

TeamEvie

Always moving forwards
www.teamevie.org



Team Evie Peer Support

There for you...



What is Peer Support?

Simply put, Peer Support is emotional and practical support given by people who share similar circumstances and experiences. It is connecting you with someone who has 'been there and done it' and been trained as a Peer Supporter. We connect you with someone who understands what you are facing.

Our Peer Supporters have had similar experiences to the families we help. They are not there to advise, provide counseling, or clinical intervention - simply to be **there for you**.

How can it help me?

- Parents of children with chronic disabling conditions feel better able to cope when supported by other parents with similar experiences
- Parents who shared experiences with other parents said they felt less lonely and had reduced feelings of guilt
- Parents feel supported when they are able to share useful practical information and were able to learn from the experience of others
- Several studies describe how parents gain strength and are empowered through Peer Support



"To be able to offload your worries to others that understand is such a relief, with no judgement, it's wonderful."



There is often an inner human need when you are going through a difficult time to connect with others who might have experienced something similar. This is exactly what our Peer Support Service does. We connect you with one of our volunteers who understands what you are going through. They will be there to listen to you, support you and let you know that you are not alone.

Who do Team Evie support?

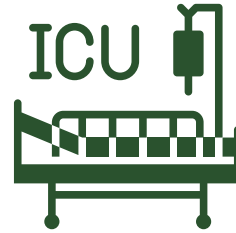
Within our team of trained Peer Supporters we have experience of many of the challenges faced by parents. We are able to support you during, or following an experience of:



Care under
Foetal Medicine



Time in NICU
or SCBU



Time in PICU



Being in hospital
with your child



Caring for your
child at home

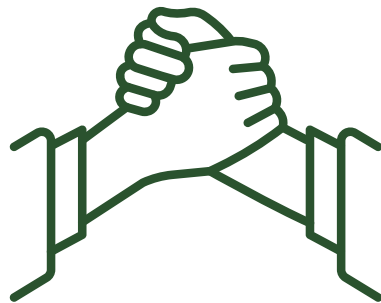


Becoming a
bereaved parent

We understand that everyone's experience, how they react to it, and how it affects them, are different. Our trained Peer Supporters understand this, and are here to support you. Through our experiences as a team we are able to empathise with your experiences and provide compassionate support for you.

Peer Support is all about sharing your experiences with someone who you know understands, and our service will provide you with exactly that.

"It feels like at last somebody totally understands what we are going through...It was like a feeling of relief, just to know somebody else understands. We can talk to friends and family but it's not the same because they haven't been in similar situations so can't relate"





"It just means so much to know that there's other people there that understand your situation and you're not alone. And that if you need someone you can reach out and they will be there for you, you don't have to go through things alone and there is light at the end of the tunnel."



How do I get support?

You may encounter our Peer Support Service whilst in hospital with your child, or when you attend the Special Baby Group... but you don't need to wait until you meet one of our supporters to access our support service.

Whether you have been referred to us via a hospital/medical professional, a friend/family member, or found us while looking for support yourself, you can easily get in touch with us to see if Peer Support is right for you.



Simply head to our website www.teamevie.org and fill out the form with your information to let us know you need some support.

We will then get in touch to organise a chat with one of the team to see how we can help you and pair you with one of our Peer Supporters who has relevant experiences.

What if Peer Support isn't for me?

If in our initial chat with you, or during your sessions with your Peer Support, it is felt that Peer Support isn't the right support for you, we are able to refer you for more clinical assessment/help or suggest other ways you can try to find the right support for you.





If you need immediate help...



In an emergency:

Call 999 or go to your local A&E department

If you are in crisis and need to speak to someone:

Call NHS 111

(for when you need help but are not in immediate danger)

Contact your GP and ask for an emergency appointment

Contact the Samaritans by calling 116123

Use the 'Shout' crisis text line - text SHOUT to 85258



For more information about the Peer Support Service including getting support from us, or registering to become a Peer Supporter head to our website www.teamevie.org or scan the QR code above.



The Team Evie Peer Support Service is funded in part by a grant from Cumbria Community Foundation through the Bedrock Digital Fund, the Beeby Family Fund, Shepley Group Fund and the CCL Secure Community Fund. The service is also part funded through a National Lottery award from The National Lottery Community Fund.