

# Welcome to Parents Connect

Parents Connect is a free service that supports parents and carers looking after children under 18 who have disabilities and additional needs. Our aims are:

- To give parents a safe space to come together.
- To look after you, the parent, by helping you to be resilient and tackle issues that come your way.
- To reduce isolation that many parents of children with additional needs and disabilities feel.
- To create a support network of parents.



We deliver our sessions face-to-face in Leeds, giving our parents the opportunity to meet a wide community of other parents and expand their support network.

For parents who can't attend these sessions, we have a national 4-week Zoom course that they can join, enabling them to meet parents from across the country online.

## Session content

Face-to-face sessions run over 6 consecutive weeks and cover the following:

Week 1: Finding your resilience

Recognising it and planning to build it.

Week 2: Being the parent expert

The importance of your role as your child's parent and lead advocate.

Week 3: Dealing with change & professionals

How do we adapt to changes? How will professional support differ?

Week 4: Circles of support & relationships

Your personal support circle and relationships during lockdown

Week 5: The journey ahead

What does the future look like for you and your family?

Week 6: Resilience revisited

How has your resilience changed? How can you take it forward?

**SCOPE =** Equality for disabled people