



## Come on get involved, join in!

There are lots of reasons for parent carers to join us. Becoming a member gives you access to free training, the ability to ask our professional experts questions and access to our forum where you can meet and chat to other parents.

You can get involved in a variety of ways:

- Receive information by joining our mailing list
- Be consulted and share your views to influence decisions
- Join a Task and Finish Group and work collectively with other parents and professionals to find positive solutions
- Volunteer as part of our communications team or host a coffee morning
- Join our Steering Group and make decisions about the direction of the forum

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**Website:** [www.dudleyparentcarerforum.com](http://www.dudleyparentcarerforum.com)

**Twitter:** @DWTFC

**Facebook:** [www.facebook.com/dudleyhparentcarerforum](http://www.facebook.com/dudleyhparentcarerforum)

## Do you want to be part of a great team and help influence services and decisions that affect your life and the life of your child(ren)

You are the experts by experience and we need you to share your ideas and views. Caring for a child with additional needs or a disability can be physically and emotionally tough, and you may find it helpful to talk to parents in a similar situation. Being able to get support from other parents and to offer support where possible will help you to feel less isolated.

Support for parents and carers is available throughout the borough through a wide range of organisations. You may prefer to attend face to face support groups, coffee mornings or you may find online forums helpful.

You may be at the start of your journey as a parent carer or several years down the line. In all cases, Dudley Parent Carer Forum is here to help signpost you to the right support. We will also work with parents to ensure your experiences and views are taken into account by service commissioners and providers.



## EMPOWERING

Dudley Parent Carers to have their voices heard in a way that influences change and service design

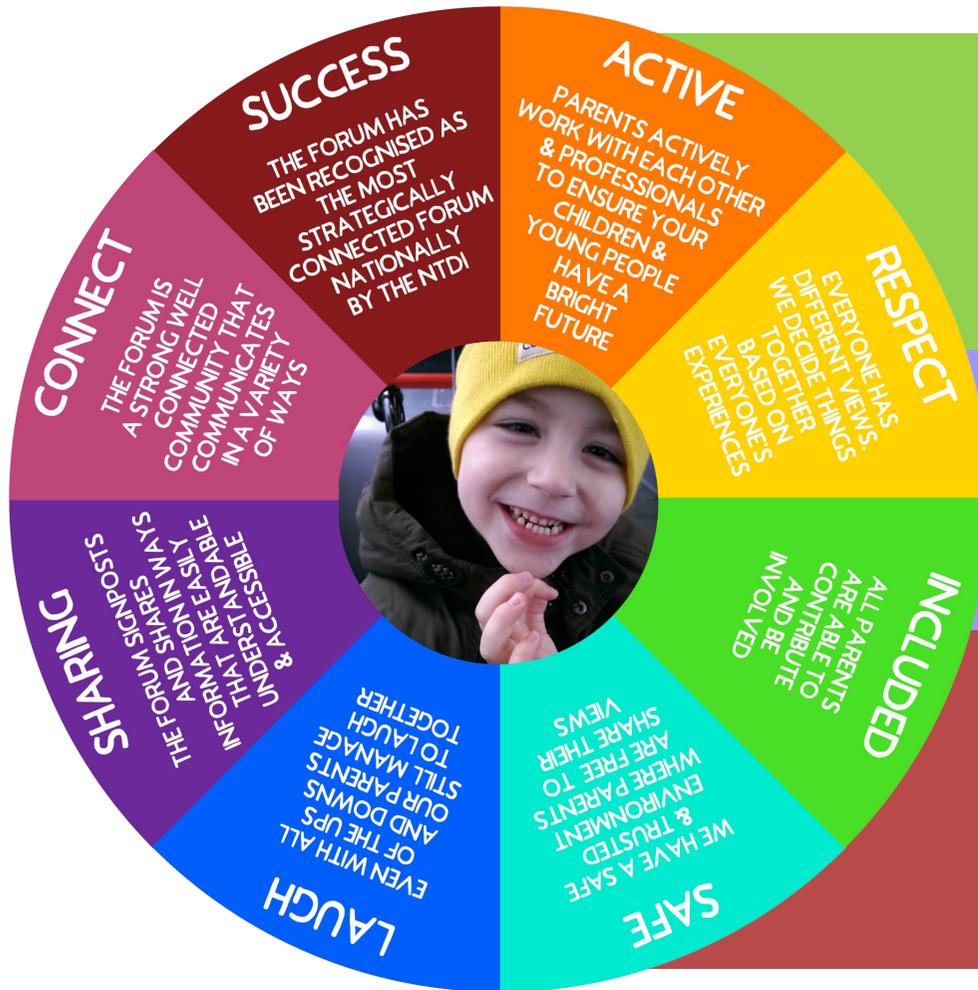


*“Being a parent carer of a special needs child can be lonely, you can feel isolated, scared and misunderstood. Let’s work together to change this”*

*Sally—Steering Group Member*

# Working Together for Change

**Working Together for Change—Dudley Parent Carer Forum** is an independent organisation where members work together as individuals, organisations and partners with the aim of ensuring that the voices of parent and carers are heard. The Forum enables parents and carers to share their knowledge of what works and what doesn't work so well; and to help service providers and commissioners focus their efforts on effective, high quality support. We also aim to signpost parents to advice and information, to help them through their journey as carers of a disabled child or young person.



## This group aims to

- Provide signposting and share information
- Offer support and provide friendship
- Listen with empathy
- Influence policy development
- Represent the view of parent carers

## Collaboration is Key!

We work together in a positive, solution focused way that leads to the best possible outcomes for children with SEND and their families.

## Build Confidence

Some parents decided that they wanted to start an activity that took them away from their caring responsibility, that was open to all carers and that was fun! With the forums help they accessed funding and started a craft group where they shared their skills and talents called Action Art!



Keep me safe, the forum will be here when you are ready to get involved and make change happen!

If you like what you see and would love to know more, have an informal chat, or meet up for a coffee and a bit of cake then get in touch!  
Email [Donna@dudleycvs.org.uk](mailto:Donna@dudleycvs.org.uk) or call 01384 573381