



What is WWY?

WWY stands for Walking with You. WWY group is a safe space where you can talk freely among people who are walking the same path as you, there is no judgment, and it is completely confidential.

Who is WWY open to?

The group is open to anyone who is supporting a child/young person experiencing difficulties up to the age of 25. (You do not need to have a child/young person under CAMHS to join the group).

Who runs and plans the sessions?

WWY is run by parent volunteers alongside the Participation Lead. All Parent Volunteers who lead the group have completed **safer recruitment checks** (including DBS checks and references). They have also completed **Oxford Health volunteer induction training**

How do the sessions run? Are there any professionals present?

At each session we have representation from CAMHS (Child and Adolescent Mental Health service) who are available to answer any questions you may have and to support/signpost.

The session generally starts with an introduction – Participation Lead, parent volunteers and CAMHS staff/guest speakers.

We will generally have a theme and invite along the relevant professionals. In the past we have had psychiatrists, clinical psychologists and neurodevelopmental professionals attending.

There is also plenty of opportunity to share/talk to other parents who also have a wealth of knowledge, but if you would rather just listen that is fine as well.

If you have any further questions or you would like to join, please contact Participation Lead, Roxy Uritescu at Roxy.uritescu@oxfordhealth.nhs.uk