

REFERRAL INFORMATION

PAEDIATRIC CARDIOLOGY PARENTS GROUP

- SUPPORTING CHILDREN WITH THEIR EMOTIONS



Dear Parent/Carer

Thank you for your interest in attending our Paediatric Cardiology Parents Group. The group aims to provide a safe space for parents of children with a heart condition to share experiences and ideas with one another around supporting their child and family's emotional well-being.

Before you decide to join us for the group, we would very much appreciate your time in carefully reading the information on the following pages. This will help us ensure that the group feels like the right fit for you and your family and that we can support you appropriately on the day.

If you do decide you would like to come along, please complete the referral form at this web page:

echo-uk.org/parentsgroup2020

We hope you will find the group helpful and very much look forward to seeing you there.

Warm Regards

Dr Niki Gregg
Highly Specialist Clinical Psychologist
Paediatric cardiology Psychology Service

IMPORTANT INFORMATION:

- The group is led by the Paediatric Psychology Team and supported by the Evelina Children's Heart Organisation charity and Cardiac Clinical Nurse Specialists.
- This group is open to parents/carers of children under the care of an Evelina Consultant Cardiologist.
- We are unfortunately not able to offer any specific advice/support about individual children's psychological or medical wellbeing during this group. If you feel that you or your child would benefit from individual support from the psychology or medical teams, or if you would like to discuss your own thoughts, feelings and experiences in more detail, please discuss this with your child's Consultant Cardiologist. They will be able to help you access more appropriate support.
- We welcome up to two parents/carers attending the group together. We aim to run the group twice a year. If there are other parent/carers wishing to attend we encourage them to sign up for future groups.
- Spaces are limited and offered on a first come first served basis. If places are full, we will place you on a waiting list for the next group and offer you a space as soon as we are able.
- We ask that children do not attend so that parents can speak openly. However, babies are very welcome. We just ask that you please mute your microphone when you are not speaking.

- The group will be run virtually via Video Conferencing. Should we get cut off during the group, we will call you on the telephone number you have provided. Should we be concerned about your well-being and unable to get in touch we may arrange for a welfare check to make sure you are OK
- With a virtual group it is tricky if too many people are talking at once so we will ask you to mute your microphone when not speaking. It is entirely up to you whether you choose to turn your camera on. Please respect each other's privacy and don't make any audio or video recordings or take any photographs during the virtual group. We will also not be recording or photographing the group.
- Please do not share the information about anybody else taking part to anyone outside of the group. It is absolutely fine to share the themes, ideas and tips shared during the group, however please do not share any information that could identify the experience, opinions or details of any other individual.
- We will run a separate group for families of children with neurodevelopmental and learning difficulties in November. If your child has additional needs we would recommend that you attend this day instead. Please indicate this on the referral form.
- **PLEASE NOTE:** We are not an emergency service and do not read these referral forms on daily basis. If you are concerned about risk or have urgent concerns about your child's or your own mental health, please see your GP or attend A&E as a matter of urgency. There will be a friendly face there ready to listen and help keep you safe.