The Peer Post

November 2026

Issue 3

INSIDE

Celebrating the wins
(pages 6 to 9)

Kinship Care Week 10th anniversary: celebrations
(pages 12 to 15)

Our brand-new Kinship Minds online course
(pages 28 to 29)



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visit kinship.org.uk/dpp-the-hub for the digital version and previous editions

Letter from the editor

Ellie Dunstall



There's nothing like the first chill of autumn after a whirlwind summer to make us stop and take a breath. In a time of reflection, we bring you the The Peer Post 3.

This magazine brings together stories of peer support from groups across England who provide vital spaces for kinship carers to come together and connect, building supportive communities of people who understand. This is a place to appreciate the importance of our peer support community and everyone who makes it possible. Thank you to our brilliant group leaders, Kinship colleagues, professional partners and colleagues at the Department for Education (DfE), whose support ensures the growth and development of our community.

And a huge thank you to everyone who helped shape this edition, especially the kinship carers who took time out of their day to share their words.

This year marks the **10th anniversary of Kinship Care Week**. From lighting up landmarks to connecting with local services over afternoon tea, the week was bustling with celebration and connection. Take a look at pages 12 to 15 for a rundown of how our community marked the occasion.

We've arranged this edition by 3 themes – **'Celebrations'**, **'Support for your group'**, and **'Getting involved'**. While we raise awareness of the support children raised in kinship care need, we've made space to celebrate the wins too. As our new Kinship Minds online course (pages 28 to 29) recommends, "don't forget to capture the good days and the small wins, as well as the hard things. A child who slept through the night after weeks of disruption, a morning that went smoothly, a moment when a young person accepted comfort or tried something new – these things matter."

This edition celebrates young people raised in kinship care. Some have found a new sport or subject they love. Others have started helping people around them. Finding something you care about can make hard times feel more manageable - just like having a supportive community around us does too. We hope their stories bring joy to your day.

The **'Support for your group'** and **'Getting involved'** sections feature new insights about Kinship services, examples of kinship carers shaping important work, and ways that we can support your group with fundraising, outreach and signposting. We hope these are useful for the whole group to read.

This magazine is for you – our extraordinary community of peer support groups, who give kinship carers a place to be their whole selves and feel like they belong. That can't be replicated by anyone, so from everyone at Kinship, thank you for all you do. If there's something you want to see in here for the future, we'd love to hear from you. Whether it's a story to share, a win to celebrate, an activity your group took part in, or information on something that would help your group. Please email us at peersupport@kinship.org.uk so we can keep adapting this magazine to you.

All the best,

Ellie x

The Hub Team

Ellie
Peer Hub Coordinator
07949999309
ellie.dunstall@kinship.org.uk

If you contact the peer support email, I'll direct you to the support you need. I write the monthly group leader email and this magazine, so contact me if you have content you'd like to share. I can make changes to your page on the website and help with any resources you need.

Janice
National Peer Connector
07398474879
janice.santos@kinship.org.uk

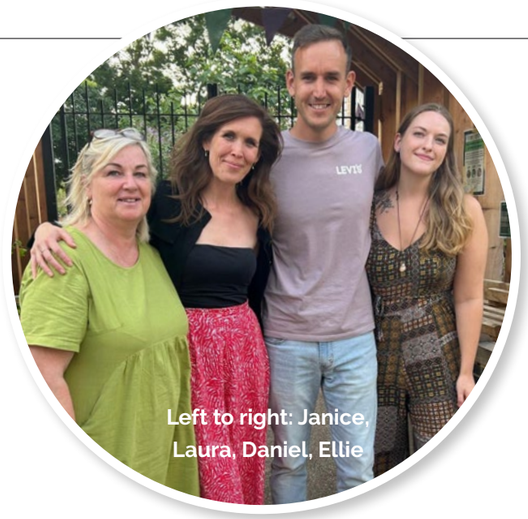
If your group is facing a challenge, I'm on hand to support you. Whether it's offering insights from Kinship, connecting you with another experienced group or buddying you with another leader, together we'll find the solution.

Laura
Peer Community Innovation Lead
07949055120
laura.desouza@kinship.org.uk

I manage the Hub so if your group has a concern, query, idea or top tip please get in touch: you influence the support we offer. I host our monthly online meets and connect groups with services in Kinship to ensure you have the resources and platform you need to thrive.

Daniel
Associate Director of Peer Support and Community
daniel.lyons@kinship.org.uk

I lead Kinship's work in developing new peer groups and ensuring existing groups flourish through our Hub. Come to me with your suggestions, successes or challenges.



Left to right: Janice, Laura, Daniel, Ellie

Group Leader Meets

We host monthly virtual meets for group leaders to come together on the second Wednesday of the month during term time - you can choose between 12:30 to 2pm or 7:30 to 9pm. We also invite guest speakers based on what you want to know - see page 25 for who we've hosted so far.

Visit kinship.org.uk/dpp-group-leaders for the date of our next meeting.

Let us know if you want someone else from your group to join our regular meetings with you, or cover for you if you can't attend, and we'll happily include them.

Group Leader WhatsApp chats

We have 2 WhatsApp chats for group leaders – one for chatting about group facilitation, sharing challenges and wins, and questions for Hub staff. We also have a Kinship updates chat, where only Kinship staff can post, so our updates won't get lost in the flurry of messages. If you're a group leader and would like to join, please get in touch.

Our community on the map

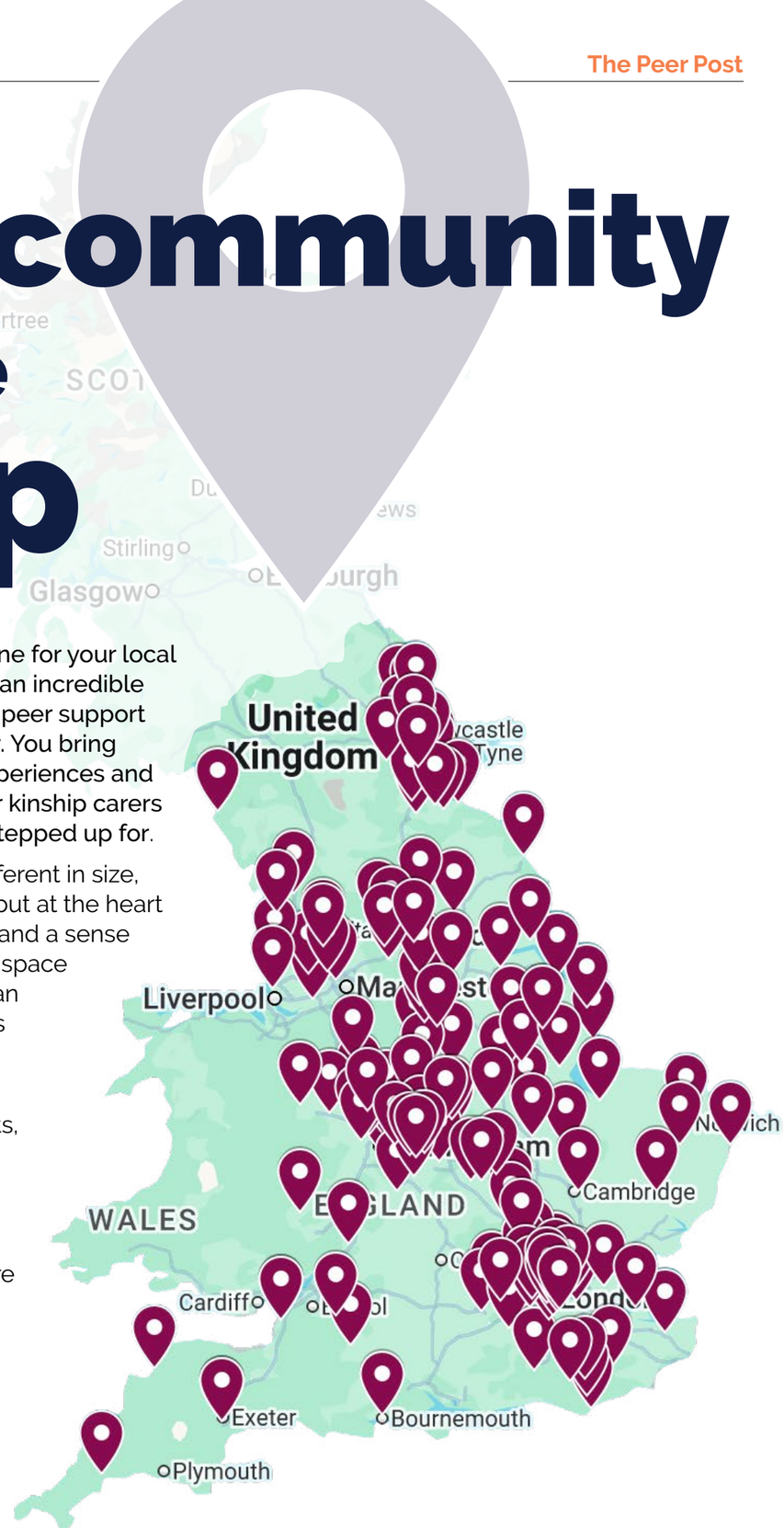
In addition to being a lifeline for your local community, you're part of an incredible network of more than 180 peer support groups across the country. You bring people together, share experiences and make a difference to other kinship carers and the children they've stepped up for.

