



Can you help  
make a  
difference?

- Are you a **parent or carer** of a child or young person aged 0 to 25 with **special educational needs or disabilities (SEND)** in East Sussex?
- Would you like to be **more involved** and help share the **collective voice of parent carers**?
- Are you interested in influencing the services that **impact the lives** of our children and young people with SEND?

Be a voice  
for positive  
change

#### What's involved?

- **Connecting** with other parents and carers and **listening** to their views and experiences
- Attending **meetings, groups or events** in areas of your knowledge or experience to represent the parent carer voice
- **Feeding back** after meetings to say how it went

#### What we'll offer:

- **Flexibility** to suit your own circumstances, from one-off focus groups to longer-term projects
- Optional **payments** for your time and any expenses, including childcare and travel
- **Guidance, support and training**— as much or as little as you need



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Get in touch for  
friendly chat

We'll call or email  
you back

If you have any accessibility needs, please let us know