

# Parents and Carers of Special Children

# All about us...

**POSCH** was set up by parent carers of disabled children/young people in the Hambleton & Richmond areas.

We are a registered charity which provides a supportive befriending & information service for families.



## **POSCH believes...**

In collective empowerment & partnerships to **support**, *improve* and *inspire better* outcomes for children and their families.



#### **POSCH includes...**

Parents, carers and grandparents of children and young people with any additional needs with or without a diagnosis.





# What we do:



**Solution** Empower parents to support each other through peer support groups



Provide training on key issues, strategies/tools and practical family support



Arrange for speakers from services including Health. Education and Social Care to meet with parents

Signpost and provide information to help parents access services



**Work together with other charities and agencies** to ensure the parent carer voice is heard



What our parents say...

"POSCH is my life line"

"As I walk through the door at the POSCH sessions I can feel the stress lift from me and I know in the next few hours I will feel safe and supported. I leave feeling energised and inspired"

"My life has been enriched by POSCH"

"Without POSCH I would not have the strength to fight the on-going battle to access what my son needs"



## **Contact us:**

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