Every group is unique - different in size, frequency and activities - but at the heart of each one is connection and a sense of belonging. You create a space free from judgement and an opportunity to meet others who truly understand.

By sharing challenges, successes, tips and insights, you shape and improve the support we provide at Kinship. You also motivate and inspire other groups, reminding them that they're not alone.

Thank you to each and every one of you for everything you do.

We are stronger together.



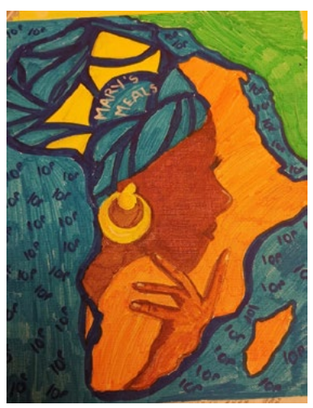
Celebrating the wins...

Peer support groups are invaluable spaces for navigating challenging times, but also for celebrating the journeys of children in kinship care with those who champion them. From big milestones to the everyday moments, each achievement is special and deserves recognition. It's a wonderful moment of pride for the children and the kinship families who provide the security and love they need to thrive. Having a supportive community around them makes a real difference. Here, members of our peer support groups share some of the brilliant achievements of the children in their care.

Michael – phenomenal fundraising

Michael, aged 14, has raised over £13,000 for the charity Mary's Meals after seeing their film Child 31 a few years ago. He couldn't believe the girl in the film was facing such hardship. So starting with a poem he wrote, he began raising money in all sorts of creative ways. From selling figs from their tree, arts and crafts fairs, doing sponsored walks, and much more. To hear Michael's poem and read more about his fundraising, visit kinship.org.uk/pp-marysmeals

"Michael is thriving at school, he's a wonderful caring young man who would do anything to help others. We are so proud of how he has shifted his melancholy on to something positive," says Michael's grandmother, Linda, who attends a peer support group in Nuneaton. "We are only a small group - there's about 7 of us. We meet once a month to give each other advice and support, and to make sure no one is alone. We've all gone through tough things, so nobody who comes to group will go away without some sort of support – whether it's a hug, or helping to look through paperwork. We're a close group and have now started raising funds for days out together too."





Lila – gymnastics superstar

Lila, aged 11 and raised by her grandparents, did amazingly well in her gymnastics competition this year. Coming third in the vault, first in bars, and first in floor, Lila won a trophy for coming first overall in her age group. Lila's grandmother, Francesca, says: "We are very, very proud of her. She deserves first prize for determination, resilience and inner strength. It's amazing what a child bursting with ADHD energy can accomplish just by doing something she loves."

Francesca attends the Bourne group. "I feel truly enriched by the other people at the group – their openness, ability to share experiences and offer advice."

Jackie who runs a group in Battersea, shares the journeys and wins of her grandchildren

"My 4 grandchildren have lived with me, under an SGO, for the past 12 years. They have all faced many difficulties and sometimes it's hard to see the light at the end of the tunnel, but recently things have greatly improved for 3 of them which gives me great hope for the future.

My grandson, just turned 18, has diagnoses of ASD and ADHD (amongst other things) and has not been in education, employment or training for the past year. He found it incredibly difficult to engage with employment support locally because of his social communication differences, but stepped right outside of his comfort zone in June to complete a week's work experience at my Mum's care home. A few weeks later, following a day's work with a friend, he was offered permanent employment. He absolutely loves his job (house clearances for NHS mental health patients) as it is very physical, provides lots of variety and he is really enjoying the independence that work and a regular wage brings.

My eldest granddaughter (23) has just completed her Performing Arts degree at university, where she achieved a 2:1. She has just landed her first performing role and is moving back to London, so I'm looking forward to seeing her much more often.

Finally, I am really proud of my youngest granddaughter (13), who is awaiting an autism assessment, as she has overcome a lot recently. She has just started year 9 in a new secondary school, following a really difficult 18 months when her attendance dropped to just 50% before finally refusing to attend school at all. She has only been back at school for a few days but so far, so good! She is really enjoying it!

As kinship carers we often have to work that bit harder to get the support our children need, but it is so worth the effort, when you can see things coming together for them."

Meg and her awesome A-levels!

Meg, 19, has made extraordinary strides towards her dream of attending university to study Marine Biology. Her grandmother, Viv, shares their journey.

"Meg has lived with us - her grandparents - really since she was born. Both her parents have died since she came to live with us.

In 2021, after what we now know was an autistic burn out, she was diagnosed with autism. This means she has severe anxiety and needs support to access the outside world. She struggled getting to school in the past, but gradually we were able to get the support she needed, and off to sixth form she went. She did so well to get English and Maths that she was taken on for BTEC Level 3 Health and Social care, which she finished this year.

Then, as her confidence grew, Meg decided she'd like to go to university to do Marine Biology. We found out that she needed to do A-levels in Biology and Chemistry. She didn't have the grades to undertake these at sixth form, so Meg scoured the internet and found online programmes, but they were expensive. We thought it was the end of her dream - and it could have been - if it wasn't for our group leader. Kieron's timely email made us aware of a grant in the area. I applied to the John Kendall Trust, and we were overjoyed when we were granted a whopping £3,718. It was just brilliant, and I can't thank them enough, or Kieron for sending us the information.

Meg's pathway may be taking longer than others, but fingers crossed it will all go well. She has just passed her double BTEC with a Distinction Plus and a Distinction!"



