

Parent Carers: community connections and co-produced support

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GWENT PARENT CARER NETWORK

Caring for Carers

Community connections:

Supporting parent carers and the
importance of partnership working



Gwent Parent Carer Network

- A parent-led organisation since 2013
- 2,000 parent carers connected across South Wales
- Support before and post diagnosis
- Online and face-to-face support
- Information and signposting
- Family-inclusive events



**GWENT PARENT
CARER NETWORK**
Caring for Carers

Supporting parent carers of children with additional needs across the Gwent region and South Wales through peer-to-peer support, information and accessible events.

WHAT WE DO

- Peer-to-peer online support
- Advice and information
- Regular coffee mornings (see our Facebook page for details of one near you)
- Parent carer workshops
- Accessible family events
- Private soft play sessions
- Sibling events



CONNECT WITH US

- Gwent Parent Carer Network
- www.gwentpcn.org.uk
- gwentpcn@gmail.com



Gwent Parent Carer Network,
Unit 2, Old Police Station, Baker St, Abergavenny, NP7 5BB.

Registered Charity No: 1203201



**GWENT PARENT
CARER NETWORK**
Caring for Carers

Ydych chi'n rhieni sy'n ofalwyr plant ag anghenion ychwanegol ledled arth Gwent a De Cymru trwy gefnogaeth gan gymheiriaid, daeth a digwyddiadau hygrych.

Ydych chi'n rhieni
sy'n gofalu am
blentyn ag
anghenion
ychwanegol?

YDYM NI'N EI WNEUD

daeth ar-lein rhwng cyfoedion a gwybodaeth
coffi rheolaidd (gweler ein Facebook am fanylion un yn al chi)
dai rhieni a gofalwyr
diadau teuluol hygrych
u chwarae meddal preifat
diadau i frodyr a chwiorydd



CYSYLLTWCH Â NI

- Rhwydwaith Rhieni a Gofalwyr Gwent
- www.gwentpcn.org.uk
- gwentpcn@gmail.com



Rhieni a Gofalwyr Gwent, Uned 2, Hen Orsaf yr
d Baker, Y Fenni, NP7 5BB.

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The Value of Community Support

- Peer-to-peer support networks – being with others who just “get it”
- Coffee mornings and local hubs
- Workshops and information sharing
- Accessible family events
- Respite opportunities for parent carers
- Signposting to local and national services



The Reality of Caring as a Parent Carer

- Emotional, physical and financial impacts
- Isolation and loneliness
- Navigating diagnosis – wait lists and recognition as a carer pre-diagnosis
- Navigating education, health and social care
- The 24/7 nature of caring responsibilities
- Transition – when your child becomes an adult
- Recognition of the impact on siblings

Why Parent Carers matter

- Parent carers help shape better services
- The value of lived experience
- Co-production and lived experience improve policy and practice – but make it count
- Stronger communities are built when carers are recognised and supported

What Needs to Change?

- Earlier identification and support
- Better coordination between health, social care and education
- A more cohesive benefits system
- Increased respite opportunities
- Recognition of parent carers' expertise
- Greater involvement in service design and decision-making
- Sustainable funding for community-led support networks

The 5 things that should be recognized for future planning

1. Parent carers play a vital but often unseen role.
2. Isolation is common, but community support makes a difference.
3. Parent-led networks provide trusted support and information.
4. Parent carers should be recognised as partners in shaping services.
5. Investing in carers strengthens families, communities and future care systems.

A vision for the future

- Communities where parent carers feel valued and connected
- Accessible support regardless of diagnosis status
- Partnership between families, services and policymakers
- A preventative rather than crisis-driven approach

Far from passive recipients, parent carers are advocates and experts whose lived experiences are key to building inclusive and resilient support systems

Case Study:

Co-produced support information for Parent Carers



Kim Dolphin: Carers Team Manager
Monmouthshire County Council

Parent Carers information booklet series

- ▶ Developed and co-produced with parent carers
- ▶ A partnership approach to deliver a resource that supports parent carers through key times in their child's life

Why are these an important resource?

