



# A parent-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 12-week programme. It is designed to improve your health and wellbeing by promoting empowerment, confidence and resilience, and giving 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.



The course is open to any parent of a child or young person aged up to 25, with SEND, living in the London Borough of Enfield. You will need to commit to attending all 12 weeks of the programme.

Parent carer health and wellbeing is often overlooked 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 some time for you? 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](mailto:info@ourvoiceenfield.org.uk)

The course will run online via Zoom every Wednesday  
 10.30 am – 12.30 pm  
 from 5<sup>th</sup> January through to 30<sup>th</sup> March (except half term 16<sup>th</sup> Feb)  
 Book your place on [Eventbrite here](#).

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'