



Practical support & opportunities

Hertfordshire County Council

OHANA

November 2022

Hertfordshire created 'Ohana' to provide care –experienced young parents with a free and friendly support group.

Hertfordshire - OHANA

Practice
example

Why? It was recognized that many care leavers who became parents needed some additional support and may be unable to access this through community groups. Ohana looks to provide the opportunities for young parents to meet up and to be supported.

What?

- Ohana (meaning family) meets every 2 weeks at a local play café. The sessions are an informal and relaxed opportunity for young parents to chat and for their children to play.
- The volunteers who support the sessions can provide advice and support both emotional and practical support on a range of issues such as cooking, planning shopping and help with completing forms etc.
- Young people have described Ohana as welcoming and value its non-judgemental approach

<https://www.hertfordshire.gov.uk/services/childrens-social-care/in-care/lifelong-links-ohana-support-group.aspx>

Impact: The young parents who attend feel its helped them become more confident, be helped with practical problems they face and for their children to have a safe place to play.



Hertfordshire County Council
10 October 2021 · 🌐

Introducing 'Ohana' a free and friendly support group for young parents who are in care or who are care leavers.

Being a parent is hard! You are not alone.

Would you like to be part of a supportive group and meet other parents with similar experiences? then look no further, for more info visit [hertfordshire.gov.uk/ohana](https://www.hertfordshire.gov.uk/ohana)

Ohana
Support groups for Young Parents who are in care or care leavers

Being a parent is hard, support groups are available for you to:

- Meet other young parents
- Share your experience with others who understand and can relate
- Support each other
- Access information about support services e.g. benefit advice or childcare

"...even though I'm living on my own, I'm not alone because I've got the other parents from the support group at the moment who are helping me. All the parents are on the same page, so it's nice"

If you want to find out more, email: Lifelonglinks@hertfordshire.gov.uk
Or call Fiona on 07864224876 or Millie on 01992 588 344
Or visit: [hertfordshire.gov.uk/Ohana](https://www.hertfordshire.gov.uk/Ohana)

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