

“Time for Me”



Are you a parent/carer of a disabled child or young person?

Do you feel as though you don't get any time to yourself?

Would you like to be in a better mind set to help and support your disabled child or young person?

Enjoy relaxation, learn new coping techniques and find out about Your Child Your Voice

When: 12th November from 10am till 1pm.

Where: Friends and Families of Special Children
Palace Street, Brettonside, Plymouth, PL1 2AY

Free complimentary therapy on a first come first served basis. Please book your place in advance.

For more information please contact Holly
Tel: 07909822297

Email: holly@yourchildyourvoice.org.uk



Your Child Your Voice

Come along and visit Your Child Your Voice at

Devon Inter Faith Gathering

Saturday 22nd November, 11am till 5pm

Roland Levinsky Building, Plymouth University

Looking for something for the whole family to enjoy?

Plympton Community Christmas Fair

Saturday 6th December 10am till 1pm

Harewood House, Ridgeway, Plympton PL7 2AS.

With a host of charities, stalls and entertainment there is something for everyone. **See you there!**

Are you a parent/carer of a disabled child or young person?

Parent/Carer Training and SEN Review

Are you interested in being part of the decision making process for services that affect our children?

Join us at one of our forthcoming meetings.

- **Parent/Carer Training Morning**
How to make change happen for our children
14th January 10am till 1pm. Venue to be confirmed.
- **SEND Review 6 Months On and AGM**
A follow up to the November Plymouth SEN Forum
11th March 10am till 1pm. Venue to be confirmed.



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