Isabella's Journey: from a shy little girl to a rising basketball star
written by Nicola, Isabella's auntie

"At just 13 years old, Isabella has already overcome so much and achieved more than we could have ever imagined.

Isabella came to live with me when she was just 18 months old. From such a young age, I have watched her grow, develop and find her place in the world. She was always a kind, gentle and incredibly loving little girl, but she was also very shy and lacked confidence. Then came basketball.

Joining Kingston Lions over the past year has completely transformed Isabella. Basketball has given her confidence, friendships, a sense of belonging and, most importantly, the belief that she can achieve anything she puts her mind to. Her achievements have been remarkable.

Her talent and dedication have also opened some incredible doors. Isabella was 1 of only 40 young players selected across England to train with NBA star Jason Tatum. She was also gifted brand-new Jordan trainers, a Jordan basketball kit and other goodies, and had the amazing opportunity to meet the London Lions team. For Isabella, these moments are about so much more than basketball. They are opportunities that have helped her realise her own potential.

As the person who has been there since she was just 18 months old, seeing this transformation has been incredibly emotional. The shy little girl who once struggled to find her voice is now walking onto a basketball court with confidence, determination and a belief in herself.

I couldn't be prouder of Isabella — not just for her medals or the opportunities she has earned, but for the young woman she is becoming. This has given Isabella so much more than a love of basketball. It has helped her find confidence, courage and a place where she can truly shine.

At only 13, Isabella's journey is just beginning. And I have no doubt that there are many more medals, opportunities and dreams waiting for her. Keep believing, keep working hard and keep being you, Isabella. We are so incredibly proud of you."

Russell, Chairperson of Newcastle West, says he is incredibly proud of his grandson Leon, who has settled happily into life at college. Leon had hoped to attend sixth form but narrowly missed out on a place. He instead applied to college and is now studying Graphic Art.

As Leon is autistic, support was put in place, including access to a hub should he ever feel the need for additional support. However, Russell is delighted that Leon has settled in so well and hasn't needed to use it. Leon is happy, confident and proud to attend college, and Russell says he couldn't be prouder of his grandson.



Summer's writing win

Summer, aged 13 and raised by her Nana Michelle, won the Young Wild Writers competition last year for her short story 'Frozen in the clearing'. Summer is also an avid sports enthusiast alongside enjoying her creative writing, recently placing fourth in the whole of Leicestershire for discus. Congratulations Summer!

Summer's Nana, Michelle, attends the Rutland peer support group. "Coming together to talk confidentially with someone who understands your situation – even if it's just once a month, without it, life would be so hard. It's truly a lifesaver."

Frozen in the clearing

The world stopped the moment I saw it.

I don't mean it felt like it stopped. I mean, it actually did. The wind, which had been tugging at my jacket a second before, now hung in the air like invisible threads. Leaves that were falling stayed frozen mid-drop. A squirrel on a branch had one paw raised and eyes wide, stuck halfway through a leap. And in the middle of the clearing, bathed in gold sunlight that wasn't moving either, stood the fox. It was the most breathtaking thing I'd ever seen. Not just because of how orange its fur was, or how its ears were tilted like they were listening to something only it could hear. It was the stillness. The quiet. The fact that everything around me had stopped just to hold this one exact second.

My foot was mid-step, just above the mossy ground. My hair was lifting slightly, caught in a breeze that no longer existed. My hand gripped my sketchbook, but I wasn't turning the page. Time was a photograph, and I was inside it. And yet—I could think. I could see. The sunlight didn't shimmer, but it glowed. It wrapped around the fox like a spotlight from the sky, highlighting every single hair, every whisker, every tiny twitch of muscle that had frozen halfway to motion. Its eyes were locked on mine, calm but alert.

I wondered: Was the fox aware? Was it thinking, like I was? Or was it just part of the moment, like the wind and the leaves and the squirrel that might never land? In this paused second, I looked around and noticed everything. A flower bent slightly, reaching toward the sun. A line of ants crawled up a rock, their legs suspended in the air. Even a fly hovered above a blade of grass, its wings stuck open like glass.

Everything mattered in this moment. Every single thing. I felt like I was inside a painting so alive it had to hold still just to keep from breaking. And I knew—deep inside my chest, where my heartbeat would be if it were still beating—that this was a gift. A perfect second. A breath that the forest had taken and never let go. Maybe this was what it meant to truly notice something. Not just to see it, but to live inside it. I wanted to stay. I wanted to draw. But I also knew that the second would end. That the fox would move, and the wind would return, and the leaves would fall to the ground like nothing magical had happened. But I'd remember. Forever. Because for one still, silent, golden moment— I was inside it.

And the world stood still just long enough for me to understand what it meant to be completely alive.

To read the added commentary by children's writer Gill Lewis, visit kinship.org.uk/dpp-henharrierday

Your group activities



My talk to the Rotary Group

Carole, leader of the Norwich Area group, regularly attends our monthly group leader meetings. There she heard the success other group leaders had in delivering talks to their local Rotary clubs. Inspired, Carole got in touch with her local club. The response was fantastic, with Rotary members describing her talk as "thought-provoking and very moving". Carole shares how she connected with her local community and made a lasting impact.

"I was surprised to hear from the new president of the Rotary Club inviting me to talk. I had written months ago about donations and mentioned I'd be happy to speak about my group. I was not as scared as I expected and was grateful for Janice's help and the PowerPoint presentation, which I hadn't used for years, but it surprised me how easy it was.

On the night, everyone made me feel welcome. I took my laptop with the PowerPoint ready and presented after they served dinner (I hadn't expected a meal!). I was very grateful for help with the big screen - apparently, I should have taken it on a USB, so I know that for the future.

I brought notes, and the best bit was the videos - they really hit home. I used Poppy's Story (kinship.org.uk/dpp-poppys-story) and Something to be proud of (kinship.org.uk/dpp-kcw-2020). When I finished, everybody clapped and asked questions. No one had heard about kinship and they were shocked at how we are treated. A retired social worker said he understood a lot of the problems. A couple were retired teachers and another a school governor, who said he'd take my leaflet into school and tell them what he'd learned.

They shared out flyers and promised to put them up around the community. I came out feeling so pleased of what I'd achieved, so if you get the chance, I would really consider it. I didn't know what I was going to say, but once you start it all comes into your head, because we are living this experience daily.

The Rotary Club are going to pay for a Christmas party or day out for our group, and one member said she'd book my group's children an acrobatics afternoon. Another lady is going to recommend me to her church group.

Two things I'd remember next time are: a chair and a drink of water - my mouth was so dry by the end I could hardly speak!"

As well as Rotary clubs, try the Freemasons, Lions Club, Round Table, Inner Wheel, Soroptimists and Women's Institute too. They all invite speakers to their groups, but some have a long waiting list, so it's worth approaching them ASAP. Carole signed up to the Network Agreement, which allowed her to have personalised presentations designed for her, with the in-partnership with Kinship logo. Find out more on page 26.

Connecting with the local community

Attending a virtual schools conference

"Calderdale virtual school invited us to have a table at a conference. Linda and I (pictured) attended on behalf of our local kinship group. We spoke with teachers about what kinship care is; many didn't know about kinship, the charity, or our group. They left with a greater understanding and information to give out. This gave us confidence to promote the group in GP surgeries, libraries and schools soon." Andrea, group leader in Calderdale



Celebrating Pride



This August, Doncaster Kinship Care group attended a Pride celebration to raise awareness and meet members of the LGBTQ+ community who have stepped up to raise a child.

