



Visit: [www.sgpc.org.uk](http://www.sgpc.org.uk)  
Email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)  
or find us on [Facebook](#) and [LinkedIn](#)

No diagnosis is needed to join our community or access the services we provide

## INFORMATION GUIDE

### Who we are

Recognised by the Department For Education as the local parent carer forum, **South Glos Parent Carers (SGPC)** is a not-for-profit Community Interest Company (CIC), working to represent parent carers of children and young people (age 0-25) with Special Educational Needs and Disabilities (SEND) in South Gloucestershire.

SGPC was set up in 2009 by two mums (including our CEO, Rachel Trueman) with a passion to help support other parent carers in the area and give them an opportunity to share their views and experiences. Now, moving into our 15th year and with a team of more than 20, we have grown significantly to help empower and inform our community and ensure that we are included in strategic planning with the Local Authority, Health and other providers, working in partnership to design services that meet the needs of SEND children and their families in South Gloucestershire.

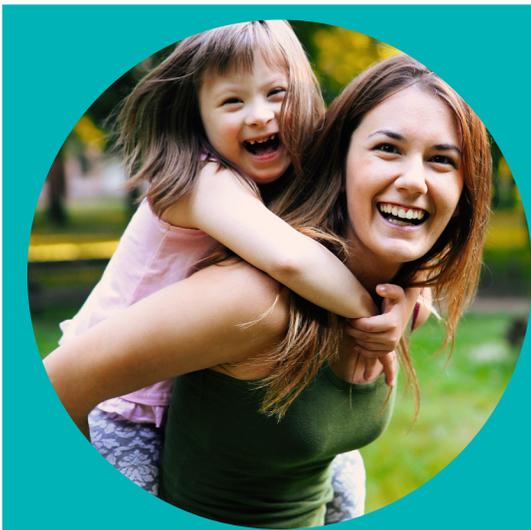
**Children with SEND do not need a diagnosis for parent carers to access the services we provide at**

**SGPC**, whether that is support (online or at our Community Base in Kingswood); workshops on a range of SEND themes; accessing our helpful signposting to other services; or attending engagement sessions to share views and experiences of their child's SEND journey.

**We represent the parent carer voice at more than 200 strategic meetings**

**At SGPC we are all parent carers ourselves, with a wealth of SEND knowledge that we can pass on to parents, carers, schools and service providers.**

We also have a specially dedicated team, called Parent Voice, who gather the views and lived experiences (anonymously) of parent carers in our community and feed these back in more than 200 meetings to help shape, influence and design services within Education, Health and Social Care. **This way of working co-productively ensures that the needs of children and young people with SEND are being considered in the design of services right from the start.**



### Our mission

To represent the collective voice of our community, working together with service providers to shape great services and achieve positive change.

### Our Vision

To grow a well-informed, empowered, supportive community of SEND families, where every individual's needs are anticipated, identified, and met, enabling them to reach their potential.

## Our Values

**Respect:** We respect and value our community, the partners we work with, and our team. We value the trust our community places in us to represent their collective voice

**Understanding:** We understand that communication starts by listening and valuing different perspectives, and that everyone's journey is unique

**Passion:** We are determined and passionate about helping others and making a lasting difference for our SEND community

**Empowerment:** We engage, inform and support parent carers to enable them to build their confidence, feel empowered and share their voice

**Collaboration:** We believe that positive change results from shared goals, mutual respect, and working together

## What we offer our community...

Our services are available to all parent carers of children and young people with SEND in South Gloucestershire, with or without a diagnosis:

