

Reaching Families flyer – October 2022

I am writing to you from Reaching Families to let you know about a couple of events for parents/carers of a child or young person with SEND that we have coming up in the local area. We are a parent-carer led charity that supports parents and families of children and young people with SEND in West Sussex. We do this through a number of services including the delivery of information, training and peer support. You can find out more about us and details of all of our services on our website here - [Reaching Families](#)

Drop-In

We are holding a drop-in session on Tuesday 11th October at The Cherry Tree Centre in Burgess Hill from 10am – 12pm. This is an opportunity for parents and carers to come along and meet other local parents, meet and chat with our Outreach team and find out about our services and the many ways we can support parent-carers. We will have our information resources to hand including our Making Sense of It All book and extensive series of Factsheets that parents can take if they wish. Drinks and cakes will be provided! It would be lovely to see many parent/carers join us so please do share this with any parents you feel may like to attend. I have attached a flyer with the details for sharing too.

Making Sense of It All Foundation Course

This course is designed to give an introduction to the key issues parents/carers face. It aims to empower parents of children undergoing or who have recently undergone diagnosis but would be helpful to anyone who feels they need an overview of the following subjects:-

- ~ Understanding your child's diagnosis
- ~ Where to go for information & advice
- ~ Handling stress & building resilience
- ~ Gaining support from other parents/carers
- ~ Accessing benefits & financial support
- ~ Getting support for your child at school
- ~ Accessing support via health & social care
- ~ Accessing other key services in West Sussex

We will be running this course at the Triangle in Burgess Hill over two days – Wednesdays 2nd and 9th November 9.30am – 2.30pm and have just a few places still available. For more information and to secure a place on this popular course please visit Eventbrite here:- <https://www.eventbrite.co.uk/e/383461312107>

We have also recently produced a short animation giving an overview of our services and the many ways we can support parent-carers – <https://fb.watch/fZnuD06ya0/>