"We had a great time, met lots of people and spoke to kinship carers. Visitors were keen to learn about kinship and some passed on their thanks to kinship carers for doing a great job keeping children close to people they know." Kieron, group leader in Doncaster

You can find 2027 Pride event dates online, so if you plan to attend one next year, let us know if you'd like to borrow a Pride pack!

Chesterfield and Bolsover Tombola

Andy and Janet who lead 2 groups in the Chesterfield area got involved in outreach this summer. "We attended carnivals and galas, raising funds and awareness of our group and Kinship. This was really needed - at one gala, when asked what kinship care was, a whopping 60 people didn't have a clue. My top tips for a tombola are:

Get new, quality prizes to attract more people. Local businesses are often very generous. Supermarkets have end of line products they're happy to donate, and group members may have unwanted gifts they can offer too." If you'd like more information on fundraising, turn to page 18.



Celebrating Kinship Care Week

From 5 to 11 October we celebrated **Kinship Care Week** – a time for recognition, connection, and coming together over a shared goal: strengthening support for kinship families. Here's what groups got up to!



Windsor, Slough and Woking groups came together to celebrate with Councillor Amy Tisi, Jack Rankin MP, and Rebecca Lloyd from the virtual school



Greenwich group funday with Maxine from Peer Support (right), group leader Patricia (middle) and Kinship CEO Dr Lucy Peake (left)



Nottingham group celebrated with their local kinship team, Diane from Peer Support, and Councillor Rory Green



Kirklees peer to peer group met for afternoon tea with Ellie from Peer Support

In Peterborough, Sue and her group invited local services to join them for tea and cake. Emma who attended from the National Literacy Trust says: "It's about linking up local services and sharing resources to help each child. Because one size doesn't fit all."

Kinship carer Mandy (right), pictured with Sue (left), said: "I've been coming 9 years and always felt so supported by the group. I can see a real difference in the past couple of years - more people are interested in who we are."







Stockport celebrated with Justin from Peer Support, the Mayor and Mayoress of Stockport and Councillor Colin Macalister



Walthamstow group celebrated with Kinship Ambassador Dr Jahnine Davis, Stella Creasy MP, and officers at Walthamstow Fire House



Harrogate and Knaresborough group met in the library with cakes



Chesterfield hosted their first school seminar, inviting local primary and secondary schools to learn more about kinship care and share resources



Groups across the West Midlands celebrated with afternoon tea, joined by Kinship colleagues

Celebrating Kinship Care Week

North East Lincolnshire



During Kinship Care Week, the Minister for Children and Families, Josh MacAlister MP, local leaders and kinship carers in North East Lincolnshire came together to celebrate kinship families in the area and hear firsthand about their experiences. Joining the Minister was Kinship's newest Ambassador – BBC Gladiators winner Josh McDonald – our CEO Lucy Peake, Kinship staff, and Melanie Onn MP. North East Lincolnshire is one of 7 Kinship Zones delivering a government pilot of financial allowances and support to kinship carers. Kinship carer, Lucy, said: "Today's event was a really special opportunity to come together with other kinship carers in the area, share our experiences and make sure our voices are heard. It was wonderful to have the Minister and our local MP Melanie Onn show their support for kinship families."

Visit kinship.org.uk/dpp-financial-allowances-pilot to read more about the pilot Kinship Zones





Ilford group (above) celebrated with cakes and a Kinship Minds training session; Val (left) and her group in North Somerset enjoyed lunch on the seafront with the Mayor and deputy Mayor of Weston Super Mare

Shining a light on kinship care

To mark the 10th anniversary of Kinship Care Week, we set out to shine a light on kinship care by lighting up landmarks in Kinship colours: yellow and blue. Our amazing volunteers and Peer Support staff secured multiple locations for this, and we are in awe of their efforts!

Oakham Castle



Rutland Kinship group lit up Oakham Castle for their first Kinship Care Week celebration. Local radio, the virtual school, local authority and community allies joined members of the group to celebrate

Blackpool Tower



Kinship families across the North West gathered to watch the Blackpool Tower illuminated in Kinship colours to celebrate and raise awareness, joined by the Mayor and Mayoress of Blackpool

Newcastle bridges

In Newcastle, the Gateshead Millennium Bridge and the Tyne Bridge were illuminated. A true community event led by Janice and local peer support groups saw kinship families joined by the local Urban Choir, a saxophonist, circus act Flaming Lily, the Mayor of Gateshead, Kinship Ambassador and BBC Gladiators champion Joe Fishburn, local leaders and services, and Kinship colleagues to enjoy the light up together. Special thanks to Virtu Vauxhall Newcastle for helping out with this event.





Gillian (left) and Russell (right) are kinship carers and group leaders in Newcastle. Gillian said: "I loved every minute of our Kinship Care Week celebration. It's been a real treat for me and the kids to come along to an evening that's just for us and others like me. To see kinship care recognised so publicly made me feel proud of everything kinship carers do for their children every day. It also raises awareness so that more kinship carers know they're not alone and can find the local support and friendships that make such a difference."

Head to kinship.org.uk/dpp-kcw2026 to see all our Kinship CareWeek 2026 activity.

peersupport@kinship.org.uk

Updates in education

Earlier this year, the Children's Wellbeing and Schools Act 2026 became law. The Act brings in many changes that could affect kinship families. These include making all children from households receiving Universal Credit eligible for free school meals, limiting the number of school uniform items that schools can ask families to buy, and creating a register of children who are not in school. The Act also introduces a new duty to share information between organisations where this could help safeguard or promote a child's welfare.

Getting the right support from schools isn't always easy, but you don't have to navigate it alone. Kinship has created a range of resources to help you understand what support is available and help you feel more confident when working with your child's school.



Our website has advice guides on:

- Childcare as a kinship carer
- School support for kinship children
- School support for children with SEND
- Pupil premium plus
- Financial support with childcare costs
- Getting an EHC plan for your kinship child
- Moving schools
- Financial support for your kinship young person in college or university

The training team also run workshops on:

- Supporting your kinship child at school workshop
- Education, health and care plans (EHCPs) and SEND processes workshop

Visit kinship.org.uk/dpp-support to view all advice guides and upcoming workshops.

A milestone for kinship families this year is the addition of a new kinship question to the school autumn census. This will help schools identify children who live in kinship care and could be a great way for your group to reach new kinship families or those who are unaware of the local support you offer.

Get your school pack

Many group leaders have shared that they've been talking to their local schools about kinship care and the support families may need. We've worked with kinship carers who have led these conversations to create presentations. If you would like support delivering a talk to your school, please email **peersupport@kinship.org.uk**.

Virtual schools

Each local authority has a virtual school. It's not an actual school, but a service to promote the educational achievement of children looked after by the local authority, children previously looked-after by the local authority or children who have a social worker.

They also give information and advice to some kinship carers including:

- special guardians, even if the child was not previously in the care of children's services
- carers with a child arrangements order (CAO), even if the child was not previously in the care of children's services
- kinship foster carers

The support virtual schools offer can differ by region but Tara Prescott, Virtual School Head for Northumberland, tells us how their virtual school supports kinship families.

