

Hello from the Parent Carer Team

Caroline Roberts and Vicky Harris make up the parent carer team, both have vast experience working with families who have children with disabilities, they also have lived experience of both physical and hidden disabilities. As well as supporting families directly they sit on forums and task and finish groups to represent the views of the registered carers they support.

If you a Parent Carer living in Sefton who cares for a child who has a physical disability, learning disability or emotional/behavioural condition? The Parent Carer Team can provide information, advice and guidance on services and support available to you.

To register as a Parent Carer you can telephone the Centre on 0151 288 6060 or email: Parent@carers.sefton.gov.uk

GP Appointment Advice for Parents/Carers of Children with SEND/Additional Needs

The Parent Carer team, in conjunction with Liverpool Parent Carer Forum, Sefton Parent Carer forum and other VCF agencies have created an useful information leaflet for parents and carers of children with additional needs for GP appointments as they approach adulthood. [Click here](#) to view the leaflet.

Parent Carer Coffee Morning Groups Autumn 2023

The Team run Parent Carer coffee morning groups(during term-time)in Waterloo, Southport and Virtual online, all 10am-12 noon.

The groups provide the opportunity to speak to a variety of professionals in the local community, as well as gaining support from the team and other parent carers.

[Click below to see the current timetable link below for the times and dates of the groups](#)

▶ [Latest sessions times and dates.](#)

How the team supports Parent Carers

The team supports Carers in many different ways to support their caring role, below are a few examples

- Provide Parent Carers with a point of contact for information, advice and support relating to their caring role.
- Refer Parent Carers to in-house services.
- Signpost Parent Carers to appropriate services in Health, Social Care, Education and the VCF sector as appropriate.
- Offer low level advocacy to Parent Carers to support in accessing services.
- Support Parent Carers to have a voice in the development of services.
- Support Parent Carers in regard to future planning and transition to adult services.
- Identify and apply for external funding which will support the needs of Parent Carers.
- Run peer support groups for Parent Carers.
- Work with key organisations such as Parent Carer Forum.

For a full list of support please visit our page on the Sefton Carers Centre website

<https://www.sefton-carers.org.uk/>

Carers Rights Day Parent Carer Event

Thursday November 23rd

The Parent Carer team are hosting an Q and A Event for Parent Carers to enable parents to find out information regarding services in Sefton to support their children's needs. Speakers include.

- Ingrid Bell, DCO for Liverpool and Sefton, Sefton Place
- Jenny Grimes, SEND Clinical Lead, Alder Hey
- Lynsey Boggan Head of Alder Hey ASD Assessment Service
- Sefton Social Communication Team
- Educational Psychologist, Gemma Stevenson

Venue – Sefton Carers Centre-10am-12oclock,

Brunch will be included,

To book on please email Parent@carers.sefton.gov.uk

by 20th November in order to cater for any dietary needs



ADDvanced Solutions
Community Network
Supporting you to find the answers

Parent Carer Training

Parent carers who are interested in learning more about Neurodiverse conditions can access online training with ADDvanced Solutions.

ADDvanced Solutions Community Network encourages, equips, and empowers neurodiverse children, young people and their families, those with specific learning difficulties, SEN and Disability, and associated mental health needs. They offer face-to-face and online groups, workshops and learning programmes for parent/carers to better understand and support the needs of their child and for the professionals who support them.

Call **0151 486 1788** for more information or visit <https://www.addvancedsolutions.co.uk>



Sefton PCF **Sefton Parent Carer Forum**

Sefton Parent Carer Forum are a small group of volunteers, our focus is for parents and carers of children and young people, aged 0-25 years, with special educational needs and or disabilities.

- We provide information for parents and carers in Sefton
- Through our network we are able to signpost families to a wide range of local opportunities.
- We work with Sefton Local Authority, Education settings, Cheshire and Merseyside ICB and NHS, social care, and other service providers to ensure that the services they plan and deliver meet the needs of children and young people, aged 0-25 years with SEND. We do this through consultation and co-production.
- When we are in contact with parents and carers, we are gathering their opinions. These opinions become part of a larger parent voice when we are representing Sefton families. We gather this through our social media channels and from our coffee mornings.
- We run come and chat drop-in sessions with guest speakers, to bring the services and families together in an informal setting.
- We run weekly coffee mornings in Bootle for parent carers to come along and chat to those who get it, to access peer-to-peer support.
- We are beginning fortnightly coffee mornings and come and chat sessions in Southport from September 18th.
- We run regular training sessions and workshops for parent carers and are always looking for more opportunities to do so.
- On November 22nd we are hosting Sefton's Local Offer Live, in partnership with Sefton's Services. This will be based in The Family Life Centre in Southport.
- We also host an annual pre-summer event, called Summer In Sefton, the aim of this is to give parent carers access, and information, to summer provision and activities.

E-mail: info@seftonpcf.org Website: www.seftonpcf.org

Address: SPCF Shared Space, Cambridge Family Wellbeing Centre, Cambridge