

Harnessing the power of parent carer lived experience in your local CYPMH offer

Parent carer peer support (PCPS) workers with lived experience of supporting a child or young person with a mental health difficulty have a lot to offer – including providing safe, non-judgmental spaces for other parents and carers to support and learn from each other. They can rapidly help boost your capacity, building on partnership work with voluntary sector organisations and encouraging mutual aid. CYPMH is catching up with AMH in recognising the importance and value of lived experience expertise – are you thinking about making this part of your local offer? Whether you are from a service or a commissioner you are welcome at any or all of our free online sessions to find out more about how parent carer peer support could help your local families and services this autumn and winter. We hope to see you there!

Introduction to Parent Carer Peer Support

A one-hour CPD introductory information session led by lived experience parent carer peer support workers and professionals. Please join us to find out more and ask any questions you might have...

Wednesday 27 September, 9:30 - 10:30

Thursday 5 October, 9:30 - 10:30

For more information and to book:

<https://www.charliewaller.org/parent-carer-peer-support/events-for-services-and-commissioners>



The Basics of Parent Carer Peer Support

A free CPD three-hour session led by lived experience parent carer peer support workers and staff from children and young people's mental health services. We will explore aspects of parent carer peer support to help you consider how this might work for your service.

Wednesday 18 October, 9.30-12:30

For more information and to book:

<https://www.charliewaller.org/parent-carer-peer-support/events-for-services-and-commissioners>

Full Parent Carer Peer Support Course

We will be offering our full parent carer peer support (PCPS) course starting in January 2024. This online training is free to attend and is available for both new and experienced PCPS Workers, will lead to a University certificate and includes supervisor training.

If your service is interested in the full course, please tell us now. It doesn't commit you to anything but helps us ensure there are enough places to meet demand.

Find out more or register your interest:

<https://www.charliewaller.org/parent-carer-peer-support/pcps-training>



**Parent Carer Peer Support in
Children & Young People's Mental Health**