"Many kinship carers tell us the same thing: navigating education can be confusing, overwhelming and lonely. At Northumberland Virtual School we believe our role is to work alongside you as kinship carers, helping schools and services understand your child's needs and support them to access the opportunities they deserve.

Listening first

We attended peer support groups, listening to kinship families. We worked closely with Northumberland's Kinship Team, schools, and the Kinship charity to better understand the challenges families face when navigating education.

Practical support

We made resources such as guides to educational processes, in response to asks for clearer information, support with transitions, and PP+ guidance.

Working alongside schools

We help schools understand the experiences and needs of kinship children and encourage seeing behaviour as communication. We support schools to develop trauma-informed relational approaches that help children feel safe and ready to learn. We created a 'Language That Cares' guide for professionals, encouraging them to be curious, respectful and thoughtful in discussing behaviour and children's life experiences.

Creating connections

We held a Kinship Education Event, bringing together kinship carers, education leads, children's social care teams and the Kinship charity to share information, bust myths, answer questions, and strengthen relationships.

Looking ahead

We are committed to supporting kinship families and making sure children's voices are heard. We welcome the changes highlighted in the Wellbeing and Schools Act 2026.

Kinship carers provide something no service can replace: love, belonging, and stability. Together, through partnerships and a shared commitment to children, we can help every child achieve, belong and thrive."

Follow kinship.org.uk/dpp-virtual-schools to read about virtual schools on the Kinship website and find out how to contact yours.

Tara has kindly offered to speak to other virtual schools about their resources, so contact us to arrange this.

Financial support for your peer support group

Many peer support groups tell us they'd love to raise money for things like venue hire, family days out, refreshments, or activities. While grants can be a great source of funding, most funders will only support constituted groups with a bank account.

The good news is that grants aren't the only option. Plenty of local organisations and businesses are willing to help community groups by donating goods, services or financial support. This means you can start raising for your group even if you're not formally constituted.

Three ways your group can get support

1. Ask for donated prizes and raise cash through fundraising activities

Local shops, cafes and businesses may donate items or vouchers for a raffle, tombola or competition. You can sell tickets to friends, family and local supporters and use money raised to pay for group needs, e.g. venue hire or equipment.

2. Ask for practical in-kind donations

Many local businesses might donate practical items like tea, coffee, biscuits, stationery or printing. These can help you run meetings, host lunches or organise activities without spending money.

3. Seek support from local community organisations

Groups such as the Rotary Club, Lions Clubs and the Women's Institute often support local community initiatives. They may fund a specific activity, outing or equipment. You will usually need to explain what your group does, who it supports and how the funding will make a difference. We're happy to help you think of who to approach and how to ask.
See page 10 for Carole's talk to her local Rotary Club.

Keep your supporters involved

Whatever support you receive, remember to let people know the difference they've made. Keep receipts, take photos where appropriate, and collect feedback or quotes from members. Sharing these with your supporters is a great way to say thank you, build lasting relationships and increase the chances of receiving support again in the future.

Don't overlook community fundraising

Small fundraising activities can quickly add up. You could organise a bake sale, tombola or raffle, sponsored walk or challenge, coffee morning or community event. If you're collecting cash, you won't need an organisational bank account, but you should keep clear records of money raised and how it is spent.

Important: using Kinship's charity number

Your peer support group **must not** use Kinship's charity number when fundraising or receiving donations that are intended for your group rather than for Kinship.

It's important that donors understand exactly who they are supporting. Using Kinship's charity number in these circumstances could cause confusion and may lead to concerns being raised with the Fundraising Regulator or the Charity Commission.

If a fundraising opportunity requires a charity number, please contact **peersupport@kinship.org.uk**. We're happy to talk through your options and discuss how we may be able to support your plans.

A quick guide to becoming constituted

Group constitutions

If your group wants to raise larger amounts, open a bank account, apply for grant funding or set out how you'll work together more formally, having a constitution can help.

A constitution is simply a written set of rules for your group. You don't need to register it, but banks and funders may ask to see a copy.

A constitution includes:

- your group's name and, if useful, the area you cover
- your aims – what your group exists to do and who it supports
- your area of benefit – where your group operates
- your powers – how you can raise and spend money, work with other organisations and carry out your aims
- membership – who can join and how decisions are made
- equal opportunities – your commitment to welcoming everyone
- your committee – who is responsible for running the group and making decisions
- meetings – how often you meet, including your annual general meeting (AGM)
- finance – how money is managed, recorded and approved
- changing the constitution – how you can update your rules
- dissolving the group – what happens to any money or assets if the group closes

You don't need lots of people to run a small group. At a minimum, you'll usually need 3 people to take responsibility for the group:

- Chair – helps meetings run smoothly and makes sure everyone has a say
- Secretary – keeps records, takes minutes and helps organise communication
- Treasurer – keeps track of the group's money and maintains clear financial records

You can share tasks across the wider group too. Someone doesn't have to hold an official title to help with things like publicity, organising activities or keeping in touch with members.

You don't have to navigate this on your own. Contact the Kinship Hub team for further information, guidance and support with setting up your group's constitution, including a template you can use. We can also connect you with other leaders who have constituted and can offer helpful insights.

Choosing a bank account

Most banks need to see a constitution, before they accept an application to open a free community account. The Resource Centre has compiled a helpful guide to choosing a bank. Visit kinship.org.uk/dpp-support to find out more.



Meet a training facilitator



Amanda

"Before joining Kinship in 2024, I worked as a family practitioner with Staffordshire local authority for nearly 20 years, working predominately with kinship care in a variety of teams including assessment, regulatory and post order support. My move to Kinship was based on my desire to support and empower kinship carers to navigate the system, and I am loving every minute of my new career in the Kinship training team!

As well as offering a comprehensive breadth of online training, my team travel around the country hosting roadshows and in-person workshops. These events offer the opportunity to learn how to navigate a complex system, but they're also an opportunity to connect with some of the staff at Kinship, and other kinship carers at different stages in their journey. That connection - like the connection within peer support groups - is so important for many people.

This is why the training team and the peer support team work collaboratively, to ensure these events reach the target audience and provide opportunities to connect with other kinship carers.

When planning these events, the local knowledge that peer support can offer helps us choose the right areas, identify suitable venues, and decide which workshops would meet the needs of the kinship carers in the area.

We always make sure to invite local groups to our roadshows. It's a great way for kinship carers to find out about groups near them and meet them there and then. A familiar face walking into a room where you're not sure if you'll know anyone provides a bit of much-needed comfort.

All roadshows also have a Kinship stand staffed by a member of the peer support team, who juggle their diaries to ensure they can spend the day at these events. During the roadshows we both work together to ensure every kinship carer in the room is aware of a peer support group near them, and take details for creating new groups where there isn't one yet."

Namita, a group leader, tells us her experience of attending a roadshow in her area:

"I met 2 kinship carers who didn't know about our group at a roadshow in the local area. They ended up attending our group following the event. I also brought a kinship carer from my group with me to the roadshow - we travelled there together. She was so thankful and said that she learned so much. As a group leader I was really happy that I was able to help her get that information and support."

To find a roadshow or workshop near you, head to kinship.org.uk/dpp-events



Did you know? Attend any of our training workshops, online or in person, and you'll get a free copy of the Kinship Care Guide for England.

We're improving our Advice Service with kinship carers at the heart

Kinship's Advice Service is changing, with one clear aim: to make it easier for kinship carers to get the right advice, in the right way, at the right time.

