



# Cumbria Parent Carer Forum

Cumbria Parent Carer Forum actively strives to work with, inform and influence the development of all services for all children and young adults with disabilities or additional needs in Cumbria.

## Why do we need a parent carer Forum?

- To improve communications between yourself as a parent carer, the local authority, health, education, social sectors and the wider community
- To take your comments and feedback and discuss with the providers of services
- To support all members who have children with a disability
- To provide a platform for parents and carers to raise issues and become a vehicle for change.

## What is the Parent Carer Forum?

We are a constituted group of parents, carers and grandparents in Cumbria who have children with disabilities and/or additional needs ranging from birth to 25 years. We are particularly keen the views of our members are heard, understood and acted upon.



## What can you contribute to the Parent Carer Forum?

- Knowledge and information about your children's needs
- Unique and varied skills and experience
- Your unique links with your community
- Your networks with other parents

## What can your forum do for you?

- Get your voice heard
- Develop your skills and knowledge
- Share experiences
- Give you links to support services
- Share information
- Build relationships and friendships.

We are currently looking for members from around Cumbria to join our steering group and forum team. If anyone has time to spare, we would greatly appreciate it. You can contact us on:

Shirley Murphy, Chair 07702580347  
Email – [cumbriarentcarerforum@gmail.com](mailto:cumbriarentcarerforum@gmail.com).  
Webpage – [www.cumbriarentcarerforum.org.uk](http://www.cumbriarentcarerforum.org.uk)  
Facebook – Cumbria Parent Carer Forum



We are funded by the Department for Education and Cumbria County Council. We are supported by **Contact** who provide training give us a national voice.