

HAMPSHIRE PARENT CARER

NETWORK

enabling voices to be heard



Hampshire Parent Carer Network (HPCN) offers parent carers of children and young people aged 0-25 with an additional need (diagnosed or not) or disability the opportunity to tell the Local Authority, Health and other services, what life is really like.

We use our lived-in experience to shape, challenge and ultimately improve services for our children and young people living in Hampshire. Professionals have a duty to listen to parent carers and with HPCN your voice will be heard loud and clear.



0300 303 4330

participation@hpcn.org.uk



HampshireParentCarerNetwork

www.hpcn.org.uk

Join us!

As a member of HPCN, you will receive access to training opportunities, our monthly newsletter and regular opportunities to have your say on key topics. You can join us via our website, or call us if you do not have access to the internet.

Future in Mind



Do you care for a child or young person who struggles with their mental health? Is your child attending, or waiting to attend, CAMHS? Future in Mind sessions run at multiple locations in Hampshire and provide an opportunity to share strategies, meet other local parents and keep up to date with the CAMHS service.

Get Togethers

HPCN offer Get Togethers at multiple locations across Hampshire. An opportunity to share your experiences and ideas with other local families in a friendly environment.

To find out where your nearest Get Together or Futures in Mind session is, contact us or find us on Facebook 'Hampshire Parent Carer Network'



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Registered Charity Number: 1162049

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HPCN – Hampshire Parent Carer Network

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Joining HPCN

When you join as a member of HPCN, you can access sessions, events and training opportunities. There's a monthly newsletter full of information and ways to get involved. The best part is you can choose how little or how much you want to be involved. You can complete a survey here and there, come to a local session or join as a parent rep (more on that below!). To join, go to: <https://hpcn.us14.list-manage.com/subscribe?u=2f04c431b9ff23f7fe135d9b0&id=411d1c1d1b>

Parent Reps and Steering Group

Parent representatives attend several meetings and workstreams with Hampshire County Council and other key stakeholders such as Health. Parent/carers attend these meetings to give first-hand experience and input to the decision makers- representing the views of parents across Hampshire. Full training is given and the team will support you. If you would be interested in participating directly, please do email participation@hpcn.org.uk for a chat.

There is also a steering group who manage the strategic running of the forum and future direction. Again, if this interests you or you'd like to find out more, email participation@hpcn.org.uk

Social media

There is a very active facebook page: <https://www.facebook.com/HampshireParentCarerNetwork>. This page is updated regularly with lots of helpful info like consultations, session dates and more. However, as well as this, there are 8 local pages across the districts in the County. On these pages, parents are able to offer peer support, share experiences and share local information. To find your district, search HPCN Share Together followed by your district (eg: New Forest, Havant, East Hants)

Events

HPCN run regular events to support parent/carers and to share ideas experiences. For the Autumn term, all events are taking place online. Full details of events can be found on their website: <http://www.hpcn.org.uk/events-meetings/> These include:

Get Togethers – A way to meet and share ideas with other parents in your local area over tea or coffee. With occasional guest speakers, these sessions are largely to allow you to have an opportunity to have your say in a relaxed environment. <http://www.hpcn.org.uk/what-we-do/>

Future in Mind – For parents with children or young people who are struggling with their mental health. If your child is attending or waiting to attend CAMHS, then these meetings allow you to share strategies and experience with other parents and keep up to date with CAMHS. <http://www.hpcn.org.uk/information/>

Meet the SEN Team – An opportunity to meet representatives from Education, Health and Social care to ask your questions.

Workshops – Training and workshop opportunities to learn more about matters such as the EHCP process, annual reviews etc.