

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.

6-week course from Tuesday 11th June to Tuesday 16th July 24

Craig Park Family Hub from 10 am to 1 pm each Tuesday

Run by an Our Voice parent carer and a Turkish-speaking 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 17th May or contact 07516 662315 or Email 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.