Did you know?  
We rely on  
funding in order  
to provide our  
services

- **A forum for parent carers to have their views and experiences heard** - SGPC feed back the collective parent carer voice (anonymously) in strategic meetings locally, regionally and nationally, to help shape services used by children and young people with SEND.
- **SGPC Community Base in Kingswood** - A spacious venue with a sensory room and garden, open every Thursday from 10am-2pm (term time only) at The Kingswood Centre. Parent carers can drop-in to receive support, information, signposting to services and a listening ear from our Community Support team.
- **Workshops** - in-person and online on a range of SEND themes, including: ADHD, autism, anxiety, self-harm, suicide awareness, tics and Tourette's, as well as specific workshops for Early Years families too.
- **Online 'cuppa and catch-up' support group** - parent carers can share their views and experiences and get support and information from our trained peer supporters.
- **Little Treasures stay and play** - a SEND-friendly play and support group in two different locations for parent carers and their early years children (aged 0-5 years) to attend together. Little Treasures also run activities in the school holidays.
- **Early Years online 'cuppa and catch up' support group** - monthly online support, for parent carers with children aged 0-5 years (including Reception year).
- **Signposting** - to other useful services and helpful information.
- **Our mailing list** - parent carers can [sign-up](#) to receive emails with what's on, SGPC news and information relevant to the SEND community.
- **Social media** - we have a [Facebook page](#) and community group (SGPC - Our Community) where parent carers can connect with others in our SEND community. Find us on [LinkedIn](#) too.
- **Information and resources** - on our website ([www.sgpc.org.uk](http://www.sgpc.org.uk)) we have helpful guides and useful information on a range of SEND themes.



For further information about our community support, email: [support@sglospc.org.uk](mailto:support@sglospc.org.uk)

## What we offer our associates...

SGPC work co-productively with associates across Education, Health and Social Care to achieve positive change for the 3,000 local parent carers in our community.

We gather parent carers' views and experiences on local services, family needs and topical issues, and feed this information back to service providers and stakeholders to shape strategic decision-making and bring about effective change to services which work for the end users.

**We believe that the people who use a service are those best placed to help design it, review it and improve it.**

By joining our mailing list, associates can receive our carefully collated information straight to their inbox to stay informed on the views and experiences of our parent carer community and receive our latest survey results and data on a range of SEND themes.

Associates can also commission our services to help support their research needs and influence how services can be delivered effectively. By working with us to address where the gaps are and how best to fill them, associates can ensure that service users are at the heart of decision making. With our unique level of SEND knowledge and connections, SGPC are an invaluable asset to every co-production project. Working with us provides an insight into:

- The lived experiences of service users
- Where to focus strategic reviews
- What changes and developments can make a positive difference
- Trends revealed by our annual surveys and engagement sessions

For further information or to work with us, email: [parentvoice@sglospc.org.uk](mailto:parentvoice@sglospc.org.uk)

Working co-productively to shape services is how we can help enable children and young people to reach their full potential in every way possible



## What we can offer to schools...

Through building relationships with schools and families, our aim is to help bridge the gap between identifying a child's needs at school and at home, with or without a diagnosis

South Gloucestershire clusters can commission us to provide our **360° Outreach Project**, working with schools to support parents in identifying, understanding, and meeting their child's additional needs.

Our 360° Outreach Project enables schools to take a 360° view of a child - looking at a child's needs at home and at school - to raise awareness that earlier identification of needs ensures inclusion and access to learning for all children and young people. This is delivered in schools through relaxed support sessions open to all parents, exclusive online workshops, presentations, and information, all guided by our trained community support team who have a wealth of SEND knowledge and can offer effective signposting of services, support and strategies.

**360°  
Outreach  
Project**

# Approved SGPC copy to be used in third party directories/letters/information:

## Short version:

South Glos Parent Carers (SGPC) is the local parent carer forum working to represent the collective voice of parent carers of children and young people with Special Education Needs and Disabilities (SEND) in South Gloucestershire. Through SGPC, parent carers can have their say on local services in Education, Health and Social Care to help influence, shape and design how these are delivered. SGPC also have a drop-in support base and run a range of SEND-themed workshops, group discussions and support sessions to parent carers. No diagnosis is needed to access any of these services. Visit: [www.sgpc.org.uk](http://www.sgpc.org.uk) or email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)

