



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

# We're here for you on your **kinship** journey



Raising a family member or a friend's child can be a rollercoaster. When you step up to be a kinship carer, your life as you know it turns upside down. You make a commitment that, no matter what, you will bring love and hope to a child who has been through so much.

All of a sudden, you're so much more than a grandparent, an aunt or uncle, a sibling, a cousin, a friend – you are your child's primary carer, with all that it entails. The joy, the worry, the laughter, the hugs, the tears...

'How am I going to make it all work?', you ask yourself.

**But you're not alone. We are here for you, wherever you are in your kinship journey, to offer the support you need.**



**When I got the children, I didn't know who to speak to, what to do. Unless someone tells you, how can you know?**



### **Get advice and support**

From navigating the system to learning how to manage anger and attachment, as a kinship carer you're dealing with a lot. Sometimes it can be hard even to know where to start.

**We are here to help.** The Kinship website holds advice and information on topics including financial support and benefits, education, legal matters, managing family relationships and lots more.

Visit [kinship.org.uk/advice](https://kinship.org.uk/advice) to find out more about our range of advice services.



## Learn and connect, together

Meeting other kinship carers, sharing experiences and learning together can be one of the most useful and reassuring experiences. While no one's story is the same, to know someone else understands and needs information as much as you, can give you comfort and a real sense of empowerment.

Our **free, online workshops** give you information about issues ranging from managing contact, preparing for sensitive conversations, caring for teenagers, and more.

You can also attend general courses about kinship care suitable for wherever you are in your kinship carer journey.

Visit [kinship.org.uk/workshops](https://kinship.org.uk/workshops) to sign up.

Our **free, in-person Kinship roadshows** happen all over England to help you meet other kinship carers, create connections and feel more confident to deal with what comes your way.

Our roadshows will help you connect with your local kinship community and useful organisation and get vital information on how to navigate the system and make choices that work for you, so you can get the support your children need and deserve along the way. Our roadshows are for all kinship carers, at any stage of your kinship journey.

Visit [kinship.org.uk/events](https://kinship.org.uk/events) to find out about a roadshow near you.



## Support one another

Reaching out and opening up to people you don't know can seem scary and hard to do. But making that first step and going along to a local peer support group can be life-changing.

Our groups are made up of kinship carers like you who are there to listen and support one another, with no judgement. We put the kettle on and have a chat. It's as simple as that.

Groups meet in local areas and online to give you a safe space to be together and share your experiences. Come along as often or as little as you want.

We'll also support you to set up your own group, guiding you through the process so you can build your own kinship community.



Visit [kinship.org.uk/connect](https://kinship.org.uk/connect) to find a group near you and online.

As a kinship carer, you also face a lot of different challenges, and not everyone's experience is exactly the same.

We run groups online for kinship carers looking for support on specific issues, including bereavement, being a male kinship carer, kinship carers within the LGBTQ+ community, dealing with the change in your life.

Visit [kinship.org.uk/groups](https://kinship.org.uk/groups) to find a group that can help with your needs.

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**I was very nervous meeting new people, but once I got in there, they made me feel so welcome.**



## Speak to someone like you

Sometimes, you just need to talk to someone who 'gets it'. Someone who has been through something similar to you, someone who listens and really understands.

'Someone Like Me' is our peer-to-peer telephone support service, where trained volunteers who are kinship carers will answer your call, listen to you and support you.

The service matches you with a volunteer based on your needs, and you agree a time for an initial call, with up to three more to follow.

Visit [kinship.org.uk/someone-like-me](https://kinship.org.uk/someone-like-me) to apply for a match

## Give something back

Our kinship volunteers are a key part of Kinship. Without our volunteers, we couldn't do what we do. Many of our volunteers are kinship carers themselves and they really understand how important it is to have support from other people like them.

As a volunteer, the time you give really matters, and if you'd like to help and make a difference to other kinship carers and their families, we'd love to hear from you.

Visit [kinship.org.uk/volunteer](https://kinship.org.uk/volunteer) to find out about the different ways you can get involved.





## Join the Kinship Community

At Kinship, our community of kinship carers is what makes us really special.

You can sign up and receive emails from Kinship about all our services, events, workshops, campaigns and more. It is up to you how much or how little to get involved.

**We are here for you.**

Visit [kinship.org.uk/community](https://kinship.org.uk/community) to join.

## Kinship Advice Line

0300 123 7015

Monday to Friday

9.30am to 2pm



[kinship.org.uk](https://kinship.org.uk)



0330 016 7235



[info@kinship.org.uk](mailto:info@kinship.org.uk)



@kinship\_charity



@kinshipcarecharity



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