

“Who is it for?”

Any grandparents caring full time for their grandchildren regardless of the reason why, or the age of the child or children

“Who will be there?”

Grandparents and other relatives for example aunts and uncles who are raising someone else’s child are also welcome to come along

“How much does it cost?”

It’s FREE!

“Where will I have to go?”

The group meets at Cardiff City Hall

“When does the group meet?”

Once a month on a weekday morning

“How long does the group meet for?”

Usually for a few hours but it’s fairly informal so people can come and go as they need

“Are there refreshments?”

Yes and these are FREE too!

“Who can I contact to find out more information?”

You can call either of the following people to have a chat and if you want put your name on the mailing list to receive information by post or email (no obligation!)

Contacts

Karen Steele/Debbie Plenty,
Age Concern Advocacy Service.

Tel: **029 2068 3687.**

karen.steele@age-concern-cardiff.org.uk

debbie.plenty@age-concern-cardiff.org.uk

Rachel Kelly, Co-ordinator, Cardiff
Parent Network on **029 20360556**

Rachel.Kelly@actionforchildren.org.uk



ARE YOU A GRANDPARENT RAISING GRANDCHILDREN?



Grandparents become full time carers for their grandchildren for all sorts of reasons, why not join our support group ...

Tel: 029 20683687

www.age-concern-cardiff.org.uk
www.cardiffparentnetwork.org.uk

Grandparents can become full time carers for their grandchildren for all sorts of reasons. Grandparents raising grandchildren are all very different and come to this role in different ways.

In the UK there are an estimated 200,000 grandparents raising their grandchildren because of the children's parents' mental health problems, substance misuse, disability, bereavement, imprisonment or other reasons.

Grandparents may face problems when they take over the care of their grandchildren and will often talk about feeling stressed, have health problems of their own, experience a loss of their social life and feelings of isolation, have family and relationship difficulties and struggle financially.

The world may have changed since grandparents brought up their own children especially with new technology now a major feature of children's lives. Youth culture, clothes and music, and attitudes to parenting and discipline have also all changed. These changes can present real challenges to grandparents raising

their grandchildren and these are just some of the things that grandparents may need help and support to deal with as they strive to do the best they can for their grandchildren.

Many grandparents raising their grandchildren talk about the importance of support from other grandparents and the need to have opportunities to meet other people in a similar situation. Many grandparents who have attended a support group say it has made a positive difference to their lives.



“We are a support network of grandparents caring for our grandchildren so we all have something in common. There are people to talk to who are in a similar situation which helps us feel

encouraged and less isolated. We hold useful information sessions and also help each other by sharing information, knowledge and experiences with each other. The group is also about raising awareness of grandparent carers needs and issues. It's nice to know somebody cares - and we meet at a posh venue!”

“We hope that the group will continue to grow and become stronger and we want all grandparent carers to be aware of us. We hope that more friendships will be formed and maybe in future we will have a few groups running in different areas.

We want all grandparent carers to be able to pick up helpful information easily and to know how to get in touch with others in a similar situation. We want to be a strong voice for grandparent carers to promote better understanding of our needs and issues and we want the right to receive legal, financial and practical help”