



Visit: www.sgpc.org.uk
Email: 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

Who we are

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

There is no diagnosis needed 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 have your say on experiences of your child's SEND journey.

At SGPC we are all parent carers ourselves, so we understand the journey you are on.



What we offer our community...

- **A forum to have your say** - we want to hear your views and experiences of your child's SEND journey so that we can feed these back in meetings (anonymously) to help influence the improvement of 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. 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 Early Years workshops.
- **Online 'cuppa and catch-up' support groups** - share your views and experiences with other parent carers and get support and information from our trained peer supporters.
- **Little Treasures stay and play** - a SEND-friendly play and support group for parent carers and their young children (aged 0-5 years) to attend together. Little Treasures also runs 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** - [sign-up](#) to receive emails with what's on, SGPC news and information
- **Social media** - we have a [Facebook page](#) and community group (SGPC - Our Community) where you can connect with other parent carers in the area. Find us on [LinkedIn](#) too.
- **Information and resources** - on our website (www.sgpc.org.uk) you'll find helpful guides and useful information on a range of SEND themes.

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

For further information about SGPC, visit our website: www.sgpc.org.uk or email: support@sglospc.org.uk