

If you can give a small amount of time on a regular basis, you may be interested in volunteering with us. Whether it's becoming a member of our Management Board, helping out at events, delivering training or representing parents at strategic groups – whatever your skills and background, you CAN make a difference!

Contact Us

Business Support Administrator

Email: admin@spcn.org.uk **Phone:** 07341 126455

Virtual Office (who will pass a message on to us): 01473 345375

Website: spcn.org.uk

Facebook: www.facebook.com/suffolkpcn/

Twitter: @suffolkpcn

Instagram: suffolkpcn

Join SPCN

Parent Carer Membership

(for any family member, foster parent or guardian)

Go to www.spcn.org.uk and click on contact, then select 'Join as a parent carer'

Associate Membership

(for practitioners and interested individuals who are non-parent carers)

Go to www.spcn.org.uk and click on contact then select 'Associate Membership'



Hearts and minds, shaping our children's futures

We know that for most parent carers, and for parent carers of children with additional needs and/or disabilities, time is in short supply. Yet it is vital that we join together, pool our knowledge and make real changes to services which improve the lived experience of families.

Who are we and what do we do?

Suffolk Parent Carer Network (SPCN) is a group of parents and carers of children with additional needs and/or disabilities who work with education, health and care services to make sure the services they plan and deliver are fit for purpose and meet the needs of children, young people and their families across Suffolk.

We have a management board of parent and carer volunteers who lead this work and who actively seek out the experiences and views of parents and carers across Suffolk to make sure we know what is important to them. We aim to give parents and carers a collective voice and use our experience, knowledge and feedback from families to help commissioners and providers plan and develop the quality, range and accessibility of services families use.

Through participation and co-production, we are working to create a culture across all services which places the needs of families at the centre of decision making.

We Aim To:

- be a collective voice for as many families as possible by providing a forum for views in order to develop services
- be supportive and accessible to all families
- enable children and young people with additional needs and/or disabilities and their families to lead full lives, through seeking to improve services, and by providing informal support
- work in partnership with those who provide services
- encourage and promote inclusive attitudes and practice
- promote disability equality and challenge discrimination
- provide examples of good practice

Benefits of becoming an SPCN member

All our members will have access to a variety of services and resources as follows:

- Access all our resources and services
- Add your views and experiences to our collective voice
- Receive news updates and events information via our text and e-mail service
- Attend our drop-in sessions and activities
- Use our Facebook page/group and share your experiences and views with other parents
- Be involved in consultations on new and current issues
- Be a buddy to another parent
- Attend funded training
- Be invited to represent SPCN at strategic meetings
- Have a say in how the forum is run and what it delivers
- The right to nominate members of the Management Board and vote at the AGM

The more parents that are involved, the more accurate the views we have on how the needs of families in Suffolk are being met.

All families living with a child or young person experiencing an additional need and/or disability in Suffolk are paramount to the forum being effective. Your views, ideas and contribution whether in time or in skills are valuable and we appreciate you sharing them with us.

All together better