## Medium version:

South Glos Parent Carers (SGPC) is the recognised local parent carer forum working to represent the collective voice of parent carers of children and young people (0-25 years) with Special Educational Needs and Disabilities (SEND) in South Gloucestershire. Through surveys and engagement sessions with SGPC, parent carers can have their say on local services in Education, Health and Social Care to help influence, shape and design how these are delivered. To help support parent carers on their SEND journey, SGPC also offer a drop-in community support base in Kingswood, SEND-themed workshops, group discussions and online support groups. No diagnosis is needed to access any of these services. Visit: [www.sgpc.org.uk](http://www.sgpc.org.uk) or follow on Facebook: [South Glos Parent Carers – not for profit CIC](#). To get in touch, email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)

## Long version:

South Glos Parent Carers (SGPC) is the recognised local parent carer forum working to represent the collective voice of parent carers of children and young people (0-25 years) with Special Educational Needs and Disabilities (SEND) in South Gloucestershire.

SGPC gather the views of parent carers through surveys, engagement sessions and outreach projects, to enable everyone to have their say on local services in Education, Health and Social Care. This information is then fed back to service providers to help influence, shape and design the way these services are delivered.

To help support parent carers at every stage of their child's SEND journey - with or without a diagnosis - SGPC also offer a drop-in community support base in Kingswood, as well as online workshops on various SEND themes, support groups, signposting to useful services and a Facebook community group to connect with other parents and carers of children with SEND. Visit: [www.sgpc.org.uk](http://www.sgpc.org.uk) or follow on Facebook: [South Glos Parent Carers – not for profit CIC](#). To get in touch, email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk).

## Contact information:

South Glos Parent Carers is the local parent carer forum.

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 [South Glos Parent Carers – not for profit CIC](#)

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Please note that requests for SGPC to share content on our social media can be made by emailing: [comms@sglospc.org.uk](mailto:comms@sglospc.org.uk) and must include shareable links/formats. We cannot share PDF files or Word documents.

# FAQS

## What is a parent carer forum?

South Glos Parent Carers (SGPC) is part of The National Network of Parent Carer Forums (NNPCF), which is made up of all the parent carer forums across England. Parent carer forums are groups run by parents and carers of children with additional needs and disabilities whose aim is to ensure that services in their area meet the needs of these children and their families.

They do this by gathering the views of local families and then working in partnership with local authorities, educational settings, health providers and other providers to highlight where local services, processes and commissioners are working well, or challenge when changes or improvements need to be made.

It is free to join a parent carer forum and you can be involved as much or as little as you like.



## What is a parent carer?

A parent carer is a parent who cares for a child or young person who has any additional needs, disability or long-term illness – whether or not there is a diagnosis. Parent carers often feel like they don't identify as 'carers', as they are first and foremost parents. But being a parent of a child who needs additional support means you are a carer – and SGPC can offer support, information and a platform to share your experiences about your child's SEND journey.

## Is SGPC a statutory service?

No. SGPC is independent of any authority and actively seeks out funding streams to operate and provide services to the community. The forum exists to co-produce with service providers, commissioners and policy makers. We strive to have a seat at the decision-making tables and influence in this way. While we receive small grants from the DfE, Council and Health sector, this does NOT alter our purpose as a Parent Carer Forum and we are not part of the Local Authority.

## Do SGPC Campaign?

SGPC are prevented from campaigning to influence those who make decisions; instead, we aim to be involved in the decision making and planning processes through co-production meetings. We attend meetings to represent the collective voice and experiences of parent carers in our community to highlight where changes need to be made in local services.

Campaign groups can work collaboratively with SGPC - if appropriate, we can share their information with our community, and they can give us feedback in a constructive way so we can influence at meetings while they raise awareness and support for the campaign.

## Where is the SGPC Community Base?

The SGPC Community Base is at The Kingswood Centre, New Cheltenham Road, Kingswood BS15 4FS. Drop-in on Thursdays (term time) between 10am – 2pm.

## Do SGPC have volunteers?

Yes! We have volunteers in our community support team and parent reps who attend meetings to represent the collective parent carer voice. For further information about volunteering with SGPC, email: [team@sglospc.org.uk](mailto:team@sglospc.org.uk)

**For further information about SGPC, or if you have any questions relating to our branding or content, please contact our communications team at: [comms@sglospc.org.uk](mailto:comms@sglospc.org.uk)**