

MOVING ON 2GETHER

SUPPORT FOR FOSTER CARERS

Barnardo's Moving On 2gether (MO2G) Service delivers **specialist counselling** to children in care and care leavers looked after by Halton Borough Council alongside **a wide range of support for foster carers**.



What support is available for foster carers?



Individual consultations offering bespoke information, advice and guidance around the child or young person in your care.



Joint attachment-building work with you and the child or young person you are looking after.



Friendly, informal group sessions to equip you with the skills to **manage behaviour, build relationships and recognise the early signs of mental health problems**.



Access to **formal training** on themes including **attachment, raising adolescent mental health awareness, anxiety, anger** and other specific issues affecting children and young people.

What support is available for the children and young people in my care?

Barnardo's MO2G Therapists deliver specialist counselling to children and young people aged 5-25 years. They use a range of techniques to meet the needs of each child in areas including (but not limited to):

- ➡ *Past experiences*
- ➡ *Difficulties in relationships & friendship concerns*
- ➡ *Confidence issues*
- ➡ *Feeling low, sad, anxious or overwhelmed*



THE [THERAPIST] WE HAD WAS
ABSOLUTELY AMAZING, SHE
MADE EVERYTHING SO MUCH
BETTER.

FOSTER CARER



If a child or young person you care for is showing **sexualised behaviours** that are concerning, problematic or harmful to themselves/others, we have a **Specialist Harmful Sexualised Behaviours and Trauma Practitioner** who could support either the young person direct or yourself as carer.

How do I access MO2G?

You can contact us on 07563 028 206, email movingon2gether@barnardos.org.uk or speak to your Social Worker about making a referral.

After your referral to MO2G, your dedicated Therapist will be in touch to arrange an initial assessment at a place that works for you. At the initial assessment your Therapist will discuss what our support offer will look like for you: it may include direct support for the child or young person in your care, you only, or both.

