

West Sussex Parent Carer Forum (WSPCF) will be arranging some more Expert Parent Programme sessions for 2021. The outline of these can be found via <https://westsussex.local-offer.org/services/859>

West Sussex Parent Carer Forum - sign up on their Facebook page <https://www.facebook.com/West-Sussex-Parent-Carer-Forum-357548895577/> for access to training, events and information to help you find your way around 'the system' and to best support your child/young person as they grow up.

Reaching Families - offer training, information and peer support through a befriending service which is currently via zoom or telephone.

They also have a detailed guide for parents which can be downloaded via <https://www.reachingfamilies.org.uk/guides.html>

Carers Support - emotional and physical health support for parent carers of children with a disability or long term illness.

<https://www.carerssupport.org.uk/parent-carers>

They also have a number of links to further information.

If you would like help in accessing anything you see, even if it's just to get a little more information. Please do not hesitate to ask Claire Blacklock in person or the email above.