

**HAMPSHIRE  
PARENT CARER**

**NETWORK**

enabling voices to be heard



**Hampshire Parent Carer Network (HPCN)** offers parent carers of children and young people aged 0-25 with an additional need (diagnosed or not) or disability the opportunity to tell the Local Authority, Health and other services, what life is really like.

We use our lived-in experience to shape, challenge and ultimately improve services for our children and young people living in Hampshire. Professionals have a duty to listen to parent carers and with HPCN your voice will be heard loud and clear.

[www.hpcn.org.uk](http://www.hpcn.org.uk)



**0300 303 4330**

[participation@hpcn.org.uk](mailto:participation@hpcn.org.uk)



HampshireParentCarerNetwork

## Join us!

As a member of HPCN, you will receive access to training opportunities, our monthly newsletter and regular opportunities to have your say on key topics. You can join us via our website, or call us if you do not have access to the internet.

### Future in Mind



Do you care for a child or young person who struggles with their mental health? Is your child attending, or waiting to attend, CAMHS? Future in Mind sessions run at multiple locations in Hampshire and provide an opportunity to share strategies, meet other local parents and keep up to date with the CAMHS service.

### Get Togethers

HPCN offer Get Togethers at multiple locations across Hampshire. An opportunity to share your experiences and ideas with other local families in a friendly environment.

To find out where your nearest Get Together or Futures in Mind session is, contact us or find us on Facebook 'Hampshire Parent Carer Network'



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