



There are a number of ways to get involved with East Sussex Parent Carer Forum. How to get involved:

### **Become a member**

Visit our website and fill in our online membership form:

[www.espcf.org.uk](http://www.espcf.org.uk)

To have your views heard, feed back to your local support group, or answer surveys on the forum website directly, or email any views to [info@espcf.org.uk](mailto:info@espcf.org.uk)

### **Become a Parent Carer Representative**

Trained Parent Carer Representatives sit at meetings with the local authority and service providers to represent the collective parent carer voice and to assist with shaping services in East Sussex. Remuneration is available.

### **Steering Group**

Comprised of parent carers to enable East Sussex Parent Carer Forum to carry out its responsibilities to represent parent voice and work in co production.

The forum will provide regular feedback to its members, positive or otherwise. Become a member today to keep updated.

follow us on social media:



@EEspcf



@EastSussexParentCarerForum

To find out more or to contact us:



email: [info@espcf.org.uk](mailto:info@espcf.org.uk)



[www.espcf.org.uk](http://www.espcf.org.uk)





*Placing the views of all  
parent carers at the heart of  
decision making*

We are the new forum for parent carers of children and young people with special educational needs and disabilities (SEND) in East Sussex.

We work together to ensure every parent carer in East Sussex feels that their voice, their views and their experiences matter and contribute towards developing and improving services. We do this by:

Reaching out to parent carers to hear their views

Representing parents' experience and expertise to decision-makers

Making recommendations for service improvement

**For parent carers:** please join us and get involved in raising awareness of our children's needs, recognition of our role as parent carers and bringing about change.

**For service providing organisations:** please get in touch to discuss how we can work together to strengthen your support to local families.

**Contact: [info@espcf.org.uk](mailto:info@espcf.org.uk)  
07493 371928**

ESPCF, YAC Eastbourne,  
56-58 Seaside, Eastbourne,  
BN22 7QL



ESPCF is supported by Amaze, a charity that offers advice and support to parents and carers of children with special needs and disabilities in Sussex. Amaze provides administration, financial and IT support to ESPCF.

ESPCF is part of a network of over 150 Parent Carer Forums from across England who come together in the National Network of Parent Carers Forum (NNPCF). Parent Carer Forums are also supported by Contact. For more information on parent carer forums:  
<https://contact.org.uk/get-involved/parent-carer-participation>