

## YOU ARE NOT ALONE...

FISH has information to link you with resources, supports, and services that you may find helpful.

**See our website for more info and copies of our reports and submissions.**

## LEVELS OF PARENT AND FAMILY PEER SUPPORT AND ADVOCACY

**INDIVIDUAL ADVOCACY:** Supporting event preparation, participation, debriefing (e.g., see this pamphlet).

**GROUP ADVOCACY:** Designing, delivering, and facilitating peer-led group education, learning and support (e.g., see this pamphlet).

**COMMUNITY ADVOCACY:** Developing and changing practices of people who influence or direct parents & families' lives, e.g., info sessions, training/workshops for workers, carers & others, consultations, partnerships.

**SYSTEM ADVOCACY:** Promoting and lobbying for policy, practice & service design changes, e.g., research, conferences, panels, submissions, community organising.

## PHONE SUPPORT

Support, advice, tips and information for parents and family about child protection and out-of-home care. This is a good place to let off some steam and talk about frustrations. It can help parents and family to think about how to talk with workers, lawyers, and others about their children.

**Free call. Call anytime.** Peer workers will usually answer direct Monday to Friday, 10 am-1 pm or leave a message anytime for a call back.

**1300 942 598**

## COURT SUPPORT

Peer Workers are at Broadmeadow Children's Court on Thursdays to support parents attending for care and protection matters. Court can be a lonely experience and sometimes it is hard to know what's going on. Peers with lived experience can chat to other parents and family and provide emotional support as needed. We will approach parents and it is their choice to talk or not.

**No referral required – see us at court**

## MEETING SUPPORT & ADVOCACY

A peer worker may provide support for a parent or family member for a meeting to make sure their voice is heard and they can participate in decision-making, e.g., planning meeting, family group conference. Support may be before, during or after a meeting, or all three.

**Email us a request. This is dependent on meeting type, requirements and peer worker availability and demands.**

## GROUP SUPPORT

### Info sessions & parent workshops

Our peer workers with lived experience of systems run workshops for other parents with support. They cover skills and information for navigating processes in child protection and out-of-home care, e.g., restoration.

Sometimes peer workers run other catch up and support events and information sessions. Example topics include self care and family time. Parents & family can request topics.

**Check our website for more info.**

<https://finclusionh.org/peer-services/>

## FAMILY INCLUSION

Family inclusion is the active and meaningful participation of parents and family in the system, in practice and in the lives of children. It requires open, warm, professional relationships aimed at building equity. It is underpinned by respect and trust.

## PEER WORKERS

FISH peer workers are parents with lived experience of child protection and out-of-home care systems. They have successfully navigated the systems and most have restoration experiences. They can share their stories and provide support around experiences they understand.

## REFERRAL FOR PEER SUPPORT

– no referral form –

**Self-referral: Parents and family:** Send us an email or call our peer workers on 1300 942 598.

**Referral from others:** Ask the parent or family member for permission to share their number or email, send it to us via our peer email and we'll do the rest.

## CONTACT INFORMATION

### FISH general inquiries:

E: [contact@finclusionh.org](mailto:contact@finclusionh.org)

W: <https://finclusionh.org/>



### Talk to a peer worker:

P: 1300 942 598 (free call)

Leave a message anytime and a peer worker will call back.

They usually answer calls direct Monday-Thursday, 10 am to 1 pm.

E: [parentpeersnewcastle@gmail.com](mailto:parentpeersnewcastle@gmail.com)

Facebook:

<https://www.facebook.com/familyinclusionhunter/>

Instagram:

[https://www.instagram.com/fish\\_familyinclusionhunter/](https://www.instagram.com/fish_familyinclusionhunter/)

### Info about peer services:

<https://finclusionh.org/peer-services/>



Real parents.  
Real experiences.



## Family Inclusion Strategies in the Hunter (FISH)

parent-led organisation providing support and advocacy and building better relationships for children, parents and families involved with child protection and out-of-home care systems