

How to get involved

To find out more and to book a place for the next meeting contact the Supporting Families Team at Centre 404 on

020 7697 1336

Email: family@centre404.org.uk or beatriz@centre404.org.uk
visit **Centre 404, 404 Camden Road, N7 0SJ**
or look at the “What’s going on?” page of the website
www.centre404.org.uk

Meetings are every two months (term time only)
10:30 to 13:00 at Centre 404, 404 Camden Road, N7 0SJ.
Light lunch provided!

Find us on Facebook : www.facebook.com/centre404
Follow us on Twitter : [@centre_404](https://twitter.com/centre_404)
Share your pics on Instagram: www.instagram.com/centre404/



For people with a learning disability or autism and their families



Are you an Islington parent of a child with
Special Educational Needs or Disability (SEND)?

The Islington Parents Forum is for you!



www.centre404.org.uk

404 Camden Road, London, N7 0SJ

Registered Charity 299889



How being part of the Islington Parents Forum will help you

FIND OUT WHAT YOU ARE ENTITLED TO AND WHAT SERVICES ARE AVAILABLE FOR YOU AND YOUR CARED FOR

"My son's diagnosis of autism came all of a sudden. I did not know anything about the condition, let alone support for me and my son. I felt guilty. I thought my son's autism was a result of my poor parental skills"

- Come to the Parents Forum meetings and keep up-to-date on the changes to Local and National Disability Services, Money Matters, Housing, Health Care Services, Fulfilling Lives/Activities, Education and much more.

KNOW YOUR RIGHTS

"I am very proactive, I would like to work and be involved in social activities, but the lack of support I receive for my son and the inflexibility of my workplace made me give up work and be left to only care"

- Know your rights! In Islington Parents Forum we will support you to participate in developing good practice on service procedures - through open meetings, consultations and focus groups - and in challenging bad practice if necessary.

REDUCE ISOLATION

"I am a single mother and don't have my family close. I am also weak and overwhelmed and feel unable to control my son's challenging behaviour"

"I never go out, I can't. My daughter has frequent meltdowns. We are asked to leave from shops and accused by people on the streets. It is not worth the hassle. I much prefer to stay home with her"

- At the Parents Forum meetings (held during school times) you can meet people in similar situations to yourself, share experiences and get tips and advice from others that have already been there.

RAISING DISABILITY AWARENESS

"I don't feel comfortable leaving my son at the after school club. Staff there doesn't understand my child's needs and calls for help. He ends up having a very stressful time, which makes him anxious at home and keeps me awake most of the night."

- At the Islington Parents Forum, You will be able to share your views and opinions with professionals to improve the quality of services and also raise disability awareness.

ACCOUNTABILITY – WHO DO I HOLD ACCOUNTABLE?

"I am not happy with my child's Education Health and Care Plan (EHCP) and I have no idea who to contact, when or how. I don't understand the letters professionals send me – it's all terminology!"

- At the Parents Forum we will give you information and advice on matters that are important to you. We bring professionals from the council and disability services to explain their services and procedures. We will also build your confidence and help you raise concerns with the local authority.

What is Islington Parents Forum?

We are a group of parents that meet every two months and welcome new members

- ▶ We keep parents informed on SEND news nationally and locally
- ▶ We provide information days, training and workshops for parent
- ▶ We work with council officers and local services to improve the delivery and quality of services for children with SEND in Islington
- ▶ We enable parents to make their views known to service providers and council officers and strengthen partnerships between them
- ▶ We provide feedback on board meetings we attend
- ▶ We elect representatives on to key decision-making groups in Islington and represent parent carers's views at strategic meetings and boards