

The Get Together sessions continue to offer Parent Carers a valuable space to share their views and lived experience. HPCN has worked alongside the Hampshire SENDIASS to ensure a SENDIASS Worker is available at each of our Get Together sessions. Professionals from the Local Authority and Health have also attended Get Together sessions to hear about the impact of services on Parent Carers and to truly embed the views of Parent Carers when setting up new services.

Between November 2019 and November 2021 HPCN ran 170 Get Together sessions, right across Hampshire. Reaching over a thousand Parent Carers.

Our Future in Mind sessions work in collaboration with the Child and Adolescent Mental Health Service. Bringing Parent Carers who have a child with any mental health difficulties together with a CAMHS Clinician. The sessions have covered a range of topics from Managing Low Mood, Self Harm and Crisis Planning, to Mindfulness and Parental Wellbeing.

Between November 2019 and November 2021 HPCN ran 150 Future in Mind sessions, supporting over 600 Parent Carers.

The HPCN Team were able to quickly move all of the Get Together and Future in Mind sessions online within a month the initial Covid Lockdown, making sure Parent Carers voices continued to be heard at a very challenging time. HPCN also launched evening sessions to provide an opportunity for Parent Carers who were working from home or home schooling, to link up with HPCN at a time that suits them.