

**Parents Together** is the part of Carers in Bedfordshire that supports parents caring for a child or young person with an additional need.

We offer parent carers;

**Telephone support**

**Home visits**

**Advocacy**

**Information, advice and guidance**

**Training\*\***

**Peer support groups**

**Social outings and events\*\***

**Emotional and practical support**

**Regular newsletters**

**Pampering**

**Relaxation therapies\***

**Carers Cafés on Saturdays\***

**Counselling\***

**And much much more**

\* charges apply

\*\* charges may apply

To find out more please  
contact:

**The Parent Carer Support Team**

at

[parent.carers@carersinbeds.org.uk](mailto:parent.carers@carersinbeds.org.uk)

Or call

Bedford Office

0300 111 1919

Biggleswade Office

01767 315079

Or visit our website at [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk)

And on Facebook at

[www.facebook.com](http://www.facebook.com)

[/carersinbedsparentcarers](https://www.facebook.com/carersinbedsparentcarers)



# Parents Together



A not-for-profit  
organisation run for  
carers by carers

Registered Charity  
No. 1135507

**Does your child  
have a disability  
or special  
educational need?**

*We can offer you  
information, training  
and support.*

at

**Carers in Bedfordshire**

### Carers Grant

Being the parent of a child with additional needs can add extra stresses and strains. If your health is affected by your caring role you may be eligible for a carers grant.

A carers grant can be used for

day trips  
taking up a hobby  
joining a gym  
driving lessons  
relaxation therapies  
spa breaks  
a new bike  
training courses  
yoga lessons  
a holiday

or any activity or item which you feel will give you a break and benefit your health and wellbeing.

### Sibling Support

Providing support, information and social activities for brothers and sisters aged between 4 and 25.

### Parent Carer support workers

When your child has a disability you can sometimes feel the need to talk to someone who will understand you, someone that will not judge you, another parent who has been through it themselves.

All Parents Together support workers are parent carers too. They know what it's like to cope with a diagnosis and they can offer emotional support parent-to-parent. They are also valuable sources of information about local groups and services.

Parents Together support parents of children with any disability or additional need, up to the age of 19. We may even be able to support when there is no formal diagnosis.

For more information you can contact us on

0300 111 1919 or 01767 315079

and at [parent.carers@carersinbeds.org.uk](mailto:parent.carers@carersinbeds.org.uk)

### Coping with Transition at 16+

Moving in to the world of adult services can be a daunting prospect for child and parent alike. If you are starting to think about the time when your child will be moving on from education and you would like to talk to someone, or need some information, please contact our support workers

on

0300 111 1919 or 01767 315079

### But I'm not a carer

Often parents don't think of themselves as carers.

But you are, and we are here for you.

Please contact us if you would like to know more, have a question or concern or would just like to have a chat about your caring role.