Generally, carers find it valuable to be part of a group of carers where everyone can appreciate the difficulties and rewards of looking after other people’s children. Support can be practical, it can include advice and it often involves emotional support - particularly if you are experiencing a demanding period with the child in your care.

Support groups meet on an informal basis to discuss and examine issues that arise whilst looking after children. They also provide an opportunity for you to develop your skills and knowledge. Support groups provide a valuable source of information and support. If you would like to find out more information, please contact your local group below:

**Ashfield carers’ support group** hold coffee mornings at the Ashwood Centre, Portland Street, Kirkby-in-Ashfield NG17 7AB on the last Wednesday of every month, from 10am until 12pm.

**Bassetlaw carers’ support group** meet for informal coffee mornings every Thursday from 10.00am - 2pm all year round (including school holidays) at Captain Jack’s Adventure, Chancery Lane, Retford, Nottinghamshire, DN22 6DF. Reduced entry rates available. *In addition, carers are invited to attend joint team/foster carer meetings.*

**Mansfield Foster Care Support Group** holds monthly meetings and other events on a regular basis. Newsletters are sent out with up to date diary dates.

**Newark carers’ support group** meet monthly on a Friday, at The Church of Promise, Winthorpe Road, Newark, Notts., NG24 2AA from 10am – 12pm.

**South Nottinghamshire Foster Carers** are invited to attend joint team/foster carer meetings; held three times per year these meeting have an educational and social element. Supervising social workers will inform carers of the dates.

*If you are interested in forming a support group for this locality, please speak to your supervising social worker.*

**Fostering Futures – North Notts and surrounding area**

We hold monthly get together in each other’s homes. This is a relaxed time where we offer ongoing support to each other.

For contact details for locality support groups please speak to your supervising social worker.