



A parent-carer 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 well-being by promoting your self-confidence and ability to take greater control of how you deal with things and to give 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.



Parent carer health and well-being are often over-looked 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 or make some time for you?

Our next course will run via Zoom every Friday from 15th Sept to 20th Oct 10 am – 1 pm

Click [here](#) or scan the QR code below to let us know if you are interested in this course or one running later in the year. Please respond by 10th July



Future courses will run on different days of the week, and we plan to run some courses face-to-face. Let us know your preferences when you sign up.

The course is open to any parent-carer 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 confirm you can and will attend all 6 weeks of the programme.

The course is designed for a small group, so numbers are strictly limited. 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 next course from September to October, we are likely to be able to find you a place on a later course.

The September to October course will be online but some of the courses will be run in person. 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 when you register if you would like a translator when you attend the course.

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

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’