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# Looking after yourself as a parent or carer

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Top tips from parents of children with SEND by parents

- Be kind to yourself.
- It's okay to ask for help- wherever that comes from- community, family, friends, services. Utilise community spaces. There is no shame attached to this
- We are parents- it's okay to get it wrong! This journey can be long- buy a helmet!
- Take notes, use note pads, post it notes, voice notes- whatever works for you
- Do your research if you can
- Plan before meetings- know what you want to say and give details. Write down questions to know you want to ask. Don't be afraid to take time out of a meeting if you need it.
- Take someone with you for moral support- someone you trust
- Ask for a named contact that you can communicate with
- Give yourself a treat after every meeting- food, bath, TV etc
- Be silly! Have fun!

## Places you can go to for support





These sessions are drop ins and you don't need to book on in advance. Just turn up when you need someone to talk to.

The Blackpool Parent Carer Facebook page is monitored daily and someone will get back to you as soon as possible.

Day	What is it?	Time	Location
Tuesdays	Aiming Higher parent drop in (term time only)	9.30am to 3.00pm	Aiming Higher 231 - 233 Church Street Blackpool, FY1 3PB
Tuesdays	Parent Carer Forum drop in sessions for parents	10.00am to 12.00pm	Check the <a href="#">Family Hubs timetable</a>
Wednesdays	Parents of the Revolution, come join us for brews, cake and peer support	9.30am to 11.30am	8 April 2026 at Penrose House, Penrose Avenue, FY4 4DJ 22 April 2026 at The Salvation Army, Raikes Parade, FY1 4EL
Thursdays	Aiming Higher parent telephone advice line	9.30am to 3.00pm	<a href="tel:07412293979">Call 07412 293979</a>
			Aiming Higher

Fridays	Aiming Higher parent information sessions (term time only)	9.30am to 11.30am	231 - 233 Church Street Blackpool, FY1 3PB
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