

What things does the group talk about?

- education
- respite
- Self-directed Support
- transitions
- carers' rights and the law
- specialist services

When does it meet?

The group meets every 8 weeks at the Borders Carers Centre in Galashiels.

Meetings are from 10am-noon with refreshments, followed by lunch.

Transport and respite costs are met.

If you would like to know more, or get involved, contact Borders Care Voice on 01896 757290 or admin@borderscarevoice.org.uk



Scottish Borders

Parent Carer Action Group



**For all parents
of a child or
young person
with additional
needs**

What's it for?

- to raise awareness of the issues facing parent carers and their children
- to give parent carers a strong, united voice
- to make a difference.

How does it make a difference?

- by challenging and working in partnership
- by sharing information and concerns
- by feeding into service delivery and design
- by looking at solutions
- by being involved through consultation.

Jan's story

At 18 months, my son Cameron stopped talking. No more "Mummy" or "drink" or just basic communication. He stopped making eye contact. He was different to other kids.

I spoke to the health visitor and the long road to assessment and diagnosis began. Just before my son started school he had a diagnosis of autism.

During this process, I was desperate to find information and help to know how to support my son and learn about autism. It was a whole emotional rollercoaster for us as parents.

At the Parent Carer Action Group

I found support, other parents, information, signposting, friendship, help with school, help with finances and help with my other child, who is neurotypical.

It's about meeting professionals, knowing who to speak to, connecting with others in similar positions. But it's also about being able to feed back to and influence decision makers.



Katriona's story

I've been a member of the Parent Carer Action Group since it was first formed.

When I first became a member, my son attended the Royal Blind School in Edinburgh.

He is now a young adult living at home with support.

The group has followed me through transition and getting guardianship and many other practical issues relating to education and health.

My son, Matthew, has complex healthcare needs and disabilities. Through the group, I have found friendship and support.

I'm very motivated to make a difference for all children and young people in the Borders with complex needs and disabilities.

Gillian's story

My son, James, is a young adult with autism, who is non verbal and has learning difficulties.

I joined the Parent Carer Action group about 5 years ago, before James finished his education, as I realised I needed support to help make things change and happen.

We went through a very difficult transition, with little support available for young adults after school in all areas.

Professionals visit our group regularly and listen to our points of view, which will hopefully help in future outcomes.

We also support each other and have made meaningful friendships as we tackle the on going battle to make life better for our children, young adults and carers.