You might need expert advice about children's services, education, finances, legal orders or contact arrangements. Or simply what support should be available to you and the child you care for. Demand for advice has grown fast, so we have adapted the service to meet it.

Listening to kinship carers

We are making sure kinship carers shape the service as it changes. We want it to be responsive, practical and grounded in what kinship carers say they need.

We have established an Advice Service Working Group made up of 9 brilliant kinship carers, bringing lived experience, insight and practical suggestions to our thinking and decision-making.

Recent improvements

We have moved more adviser time onto our telephone line, which means more kinship carers can speak directly to an advisor. This has already helped us support more kinship carers. Two years ago, we gave most of our advice by email. Today, more than 90% of kinship carers get advice tailored to them by phone, often with email advice too

More kinship carers also tell us they feel better able to take action and support the children they care for after speaking with us.

What is changing?

If you contact us for advice over the coming months, you may notice a few more changes:

- A new appointments system - you can book an appointment by phone or Zoom, giving you more choice about how and when you get support. Visit kinship.org.uk/dpp-advice-team.
- The advice line is now open from 10:30am to 1pm. The Advice Service Working Group helped us choose these hours, and balance the advice line with appointments. We aim to help just as many kinship carers as before, in more ways that suit you.
- A new phone system will improve your experience when you call and show us when people need us most.

Together these changes will give you clearer routes into support, more choice, and an Advice Service that continues to listen, learn and improve with kinship carers at its heart. Thank you to every kinship carer who has shared feedback, ideas and experiences with us. Your voice is helping us build a better service for kinship families.

You can reach the advice line **Monday to Friday, 10:30am to 1pm** (excluding public holidays). You can call us during these hours for free on **0300 123 7015**.

92% gave us a 5-star rating

99% would recommend us

From kinship carers who used the service in the last 3 months.

Someone Like Me

Another form of peer support available is **Someone Like Me** - a free service where you can speak to a trained kinship carer volunteer on the phone. Someone who can listen, understand and provide emotional support. Having 1-to-1 conversations on a flexible basis could be better for someone who needs to talk in more depth than a group setting allows, or if someone can't attend an in-person group. Once matched with a volunteer, your first call will be arranged. Calls can be made Monday to Friday, at a time that works for you and when a volunteer is available.

How is **Someone Like Me** different to the advice line?

Our Advice Service is staffed by advisers who are trained to give specialist advice on a wide range of issues. Our Someone Like Me volunteers cannot provide advice, but are there to offer emotional support and, where appropriate, share experiences and ways of coping with the challenges being a kinship carer brings.

Meet GJ – aunt kinship carer and **Someone Like Me** volunteer



"In 2025, I became a Someone Like Me volunteer for many reasons. I speak 1-to-1 with kinship carers who need somebody to listen, to share their experiences or whatever troubles they're going through.

When I first became a kinship carer I luckily stumbled on Kinship's website. I was relieved to find information and advice tailored to what I was going through. When my life became a little more 'normal', I wanted to pay my knowledge and experience forward to other kinship carers.



Ahead of the first call, Kinship staff members match us, so I often speak to kinship carers who are aunts, have experienced bereavement or are having court or contact challenges. I like being able to help people to feel more empowered. It's important that kinship carers have a place to share their concerns, which can be difficult with friends or in a group who don't have lived experience.

Kinship is always there to help when I need them. I only take one call a month because that is what I can manage. You don't need to have any particular experience or expertise to be a Someone Like Me volunteer – you just need to listen empathetically. There's a WhatsApp group and a monthly online meeting where volunteers support each other with challenges or topics we may encounter."

Visit kinship.org.uk/dpp-someone-like-me to learn more.

Our online special interest groups

Online groups are a great way to access peer support in-between local meets and connect with others over specific experiences and interests. They can also be easier to access for those facing barriers to attending in-person groups. We've got a collection of options available covering topics from neurodiversity to knitting, with groups available every week of the month.

Our newest groups

Sibling Social	Second Tuesday, 7pm to 8:30pm
Book club	Bi-monthly in term time on Mondays, 10:30 to 12pm
When your kinship child reaches 16+	First Wednesday, 10:30 to 11:30am
Parenting support group	Second Wednesday, 10:30 to 11:30am
Peer support for non-relative kinship carers	Second Wednesday in term time, 10:30 to 11:30am
Time for Me Thursdays	Second Thursday, 12:30 to 1:30pm
Living in a kinship pilot zone	Third Monday, 10am to 11am
Starting your kinship journey	Third Monday in term time, 10:30 to 11:30am
Kin craft & chat	Third Monday in term time, 11 to 12pm
Kinship carers who were not already parents	Third Tuesday in term time, 9:30 to 10:30am
Dual caregivers	Fourth Tuesday in term time, 10:30 to 11:30am

Browse all our online groups at kinship.org.uk/dpp-online-groups

Every month we share an interactive online group calendar with group leaders to send out to members, so you can see the full schedule and register with ease. If you'd like a copy, just email us at peersupport@kinship.org.uk

We're looking for volunteers

We would love to put kinship carers in the driving seat and have our online groups led by volunteers. If you're interested in the opportunity to support kinship carers by offering a safe online space for peer support, alongside building on your digital and group facilitation skills, we'd love to hear from you.

Taking ownership of a group would mean:

- you and group members get to decide how and when the group runs, and the topics and agendas that matter most to you
- you are happy to give 1 to 2 hours a month to host the group, and tasks like sending meeting links and taking attendance
- you and group members can ensure the sustainability of the group, being independent from any changes within Kinship that affect whether an online group can continue
- you would be trained and supported by the peer support team

Sound exciting? Head to kinship.org.uk/dpp-volunteer to register your interest.

Signposting

When someone needs specialist support, having a collection of services on hand – a 'signposting directory' - can really help. Alongside advice and training from Kinship, the below services can help too. Your group's directory can grow with time, for everyone to add to. Be sure to include local and national services too.

Finance

- **Benefits calculator**: gov.uk/benefits-calculators
- **Kinship Grants**: If based in London, the South East, or the North East, kinship carers can get support to access charity grants for essentials. Contact grants@kinship.org.uk to find out more.
- **Buttle UK** – a charity dedicated to helping children and young people in the UK who have experienced crisis. They offer a range of 'Chances for Children' grants.
- **Citizens Advice** – free confidential, impartial and independent advice online, over the phone and in-person: citizensadvice.org.uk | 0800 144 8848
- **The welfare rights team at your local authority** can also help you understand and apply for benefits and grants you are entitled to. You can also check for **support with the cost of living**: gov.uk/cost-living-help-local-council
- **Family Action** – practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation: family-action.org.uk
- **Turn2us** – information and practical support for people struggling with their finances. Their website includes a benefits calculator, and a grants search: turn2us.org.uk
- Check the Kinship website for **advice guides** on this topic

Mental health support

For kinship carers:

- **Mind** – mental health information, advice and local services: mind.org
- **Samaritans** – a listening service if you're struggling with your mental health: samaritans.org | 116 123

For young people:

- **YoungMinds** – a charity providing guides, stories, a helpline, resources and support: youngminds.org
- **SHOUT** – a free, confidential mental health text service: Text SHOUT to 85258 | giveusashout.org
- **NHS children and adolescent mental health services** (CAMHS) - an NHS service delivered through local teams to assess and treat mental health conditions: nhs.uk/mental-health/children-and-young-adults
- **National Support Network** - a network of services for young people: kingstrust.nsn.org.uk

Support for your group

Kinship Compass

Kinship Compass is our free online tool for finding support near you. Enter a postcode and it shows the help available in the area, so you can point group members to the right support quickly.

