

Parent and Carer Alliance



Care Action Protect Empower

## PARENT AND CARER ALLIANCE C.I.C

### VISION AND PURPOSE

The Parent and Carer Alliance is an independent Community Interest Company established to provide emotional and practical support to carers.

#### VISION

The Alliance was started by Carers who want to make a difference to other families like theirs, to use their own lived experiences to help support less experienced, less able, and more vulnerable, families.

#### AIMS

Our Aims are to ensure that families whose children have additional needs

- ❖ Feel less alone, more recognised and supported;
- ❖ Are better prepared and informed; and
- ❖ Can champion getting their vulnerable cared-for person's needs met.

#### PURPOSE

The Alliance works to ensure families are given a real opportunity to have a voice in the decision-making processes which affect their lives and to feel more confident in supporting the people they care for whilst ensuring that they themselves have somewhere to turn for advice and support, from people who truly understand their experiences and resulting needs.

We do this by

- ❖ Running events for carers to meet virtually, and face to face, to share their experiences with others experiencing the same challenges, who truly understand, to alleviate loneliness and have fun, feel less isolated and have a chance to take time for themselves;
- ❖ Hosting webinars to enable increased understanding of legislation, rights to support, and practical tips on caring whilst ensuring carers own health and safety isn't compromised;
- ❖ Providing an advice service that gives practical advice on how to ensure rights to support are met, as well as a safe space to open up about experiences of caring and the impact on both the carer and the cared-for person, to have a non-judgemental listening ear and guidance as to how improve the situation;
- ❖ Running a website and Facebook group to provide up to date information and advice and advertise all the Alliance services; and
- ❖ Contributing valuable lived experience when working on local and national projects to improve services.

When asked what the work of the Alliance means to them, carers comment that:

"I would say that the Alliance is all about bringing people together and building strong relationships in and across communities, helping more people to reach their potential, by supporting them at the earliest possible stage, through information sharing, demystifying jargon, and supporting some of the most vulnerable and complex in society" and

"The Alliance is the one place we can come to for help and advice especially when we are hitting brick walls. We have the help and back up via this group to find professionals who can help and tell us where to go and who to see. They are the light at the end of a tunnel when it is beginning to feel hopeless and the offer of help and support at a dark time is something we cannot afford to lose"