

# Get Together



**For parent carers of children and young people (0-25 years old) with any additional needs (diagnosis not needed).**

- ✓ These sessions provide a space for Parent carers the opportunity to share your views about the services that support our children and young people
- ✓ One of our trained parent representatives will be at hand to make you feel comfortable with refreshments, and will be there to facilitate and document any relevant information to feedback to services
- ✓ Professionals will be invited to join on occasions to update us on services or offer help and advice.
- ✓ Most importantly it is to be in a room with other parent carers who have that lived experience and understand first hand what life is like as a parent Carer

**Please keep an eye on our website and Socials for any updates on sessions**

Follow us on our socials:



**HAMPSHIRE  
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enabling voices to be heard



**Get Together**



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