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**Kinship care support group satisfaction survey results**

There were 44 respondents to the survey. 100% of respondents said they felt attending a support group had helped them overall.

**In what way has the support group helped you?**

* Discuss problems other people can associate with
* It helps listening to other people with their problems and knowing you are not alone
* To know others are in the same position as us
* Being in the company of people in the same situation as yourself
* It’s nice to talk to someone
* Chatting to other people who are in a similar situation as yourself
* Getting tips on problems you come up against
* Friendly, everybody opens up, you find out you’re not alone
* Finding out about getting help when needed. Being supported.
* Sharing of information, support from other people with SGO. I feel my voice has been heard
* A chance to chat and find out information
* Talking to others
* You realise you are not on your own.
* Other peoples’ experience and advice are really helpful
* The group is very open about all different types of problems
* Everything talked about is very interesting and supporting
* I’m new to SGO and I need all the support available
* Being able to voice my thoughts
* Realising that there are others in the same position
* Being able to ask for advice
* It is nice to talk to people who are going through what you are going through
* It’s given me support/information and made me feel less isolated with my situation at home
* Knowing there are likeminded people to give me advice
* Had full support and helped with us
* Less feeling of isolation and understanding others have the same feelings
* Relief to find you’re not alone with problems
* The caring and emotional support has been invaluable
* Receive and give support
* Yes I do feel we are supported by our monthly group, it gives us a forum for our different stories and many questions that are relevant.

**What do you get out of coming along to the support group?**

98% said they received emotional support

45% said the group reduced the stigma they felt

68% said they had made a social network/friends

77% said they got encouragement from the group

50% said they felt empowered by the group

86% said the group was an opportunity to get your voice heard

31% said they had learned a new skill

Other: a listening ear, learnt empathy and understanding, good advice on various issues.

**How do you feel when you’re at the support group?**

100% said they felt safe to open up and talk about their experiences

100% said they felt supported

68% said they learnt new things

82% said they had made new friends

86% said they felt listened to

73% said they felt more able to cope

Other: I can cry if I want to, knowing help is only a phone call away

**Have you learnt anything from attending the support group?**

100% of respondents said they had learnt something

**What have you learned from attending the support group?**

* New legislation
* That I am not alone and have people with the same problems
* That we are not alone in our position
* That I am not on my own
* That I am not on my own, solutions to problems
* Ideas and tips for coping
* How to write a book!
* Not alone, others in the same boat
* Advice from the others
* We are not the only ones in this position
* Carers rights, SGO code of Practice
* Talking to others
* There are many ways to get support with various issues through different organisations
* Everyone in the group discusses different problems and situations and how we can adapt to our problems
* Understanding that others are going through similar circumstances
* That not all people are suited to SGO. There is a need for more openness and the effects of SGO as opposed to a residency order
* We have learned what we can get and get help if we need it
* Just how many grandparents/carers are in the same position as me and that there’s agencies out there to help with financial difficulties too
* Lots of different subjects
* More support is needed, more help from professionals would be great but what we have learnt is invaluable, such as funding, where to go and who to see for help
* Real community spirit. Anyone at any time can be in the position to take on a child. Before it happened to me I thought this happened to someone else
* Yes I have been attending the group on a monthly basis and have received help and support and for that reason it gives myself and the group hope
* There is support on hand and always a listening ear
* Where we can go to get help
* About new laws and our rights
* How to fill out or tax forms!
* We’ve learned about different projects in our area that could help us

**What’s the most helpful aspect of the group?**

* Feedback of everyone
* To let off steam with the group
* Somewhere to come and have others understand what we are going through
* Information
* Talking
* Able to talk to people that understand your situation
* People sharing their problems
* Chatting to other people if you don’t get out
* Being able to talk to people in the same situation
* We’re all in the same situation
* Talking to others
* Support and communication
* Sharing information
* Advice and legislation
* Being able to talk
* Is that we are all going through the same thing
* Emotional support
* Talking to people who really understand what life is like for me
* Support and friendship
* Feeling supported and part of a team
* Sharing and caring
* The hands on support
* Real people (grandparents) with real stories
* I think being able to express our need for helpful advice and support. The learning in the groups, the different stories and also being able to pass on life experiences
* A listening ear

**What would you improve?**

* To have more meeting and get together socially as a group of SGO’s
* What about evening groups
* Have more of them
* More advertising so people are more aware that the group is there
* More often
* Have guests come and talk re aspects of SGO
* Don’t know
* Give the group a higher profile to make others aware of it as I only found out about it by chance
* Always room from improvement, but our group is great. I wouldn’t change anything, hope we can do more to help and give these wonderful people more treats
* More support from different sources

**Additional comments from kinship carers:**

“A fantastic group with a fab selection of speakers and support for all”

“The help and support has been a lifesaver in my particular case. I’ve met lots of different kinship carers and I’ve been signposted to many areas of advice”

“As a group we are the voice of kinship carers. At last we are being heard, but there’s a lot more work to be done”

“After 10 years there still needs to be more help and more groups developed in ore areas. There is such a great need for this as there is limited help for kinship carers”

“The group has really helped me emotionally and made me feel positive. Meeting up once a month really helps when times are tough at home”

“It would be nice if we could get together as a group and maybe have a day out, like a picnic in the park etc. so the whole family can get involved”

“I enjoy being with other people with SGO’s and getting advice from them”