



Happy New Year from the West Sussex Parent Carer Forum!

Hello everyone, we'd like to wish you a very happy new year!

We have lots going on at the forum this year!

If you haven't heard of us yet, we are The **West Sussex Parent Carer Forum (WSPCF)** a charity created *by* parent carers, *for* parent carers.

We work to ensure parent carer experiences aren't just heard - they actively shape better services and support in West Sussex for families navigating SEND.

By signing up as a professional member you will stay informed, share your views, and play an active role in driving positive change for children, young people, and families.

★ Become a member: [Sign up as a professional member here](#)
You can also **share WSPCF with the parent carers you work with**, so their voices and experiences can help to influence decisions.

★ Parents carers can sign up here: [Parent carer membership](#)
All our members also receive updates on our latest news, projects, and events.

Celebrating Our Achievements in 2024–2025!

Over the last year we have supported over 1,000 parent carers through 98 events, including Chat & Chill sessions and wellbeing workshops.

We also supported 60 PINS and ASP Schools through our coffee mornings.

If you are part of a PINS or ASP school please let parents know we are here to support them.

For more information visit: <https://www.wspcf.org.uk>

Over **1,000** parent carers were supported through **98** events





Over 2100
Parent Carer feedback responses

We responded to over 200 direct parent carer enquiries



Over 1000
Parent Carers attended our events

"The presentation was really informative. We were able to share our lived experiences in a safe space with no judgement."

-Attendee.



- ✔ Over 2,100 feedback responses
- ✔ 200+ direct enquiries answered
- ✔ 1,000+ parent carers attended our events

We're excited to continue supporting parent carers in 2026 with even more opportunities and resources.

📖 Read the full Report: <https://www.wspcf.org.uk/our-trustees-annual-report-24-25/>

Upcoming Events

Our events are open to all parent carers, however we welcome and encourage professionals to come along too. For more information, please see our events page: www.wspcf.org.uk/our-events

Making Sense of Change



MAKING SENSE OF CHANGE
What's changing for SEND families?

Local government and the NHS are going through some big changes, and we want to help you understand what this could mean for you and your family.

Your voice matters!
These changes could affect your family, and we want to make sure you're heard. Come and be part of the conversation!

Tuesday 27 th January	9:30 - 11:30	Crawley
Friday 6 th February	12:00 - 14:00	Online
Monday 2 nd March	9:45 - 11:45	Worthing
Tuesday 24 th March	19:00 - 21:00	Online

Coffee, Tea & Pastries will be available at in person sessions, 30 minutes from start times

What's Changing for SEND families locally and nationally?

- The local government is going through some big changes, and we want to help parents understand what this could mean for them and their families.
- Join one of our upcoming events to hear about the latest Local Government updates and changes, SEND reforms, and the Wellbeing Act.
- Find out how Parent Carer Forums across Sussex are working together to support families.
- Tell us your views, questions and concerns and we will share them directly with the local authority and NHS Sussex.

These changes could affect families across West Sussex and beyond. We want to make sure families are heard. Please share our events with families in your area to come and be part of the conversation!

Dates for your diary!

Tuesday 27th January - Crawley
Friday 6th February - Online
Monday 2nd March - Worthing
Tuesday 24th March - Online

'Chat & Chill' coffee mornings for parent carers in your area

Parent carers are welcome to come along to our safe space, meet like-minded people, in a judgement free environment, who understand the trials and tribulations of life as a parent carer. It's FREE to attend, no need to book, just pop in, and the first hot drink is on us!



FREE!

 **CHAT & CHILL** 

Come and join one of our FREE coffee mornings. Your first hot drink is on us!

SAVE THE DATES

25th FEBRUARY BURGESS HILL	27th FEBRUARY WORTHING
13th MARCH CRAWLEY	20th MARCH WORTHING

See our events page for more info:
www.wspcf.org.uk/events
OR sign up as a member: www.wspcf.org.uk
to stay up to date and be a part of community.
It's completely free to join!

Our Parent Carer Guide to SEND Support in Mainstream Settings is here!!

Please sign post your parent carers to our guide, or download a copy!

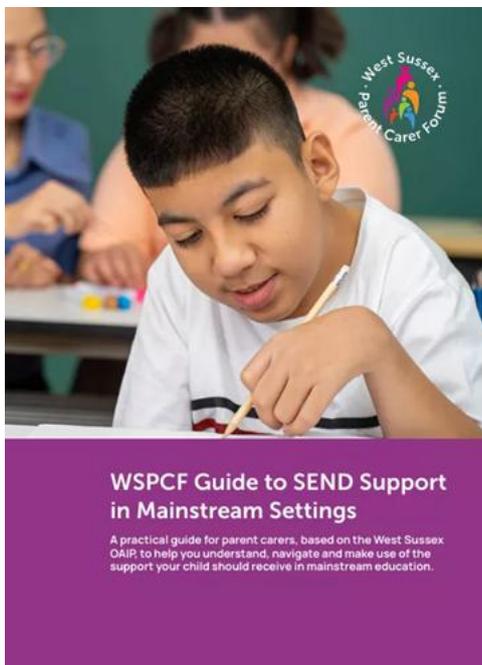
We know how overwhelming it can be to know what support is/should be in place at school when a child or young person is struggling at school. So, we've created a clear, practical guide to help parent carers understand what support should look like for children and young people in mainstream education.

Inside the guide you'll find:

- ✓ What support should be in place without an EHCP
- ✓ Practical examples of inclusive practice
- ✓ Checklists and tools to help parent carers prepare for conversations with their child's setting
- ✓ Simple explanations written by parent carers, for parent carers

We hope this guide helps parent carers feel informed, confident and empowered.

Download the Guide here: <https://www.wspcf.org.uk/wspcf-guides>



Keep an eye on our guides page as we have more helpful resources coming soon!

If you would like any further information about WSPCF see our website here:

<https://www.wspcf.org.uk>