



## WELCOME TO THE SCOTTY'S SUPPORT PROGRAMME

Hi! My name is Charlie and I am Parent and Carer support here at Scotty's. I wanted to explain all about the Scotty's Support programme and what it can offer you. Meet myself and Mark and find out about our roles by clicking the button below.

### SCOTTY'S LITTLE SOLDIERS

#### Telephone

0800 092 8571 - Option 1

#### Families Mobile

07741 162132

#### Email

families@scottyslittlesoldiers.co.uk

### ONLINE PARENT & CARER SESSIONS

Our online sessions are relaxed and friendly and are a perfect opportunity for you to meet other parents and carers who totally 'get it.' They will include a variety of topics, all suggested by you and are designed to help support you and your child. Some sessions will be led by guest speakers and others will be led by members of the Families Team. Information will be shared in the Families Email and on our Facebook page. Keep your eyes peeled!

### PEER SUPPORT NETWORK

We know how important it is to have people in your life who understand what you have been through. To have them locally is even better! If you would like to get to know other Scotty families in your area, then why not sign up to our Peer Support Network? Having someone near you who really understands what you have been through can be so beneficial. If this sounds like something you would like to be part of, then click the button below.

### SUPPORT & SIGNPOSTING

Remember I am here to help support you, so that you feel more confident supporting your child. When things are feeling tough, I can provide a listening ear, offer guidance and signpost you to appropriate services. To chat to me, get in touch with Hayley, who runs our 'info desk' and she will be able to arrange it. You can call, email or message her to request support. Please don't struggle alone. We are here for you.

### SCOTTY'S ONLINE COMMUNITY

Have you joined our Families Facebook Group yet? Send a friend request to Charlie Scotty's or Nikki Scotty's to be added.

We also have a dedicated online space for our Members and Springboarders and a separate place for our Parent and Carers.



Hi! My name is Mark and I am the Child & Young Person Support Worker. I offer direct 1:1 support to our Members and Springboarders, providing them with a safe space to explore their feelings and emotions. If you think your child needs or has requested some emotional support, contact Hayley on our 'info desk' and she will be able to arrange this.

Mark has created a welcome video especially for our Members and Springboarders. They can watch this by clicking the button below.