

# Parent Carer Training Day: *The Expert Parent Programme*



**Tuesday 26th November 9.30—2.30**

Cobham Sports and Social Club,  
Merley Park Road, Nr Wimborne. BH21 3DA

**OR**

**Wednesday 27th November 9.30—2.30**

Dorset Creative Arts Centre,  
Parkway Business Park, Poundbury,  
Dorchester DT1 3AR



**PARENT CARERS TOGETHER**

Bournemouth Christchurch Poole

A **FREE** event at two locations in Dorset led by two Council for Disabled Children trained facilitators.

Places are limited and must be booked in advance by emailing,

[dpcc@dorsetparentcarercouncil.co.uk](mailto:dpcc@dorsetparentcarercouncil.co.uk)

**OR**

[info@parentcarerstogether.org.uk](mailto:info@parentcarerstogether.org.uk)

Lunch & refreshments will be provided free of charge. Please let us know if you have any dietary or access requirements when booking.

We also ask that you arrive in plenty of time as the workshop will start at 10am prompt.

## **What is the Expert Parent Programme?**

- \* A training & information programme for parent carers of children who are disabled, to build resilience and confidence when engaging with health professionals.
- \* Building upon the success of the Expert Patient programme, this is a peer led initiative that has been informed and piloted at all stages by parents from across England.
- \* It consists of a face to face workshop, e-learning package and an online 'toolkit' of resources.

## **What can I expect from taking part?**

- \* Resilience
- \* Skills and knowledge to build effective relationships with health professionals
- \* Greater understanding of how the health system works
- \* Feeling less isolated
- \* Having an understanding of what is meant by outcomes, and why they are so important.