

Placing the views of all parent carers at the heart of decision making

We are the new forum for parent carers of children and young people with special educational needs and disabilities (SEND) in East Sussex.

We work together to ensure every parent carer in East Sussex feels that their voice, their views and their experiences matter and contribute towards developing and improving services. We do this by:

Reaching out to parent carers to hear their views

Representing parents' experience and expertise to decision-makers

Making recommendations for service improvement

**For parent carers:** please join us and get involved in raising awareness of our children's needs, recognition of our role as parent carers and bringing about change.

**For service providing organisations:** please get in touch to discuss how we can work together to strengthen your support to local families.

## Contact: info@espcf.org.uk 07493 371928

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ESPCF is supported by Amaze, a charity that offers advice and support to parents and carers of children with special needs and disabilities in Sussex. Amaze provides administration, financial and IT support to ESPCF.

ESPCF is part of a network of over 150 Parent Carer Forums from across England who come together in the National Network of Parent Carers Forum (NNPCF). Parent Carer Forums are also supported by Contact. For more information on parent carer forums:

https://contact.org.uk/get-involved/parent-carer-participation