It's a good first step when someone needs something specific and local, such as peer support groups, legal advice clinics or foodbanks. Search it to build up your group's signposting directory, or share with members so they can look for themselves.

The Kinship Care Guide for England

Co-created with kinship carers, the Kinship Care Guide for England is designed to meet the needs of friends or family members who step up to raise a child when their parents aren't able to. It has information and advice developed with experts and kinship carers. It simplifies complex topics such as law, finances and assessment processes, using clear visuals, case studies, guides and checklists. Kinship carers living in England can get a free copy by attending a workshop or event.

Contact

- **Family Mediation Council** – an advice service on family mediation and help with finding a local mediator: familymediationcouncil.org.uk
- **National Association of Child Contact Centres** – a charity providing safe spaces where children can meet the parents they don't live with: naccc.org.uk

Guest speakers at our group leader meets

Here you can catch up on the guest speakers we've had requested at our virtual group leader meets. We're looking forward to inviting more services to join us, so please let us know if there's someone you'd like to hear from.

National Association for Children of Alcoholics - Information, advice and support for children affected by a parent's drinking or similar addictive problems: nacoa.org.uk

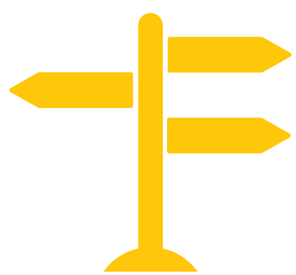
Support Through Court - A charity providing a safe space for people facing court alone. They help with problem-solving, deciding next steps, sourcing reliable legal information, explaining complex procedures, completing court forms, and how to speak in court. It's a free confidential service. If you don't have a branch near you, there is a National Helpline: 03000 810 006 open Monday to Friday 9.30am to 4.30pm: supportthroughcourt.org

IPSEA (Independent Provider of Special Education Advice) - The leading charity for special educational needs and disabilities (SEND) law in England, with free, independent legal advice, support and training: ipsea.org.uk

Beacon House - Therapeutic and trauma service in West Sussex, with support available nationally. They have free online resources and training videos on emotional and sensory regulation, self-esteem, developmental trauma, and practical support strategies. Kinship carers can get 20% off: email training@beaconhouse.org.uk and mention the discount. beaconhouse.org.uk

Coram Voice – Children's rights organisation providing support, advocacy and information for children and young people in care, on the edge of care and care leavers: coramvoice.org.uk

Head to our **Helpful Organisations** page for more: kinship.org.uk/dpp-helpful-orgs



peersupport@kinship.org.uk

Kinship's Peer Support Network Agreement



To better support your outreach, fundraising and sustainability, we've introduced a Network Agreement. It means we can offer support designed around what each group needs, existing and new. Whether developed with the Kinship peer support team or independently.

Created in consultation with peer support groups, the agreement outlines key areas such as safeguarding, safety, collaboration, and data management. It sets out a clear framework for how we can work together to strengthen your group, while respecting your independence and local priorities.

By aligning around shared values, the Network Agreement helps ensure that all groups in the network are supported, trusted, and promoted with confidence – both to kinship carers in your area and to peer groups across the country.



Signing up to the Network Agreement gives you access to:

- Kinship's Public Liability Insurance
- the 'In partnership with Kinship' logo
- 1-to-1 Kinship support
- resources and templates
- buddying
- safeguarding guidance
- outreach to your community
- Kinship merchandise and posters

Training to support your group

The peer support team has created 6 training modules to help with group facilitation. These can be delivered in-person or online, and aim to support your confidence with:

- active listening
- running your group
- making your group inclusive
- safeguarding
- dealing with challenges
- confidentiality and trust

This training is available for all members of a peer support group to attend if they wish.

For more information and to sign up to the Network Agreement, please email us at peersupport@kinship.org.uk

From kinship carer to researcher: a privilege that could make a difference



Janice, National Peer Support Connector in the Hub, shares her experience of being involved in producing support plan guidance for kinship carers and professionals.

"The opportunity to become a researcher with the University of Exeter (UoE) and Kinship charity has been an almighty privilege. I began with helping secure the funding for Kinship and UoE to undertake this work. To then be part of the research has been incredible. As a kinship carer, being involved in research that could genuinely make a difference to kinship families felt so important.

I interviewed kinship carers and mapped the support networks around them. A strong theme was the impact of peer support groups. Kinship carers told us that being part of a community of people who truly understood lessened their isolation, gave them confidence and helped them feel they were not walking alone. They had others alongside them who understood the challenges, uncertainty, and ups and downs of kinship life.

However, our research revealed how much support is missing. Some kinship carers believed they had strong networks, but when we mapped them, much of it was from outer circles. The close, practical and professional support they needed wasn't there.

Perhaps the most unbelievable finding for me was how many kinship carers either did not have a support plan or didn't know they could ask for one. If you don't know something exists, how can you ask for it?

The resource is more than a checklist for kinship carers before they go to court. It helps professionals understand the value and necessity of a proper support plan, while giving kinship carers the knowledge and confidence to understand what they can ask for.

It also helps existing kinship carers go back and ask for a support plan when they may never have known they were entitled to one. Because sometimes, simply knowing you can ask is half the battle.

To see the voices and experiences of kinship carers shape something to support families and help professionals better understand their needs has been an enormous privilege."

Visit kinship.org.uk/dpp-carer-networks to read the guidance.

Kinship Minds

The course that kinship carers told us they needed

When John received a newsletter from Kinship asking for volunteers to join a Kinship Minds Advisory Forum, they jumped at the chance. John had seen firsthand how a lack of kinship-specific support affected their family, and knew it could be different. We chatted to John (we've changed their name to protect their privacy) to understand how their lived experience shaped Kinship Minds.

The problem John faced

"I didn't even know I was a kinship carer," John explains. One day John was a grandparent, the next they were the primary carer for their grandchild, who has special educational needs and disabilities. "So I basically typed into Google 'support for grandparent looking after grandchild'."

That's how John found Kinship. John's first interaction was with the advice line, which proved "invaluable". When they saw an invite for volunteers to help shape a new mental health and wellbeing programme for kinship carers, something clicked. "This is something I feel I could contribute to," John thought. Because they knew something important: the support available to kinship carers didn't reflect their reality.

