



Footprints

Walking alongside parents towards a brighter future...

Footprints keyworkers support parents who no longer have children in their care due to the involvement of Social Care. Your children may have been adopted, be in long term foster care or have been placed with family members under a Special Guardianship Order.

**"That broken empty and sad feeling like I've lost something
and looked everywhere.**

It's not depression; it's me mourning my children.

So, what can I actually do about it?"

In Footprints we understand you are grieving a loss and may have many challenges to overcome. We want to support you through this time. We understand you may find it difficult to trust people in professional roles, we can take our time getting to know one another.

We will offer you...

- A key worker to support you in the areas of your life that you need support, such as housing, mental health, drugs and alcohol.
- Time and space to sit with your experience of loss and grief.
- Therapeutic input to help address your own experiences and trauma and consider how this has impacted on you.

**"I don't feel like a parent anymore,
and now I don't know who I am or what to do"**

For more information, please contact 01225 395999

Email: FamilySupportPlus Referrals@bathnes.gov.uk



Some things you can expect from Footprints

- You will not be judged
- We will take our time to get to know you
- We understand that trusting people in a professional role can be difficult
- We want to understand you and your journey
- We work at your pace
- We want to work towards things that are important to you

We aim to...

- Support positive change that is important to you.
- Boost confidence, self-esteem, and communication skills
- Support you to manage direct contact or letterbox contact, and any ongoing relationship with Social Care.
- Access services to support in your individual areas of needs

What will happen...

- A key worker will be allocated and make contact
- We will take our time getting to know you, understanding it may be difficult for you to trust people in professional roles
- You and your key worker will identify areas you would like to work on.

Working with Footprints isn't just about talking. Some examples of other things our parents do with their keyworker are- go for walks, make memory blankets, support to go to groups or classes.



*"I didn't work with Footprints until I was ready
... and they never left me"*

