been commissioned by Rotherham Clinical Commissioning Group as part of the 'Future in Minds' NHS England project, Transforming Mental Health Services (CAMHS) to provide support to families living in Rotherham with a child or young person accessing, or needing to access Child and Adolescent Mental Health Services. Our focus is intervention and prevention, encouraging emotional resilience in families on the ASD, ADHD and conduct disorder pathways.

We are a team of four coordinators: Sarah, Lisa, Debra and Alison. We all have children with additional needs and have faced some of the challenges that you may be experiencing with your own child and family. We will also be offering training and support to parent/carers who would like to volunteer to offer peer support to families accessing the scheme. Amanda, who is Chair of Rotherham Parents Forum, is also part of our team and will provide independent support to our volunteers.

### **What sort of help can we give you and your family?**

It may be that we can help you over the telephone, by email or by speaking to you at a parent forum meeting or drop in event.

If you need support over a few weeks, then we will meet with you to discuss the different areas that are causing you or your family some difficulties and how we can support you. We can provide a range of support which could include supporting you at meetings/appointments about your child and family; helping you to access a mental health service; sharing strategies to help you support your child and to help yourself to stay positive and make contact with other families.

We feel that it is important to work with you and support you to make your own decisions, rather than doing everything for you. All families need different levels of support, depending on individual circumstances. Our hope is that over the time we are working with you; you will develop your own strategies that increase your confidence, and reduce the isolation that you and your family may feel when living with emotional health issues.

We hope that you will start to develop links with other families, and become part of a network that will provide ongoing support for you and your child/young person. We are also developing and facilitating training and workshops that will help with common issues relating to mental health and parental resilience. Please be assured that all work undertaken is done confidentially and in partnership with you; by parents who have walked the journey before and we endeavour to support you in reaching the best possible outcome.

We will review our work with you every 8 weeks; completing a review form that will inform how the journey has progressed so far and to discuss with you if any further support is required. We are not offering a miracle solution to all your problems, but we can offer practical support and information that can empower you as parent to support your child; understand the service your child receives and give practical strategies and solutions in coping with the sort of difficult situations that may arise when you have a child who is experiencing difficulties relating to mental health.

### **How can you help us to help you?**

We want to help services like education, health and social care to work better for our children and families. We want to tell the services what they are doing right for families, as well as letting them know what is not working for us, or when you have had a bad experience. We might share that information with the service (confidentially if you wish) and also with the commissioners in health and the local authority. All this information is anonymised in line with RPFL policies.

We would like you to tell us when you have had good support – what has happened and why was it good? It is important that services know what they are doing right and the impact that good practice has had on families.

We would also like you to tell us when there has been a problem. It is vitally important that services know where they are going wrong/not working for families and the impact that this has.

### **Can I be a volunteer with the Family Support Scheme?**

If you are a parent or carer who feels that they could offer support to another family, then please contact us to discuss this. We will offer training, support, and out of pocket expenses to our volunteers.

Please send any enquiries regarding the scheme, or to discuss a referral please email [CAMHSFSS@rpcf.co.uk](mailto:CAMHSFSS@rpcf.co.uk) or telephone Alison on 01709 719643