

# Parents' & Carers' Forum



***We believe in providing parents and carers with a platform where their voices and views can be seen, heard and valued.***

The Mental Health Support Team in Westminster is organising a Parent's & Carer's Forum which is an opportunity to discuss the challenges children and families are currently facing and meet other parents.

We wanted to open this group to the parents who are interested in emotional health and wellbeing of their children and would like to share their experience with other parents and support each other.

The group will also give you an opportunity to provide feedback on the Mental Health Support Team. We believe this is vital for us in order to improve our mental health provision.

As a thank you for your attendance we are offering **£10 Sainsbury's voucher**.

The next Forum is going to take place on **Wednesday, the 18th of May at 4PM** on MS Teams.

## **In the meetings you will have a chance to:**

- Share your views and experiences around the use of mental health services by children and young people
- Talk to other parents and carers about the needs of children and young people in Westminster, current challenges your child is facing and what support is needed to improve children and young people's wellbeing
- Learn about our support and other services available in Westminster
- Give your feedback on the support from Mental Health Support Team

**For more information and to join please email:**  
[Abogdanowicz@bwwmind.org.uk](mailto:Abogdanowicz@bwwmind.org.uk)

 **Mind**  
Brent, Wandsworth  
and Westminster