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# Parent and carer panels

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## Have your say

We need your voice to help us provide the best for you and your family and to help us shape the services offered through our family hubs and Start for Life offer.

## Have your say

Our parent and carer panels offer the chance to come together and share experiences on different services and activities for families in your local community.

The panels are currently made up of parents with children in the Start for Life period, aged 0 to 2, but parents of children aged 0 to 19 are always welcome to join!

## Our meetings

These informal meetings take place once a month and are run by our parent carer panel coordinator. We simply ask attendees for their feedback on the sessions we provide, the support we offer and how we can improve our offer to local families. We will occasionally host informal focus groups and surveys as part of this. Hearing your voices is at the heart of everything we do in our family hubs.

Each of our three hubs host these panels each month across the town. These meetings take place in person, however, we're currently looking at hosting one of these sessions online.

## Who can come along?

- Mums
- Dads
- Carers
- Grandparents
- Kinship carers

If you're expecting a baby in the family or have responsibility for a child under two

## Sip and Share coffee mornings

If you're not quite ready to delve into our meetings, our weekly Sip and Share coffee mornings are a great place to start. These are informal meet-ups at each of our hubs, where you can have a free brew and a natter with our parent carer panel coordinator, other

local parents and carers whilst chatting about what you're having for tea and putting the world to rights.

We link these up to some of our activity sessions so they're a great opportunity to dip your toes into our hub offer.

These coffee mornings are currently targeted at parents with children within our Start for Life offer (0 to 2 years old), but we're looking at creating new groups to cater to a range of ages.

## Additional information

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