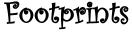
# How to get involved

## **Contact Details**

- You can self refer by calling Liz O'Gorman on 01225 421686
- The following agencies can refer you:
- GP
- Midwife
- **Health Visitor**
- **Mental Health Team**
- **Adult Learning Difficulties Team**  $\Diamond$
- **DHI and SDAS**
- **Social Care**
- Children's Centre

Once we are aware that you would like to take part we will contact you and arrange to meet you.



117 Newbridge Hill Bath BA13PT

Phone: 01225 421686

E-mail: liz\_o'gorman@bathnes.gov.uk



**Bath & North East Somerset Council** 

# Footprints

Leaflet for parents

Walking alongside parents towards a brighter future



**Contact Liz O'Gorman Telephone Number: 01225 421686** 

#### What we do...

- Support mothers and fathers who have had children removed from their care.
- Provide you with a key worker to support you in ways that are most helpful to you
- Practical activities to boost your confidence, self-esteem and skills in talking and working with others
- Help with worries you have or changes that you want to make to your life such as, education, employment, housing and benefits
- Help to access other agencies that you might benefit from working with, such as drugs and alcohol, learning difficulties or mental health

## Our aims...

- To provide you with information and guidance that will support you to make positive changes.
- To help you overcome some of the difficulties that you may have experienced in your life.
- To support you with the loss and grief that you have experienced.

# What will happen?

- A key worker will come and meet you for an introductory visit.
- You and your key worker will talk about what it is that you want to achieve and how we can help you to get there
- Your keyworker will support you in areas in your life that you think you need support with (housing, mental health, drugs and alcohol).
- Therapeutic support will be considered and how you can best access this.

