

Lewisham Parent & Carer's Forum

Reaching out to ensure all families' voices are heard

Lewisham Parent & Carer's Forum is a voluntary group of parents and carers of children and young people with special educational needs and disabilities (SEND) living in the London borough of Lewisham.

The forum runs a range of activities to try to reach as many different people and communities as possible so they can hear their views and help them input into the planning and delivery of SEND services, and empower them to obtain the best possible support for their children.

The forum ran a Pamper Day in March 2023. Parents made wellbeing montages, had their nails and make-up done, tried hand, neck and head massage, had refreshments and lunch. Whilst there, they shared their views and experiences of services with members of the parent carer forum.



The forum also ran warm hubs during the winter where parent carers could get a free warm meal and bring their children and young people with them. The forum put on arts and crafts activities and members of the team were able to get to know families and hear about their experiences and feed them into discussions with service providers.

Lewisham Parent and Carer's Forum also look at ways they can provide support and relief where we can by applying for extra grant funding for families. The forum has been successful getting funding for various projects including their Butterfly Project, supporting young people and their families with transition to adulthood and providing benefits and financial advice for families.

Lewisham Parent and Carer's Forum's film [Join your Parent & Carer's Forum and be the voice of your child/young person with a disability](#) tells parent carers more about the forum and how to get involved.

It was recently nominated for the Smileys Charity Film Awards.

