

The Holding On Project

Support for
parents whose
children are no
longer living
with them



What Is It?

The Holding On Project is about offering support to mothers and fathers who have experienced children being removed from their care and where the children are living with someone else under a Special Guardianship, Adoption or Child Arrangement Order.

The support offered is all about providing an opportunity to focus on your own needs and to learn new ways to adapt to challenges and stresses. It is recognised that stress can come in the shape of family or relationship problems, health problems, or workplace and financial worries, among others. The Holding On Project wants to help you develop 'resilience' and the ability to work through difficult times. It wants to give you the opportunity to discover your strengths and abilities.

In developing the Holding On Project, we consulted with parents, living in North Lincolnshire, who had children living elsewhere. Extended family members also contributed to the consultation. The contributions they made helped develop the Project.

One parent told us that the Project had helped them by;

“ Improving my confidence ”

“ Understanding more about depression and its impact on me ”

“ It helped me work through my feelings about not having my children living with me ”

“ I developed my understanding of what children needed from me as a parent ”

The **Holding On Project** can provide a voluntary offer of support to people. Working together, different skills can be developed to avoid repeating things that did not work out before. This is particularly important if thinking about future parenthood and the changes needed to be able to provide the secure and safe family life all children need.

In the main, the Project can only work with people who do not have children currently in their care. This is because the Project is about giving people the space to think about their own needs. This is also why we would suggest when accessing the Holding On Project that you give careful thought to the use of contraception to allow yourself time and space to concentrate on yourself.

Should you or your partner become pregnant when involved with Holding On then we will discuss this with you and consider together who is best to support you.

How it Works

If you think it is something that you would like to consider, then this is what you need to do;

STEP ONE

Please ring us on **01724 297024** and ask to speak to a Holding On Representative.

If the Representative is not available, leave a message with your contact details, and they will get back to you.

It may be that someone has approached you about **Holding On and if this is the case then, with your agreement, they can ring for you.*

STEP TWO

The Holding On Representative will talk to you about what support you feel that you need and answer any questions that you have about the Project.

The Holding On Representative will write down some information about you. If you prefer you might want to complete the form yourself but the Holding On Representative will be happy to support you in the way that is best for you.

You will see the information before anything is done with it and you will need to sign to say that you give the Representative your consent to discuss this at the Holding On Panel.

The Holding On Panel is where any requests for support are considered.

STEP THREE

The Holding On Panel will consider your request for support. Once this has happened the Holding On Representative will talk to you again about the support that can be offered.

There are different ways support can be given and the Holding On Project wants to ensure any support that is available is individual to you.

Any support offer made is voluntary, which means that you decide whether to accept the support offer or not.

If for some reason a support offer cannot be made, then we will talk to you about why that is.

STEP FOUR

The Panel will review any support offer to make sure that everything is happening, that was agreed as part of the support offer.

If you think that the support offer needs to change then you can let the Holding On Representative know. The Panel can then think about your support offer again.

STEP FIVE

When your support offer comes to an end, you will have a chance to come to the Panel or to meet with a Holding On Representative. This will be to tell us what you think about the Holding On Project and we will use what you tell us to continue to develop the Holding On Project.

If you would like to know more, please ring and ask to speak to a [Holding On Representative](#);

Contact Details

Holding On Representative: 01724 297024

Adoption Service, North Lincolnshire Council, Church Square House,
30 - 40 High Street, Scunthorpe, North Lincolnshire DN15 6NL