

# Healthy Parent Carer Programme

**Do you have a child or children with special needs and live in the London Borough of Enfield?**

**Do you need help for YOU to be healthier and happier in caring for your family? Learn how to take small steps to focus on your needs to improve your health and wellbeing and take greater control of how you deal with things.**



**Want to meet other parent carers? Share your experiences and advice! This course is about you, not parenting or how to get support for your child.**

## **Choice of three 6-week courses:**

Either Tuesdays from 16<sup>th</sup> April 2024 (option to have translation from Somali-speaking facilitator)  
or Fridays from 19<sup>th</sup> April 2024 (option to have translation from Bengali-speaking facilitator)  
or Tuesdays from 11<sup>th</sup> June (option to have translation from Turkish-speaking facilitator)

**Running at the Craig Park Family Hub from 10 am to 1 pm each week**

**Run by Our Voice parent carer with a facilitator/translator.**

Free but you must attend all 6 sessions. If you join the course, you will receive a £30 grocery voucher every time you attend a session. Please note that this could affect your entitlement to benefits – please make sure you check. The course is intended for small groups.

Sign up [here](#) by 28<sup>th</sup> March or contact 07516 662315 or Email [ourvoice.hpc@outlook.com](mailto:ourvoice.hpc@outlook.com) or scan the QR code above

**This course is run by Our Voice Parent Carer Forum. Our Voice is a parent-led organisation that supports families with children aged 0-25 with Special Educational Needs or Disabilities, living in the London Borough of Enfield.**