The solution: Kinship Minds

A free, online course that covers what kinship carers actually experience day to day, including:

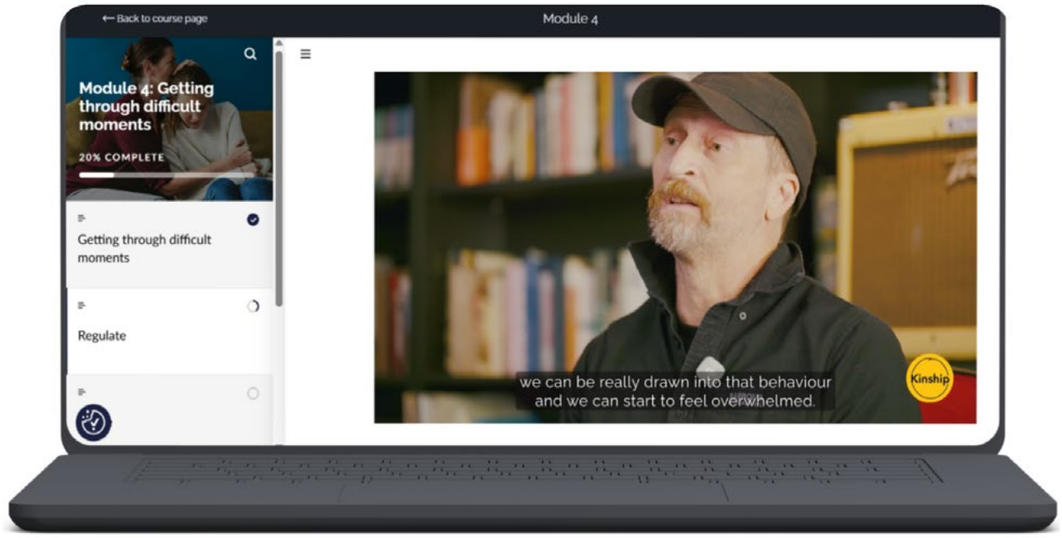
- understanding how trauma shapes behaviour
- recognising early signs of mental health concerns
- discovering practical approaches that you can use straight away
- supporting your own mental health and emotional wellbeing
- understanding how to access further support to help your family

Delivered across 7 modules, the course is self-paced, so kinship carers can work through it around their lives. This was fundamental for John, who knew that time is sparse. John describes the course as: "bite-sized, condensed, precise and concise."

What happened when kinship carers were heard

What makes Kinship Minds different from other online courses is how it was built. John and other kinship carers from the Kinship Minds Advisory Forum weren't just consulted - they shaped the course from what John described as a "blank canvas".

Getting involved



"It's a programme developed for us, by us," John says. "Our feedback formed the basis of what the programme is today. It's absolutely got our fingerprints on it." As the course took shape through monthly online meetings, John could see their own input reflected back. "I could directly pick out things I or others had said," John reflects. "From that point of view, it's very encouraging. It's been a good experience."

As time went on, one thought kept resurfacing: if John had had access to Kinship Minds at the start, things could have been different. "Having access to this course would've made my life easier," John says. "The modules cover things that myself and other kinship carers went through. It would have been very helpful as a new kinship carer. It gives you what you need, and I'm just glad it's out there now."

Who is Kinship Minds for?

Kinship Minds is for kinship carers supporting children from early years through to teenagers. It's particularly useful if you:

- want to understand why your child behaves the way they do
- are struggling with your own mental health while supporting your child
- can't get to live training because of work, caring responsibilities or other barriers
- want practical, immediately useful strategies

Unlike John at the start of their kinship journey, you don't have to search in the dark. You don't have to piece together advice from parenting courses that don't fit. You don't have to feel unseen.

Start anytime

Start your free course at courses.kinship.org.uk

Free. Self-paced. Lifetime access. Start anytime.



Kinship Minds is also being delivered through a train the trainer model for peer support group leaders, enabling the course to be delivered in their groups. If you're interested in this for the future, please contact peersupport@kinship.org.uk

Meet our Participation and Involvement Manager

Ann-Marie



I feel incredibly privileged to work alongside kinship carers across the country. As Participation and Involvement Manager, my role is to connect kinship carers' valuable lived experience with opportunities to shape Kinship's services, influence our work, and help drive change.

When kinship carers help shape what we do, our work becomes more relevant, meaningful, and truly reflects our commitment to being by and for kinship carers.

We're growing our Participation Network and want it to reflect the full diversity of kinship families. This includes different kinship arrangements, relationships with children and birth parents, and the wide range of backgrounds, identities and experiences within our community. We particularly want to hear from people who may not always feel confident speaking up, as every voice helps us make better decisions and create positive change for more kinship families.

I'd love to invite members of our peer support groups to join the Participation Network. As a member, you'll hear about opportunities to shape our work through short surveys, online workshops or in-person discussions. You can take part as much or as little as you like, and we'll provide gift vouchers as a thank you for your time.

As peer support group members, you bring valuable insights from both your own experiences and the wider kinship community you connect with. Your voice can help make a real difference for kinship families.

If you'd like to get involved, please complete our short online form to register your interest: kinship.org.uk/dpp-get-involved

> One of the reasons I take part in a peer support group is to make a difference to the lives of people in Southport where I live. But I would prefer to see services, training, advice and information that is clear, relevant and accessible for kinship carers nationally. One of the ways I have been able to do that is through participating in various opportunities within Kinship and with external organisations. I encourage us all to be involved, as much as you can, to ensure the needs of kinship families are met. However, much time you can give will have a massive impact on developing services such as training, website, advice line or surveys. Have a go! If nothing else, you will make some great friends.
>
> **Member of the Participation Network and a peer support group leader**

> Kinship carers grow when people choose to participate, contribute and stand alongside one another. Kinship isn't something we simply have, it's something we create through participation, support, and shared purpose, strong kinship comes from showing up, speaking up, and playing your part. Connection brings us together. Participation turns that connection into kinship.
>
> **Member of the Participation Network and a peer support group leader**

Kinship Directory

Join the Kinship Community
Our newsletter keeping you up to date with support and advice, latest news, events and campaigns
kinship.org.uk/dpp-community

Our Kinship Compass tool
Find local support like foodbanks, legal clinics, virtual school and more
kinship.org.uk/dpp-compass

Read our latest news
kinship.org.uk/dpp-news

Join the Professionals' Network
kinship.org.uk/dpp-professionals

Our Kinship Friendly Employer scheme
kinship.org.uk/dpp-kfe

Policy and influencing
kinship.org.uk/dpp-policy

Help shape Kinship's work
kinship.org.uk/dpp-shape

Your feedback matters

To give your feedback on The Peer Post - suggestions, stories, what you liked and what could be improved - please let us know through this form:

kinship.org.uk/dpp-feedback

Contact us

Advice Service	**0300 123 7015** Our phone line is open **Monday to Friday, 10:30am to 1pm** (excluding public holidays).	You can book an appointment online and view free advice guides - kinship.org.uk/dpp-support
Peer support and Someone Like Me	peersupport@kinship.org.uk	kinship.org.uk/dpp-support-groups
Workshops and events	workshops@kinship.org.uk	kinship.org.uk/dpp-events
Campaigns	comms@kinship.org.uk	kinship.org.uk/dpp-campaign
Fundraising	fundraising@kinship.org.uk	kinship.org.uk/dpp-fundraise

Kinship

For family or friends who step up to raise a child.

> I feel very grateful to have been introduced to our amazing kinship support group. We are a right mix of different people joined together to share our experiences and often problems we encounter with our kinship carer roles. It feels so good to be able to talk. I can contact the group and or individuals at anytime and know that help and advice is always there. Other people never really understand the difficulties and the toll it can take, but at the group it's like relaxing with my family - they just 'get it'. I can't imagine how other carers get through life without the regular meetings and friendships I've acquired through the kinship group.
>
> Leigh, kinship carer from Rutland

Follow us on social media

@kinshipcharity

@kinshipcarecharity

@kinship_charity

@kinship

kinship.org.uk



Design jbdesign@gmx.co.uk

Kinship is the working name for Grandparents Plus, which is a company limited by guarantee registered in England and Wales under number 4454103 and registered as a charity under number 1093975.
Registered office: The Foundry, 17 Oval Way, London SE11 5RR.