

## Run by Parent Carers for Parent Carers

### Helping to shape services provided for our families

We are a friendly group of parent carers of children and young people (0-25 years) with disabilities, special educational needs and chronic or life-limiting conditions. We come from different backgrounds and communities across Bristol.

We are an Independent group who work with Bristol City Council, NHS Bristol and other parent support groups to improve services for our children and ourselves.

We do this because we want to make services better for our children. We found that making our voices heard is empowering!

#### You can get involved with us in lots of ways:

- Contact us with your **concerns**
- Join us at our **events** throughout the year
- Come to our monthly **parent carer support group** to meet others, have some time to talk, time for yourself and help from a support worker
- Become a **Bristol Parent Carers' volunteer representative** - Don't worry we give you training!
- Join our **strategic groups** to work with Bristol City Council and NHS Bristol
- Join our **committee** to help plan our work and events
- Join our **mailing list** to keep up-to-date on current issues.

We would love to hear from you. If you are interested and need a translator we can provide one.

### Be involved and feel empowered!

Please contact us using any of the following ways:

 <p><b>Bristol Parent Carers</b> Shaping the future together <b>Independent Voice</b> For families of children &amp; young people with disabilities, special needs &amp; life-limiting conditions, 0-25 years</p>	<h4>Participation Forum</h4> <p>Working in partnership with BCC and NHS Bristol to design better services for our children</p> <p><b>Run by parent carer volunteers, for parent carers</b></p> <p>Website: <a href="http://www.bristolparentcarers.org.uk">www.bristolparentcarers.org.uk</a> Email: <a href="mailto:rosie@bristolparentcarers.org.uk">rosie@bristolparentcarers.org.uk</a> Tel: 0117 9396645 ext 204, Mon, Tues &amp; Thursdays or 0845 642 0124 (Local Rate)</p> <p> <b>Bristol Parent Carers</b>  <b>@BRSParentCarers</b></p>
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