- There is often an emphasis on the cared for rather than the carer
- “As long as my child is OK, I’m OK” - bring emphasis back to the parent carer wellbeing
- To improve navigation of complex systems
- To inform and empowers carers to make decisions and have conversations sooner
- To build confidence in negotiating the system
- To start conversations

Transition Booklet

In partnership with:

- Parent carers
- Monmouthshire County Council
- Gwent Parent Carer Network
- All Wales Forum
- Adferiad



**Why it is never too
early for parent
carers to think ahead.**

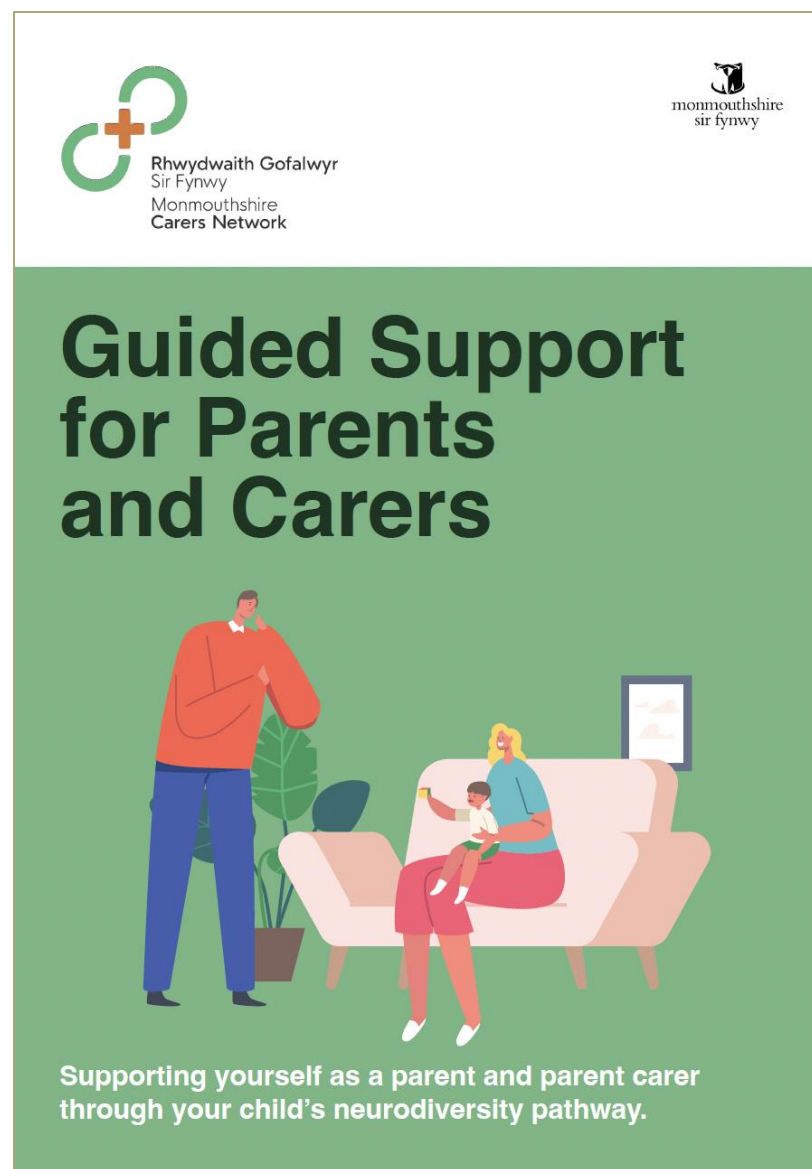
Guided support for parent carers
and families for when their child
turns 16 years of age.



Support through the ND diagnostic pathway booklet

In partnership with:

- Parent carers
- Monmouthshire County Council
- Gwent Parent Carer Network
- Adferiad
- Ready Steady Go charity



In production:

A Guide for Parent Carers: Supporting
your child's transition to adult mental
health services

In partnership with:

- Parent carers
- Adferiad
- Monmouthshire County Council
- Gwent Parent Carer Network
- Ready Steady Go charity



Thank you