



# A parent-led programme to improve the health and wellbeing of parents and carers of children and young people with SEND

The Healthy Parent Carers' programme is a free 6-week programme. It is designed to improve your health and wellbeing by promoting empowerment, confidence and resilience, and giving you some time to focus on your own needs. It was inspired by and coproduced with parent carers from the [Family Faculty](#) at the University of Exeter and will be led by trained parent-carers from the Our Voice team.



Our first course will run via Zoom every Tuesday from 18<sup>th</sup> April to 23<sup>rd</sup> May  
10 am – 1pm

**Click [here](#) to let us know if you are interested in this course or one later in the year**

Parent carer health and wellbeing is often overlooked and parent carers rarely receive enough support. The programme can help you take small steps to improve your health and wellbeing. It is **not** a parenting course, or a course about getting support for your child – it is about you! Parent carers are very busy – but can you give yourself some time for you?

The course is open to any parent of a child or young person aged up to 25, with SEND, living in the London Borough of Enfield (unless you have already previously completed the course with us). Each course lasts for 6 weeks and you will need to commit to attending all 6 weeks of the programme.

The course is designed for a small group, so numbers are strictly limited, but we plan to re-run this course every half of a term throughout the year, so if we are unable to offer you a place on the first course from April to May, we are likely to be able to find you a place on a later course.

Some of the courses will be run in person and others will be online – you can let us know your preferences when you register.

We also plan to provide translators who speak Turkish, Somalian and Bengali to help more people to access the course. Please let us know if you would like a translator when you register.

More reflections from previous participants can be viewed [here](#).

For more information contact Our Voice on Telephone [07516 662315](tel:07516662315) Email: [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk)

## Previous participants said:

‘There were times in my life when this course would have been a life-saver’

‘Give yourself time sometimes .... Do something for you’

‘Taking a moment to notice something else, something beautiful, helps you switch off from the things you worry about’