



**SNAP PARENT CARER FORUM**  
CENTRAL BEDFORDSHIRE

## The Expert Parent Carer Programme

*'This workshop has introduced me to a new perspective'*

*'I feel more confident, the workshop was very empowering'*

- Are you the parent or family member of a child or young person with Special Needs, a long-term health condition, or disability?
- Would you like to understand more about **how the health system works**, who does what, who commissions (pays for) what?
- Do you feel as if you are always concentrating on your child's needs or condition rather than who they really are as a person, and what they want out of life?
- Would you like to increase your confidence when meeting health professionals, and be able to make the best of your time with them?

This workshop is aimed at the parents of children or young people 0-25, with any 'health' need such as Complex Health, Learning Difficulty and Autistic Spectrum Disorder. The original programme was funded by the Department of Health, written by parents and is led by an experienced trainer who is also a parent carer herself.

Refreshments and a light lunch are provided – this is a free workshop and there will be no charge for this

**Thursday 16<sup>th</sup> March 2017 from 9.30am (coffee) for a 10.00am start until  
2.30pm at**

**Astral Park Sports and Community Centre, Johnson Drive, Leighton Buzzard,  
LU7 4QR**

**Please come and join us. To book a place, please call 07984 545 044 or email  
admin@snappcf.org.uk**

Website: <http://www.councilfordisabledchildren.org.uk/expertparent>