



## May Update

Suffolk Parent Carer Forum

[www.suffolkpcf.co.uk](http://www.suffolkpcf.co.uk)

01473 760933

[info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk)

# Updates

- The Suffolk Parent Carer Forum have now officially transitioned to a Charitable Incorporated Organisation. This became effective as of the 1<sup>st</sup> April 2023. If you would like to see our new Constitution, you can do so by following this link: [SPCF Constitution](#) .
- We have had a successful virtual workshop with Define Fine around school attendance barriers. Feedback was very positive and the resources very helpful, we have another booked in for 6<sup>th</sup> July 23.
- We have been working on increasing our presence within Suffolk and after speaking with Krystal Vittles - Deputy CEO at Suffolk Libraries, we are now pleased to say that SPCF leaflets are available in every Library across Suffolk. We have been supported by Wendy Allen with the next step which is to email all 325 schools in Suffolk with an introduction and a copy of our leaflets. Alongside this we have been engaging with community organisations and services to ensure they are aware of the forum and what we do.

# Updates

- SPCF have become the most recent member of the National Suicide Prevention Alliance. It is a subject that is close to our hearts with all members of the team either having experienced mental health struggles themselves, or by supporting their child or young person with theirs. The impact of unmet needs on an individual can easily push them to crisis. It is important the SPCF stay up to date with all the support, resources and information that the NSPA share. This way we can better support parent carers either with their own, or their child's mental health. You can find our page here: [SPCF](#)
- The SPCF Chair of Operations, Sue Willgoss was invited by the NSPA to speak on 'Linking Suicide Prevention Strategies with Autism Strategies'. If you were not able to catch the presentation or Q & A session, you are able to by following these links:
  - [Video](#)
  - [Presentation](#)

# Updates

- We have, this week, been registered as a member of the #CommitToCopro campaign run by Healthwatch. Co-production is at the heart of everything we do as a forum and an important part of the relationship with strategic partners. We have seen great successes arise from co-production so wanted to be involved with ensuring it becomes standard practice throughout Suffolk. If you would like to know more about the campaign, please follow this link: [#CommitToCopro](#)
- We are very pleased to be attending the SEND Inclusion Summer Roadshow in Waveney on 6<sup>th</sup> June organized by Suffolk County Council. The theme is around Mental Health so we will not only be representing SPCF, but our partner organisations too - LiftLoud for Danny and PACT. Both of which specialise in Mental Health support in the local community.

# Open Forum Event in the West



## We invite you to join us at our Open Forum Event – West

on  
Tuesday 20<sup>th</sup> June 23 from 10:00am to 1:00pm  
at

The Moreton Hall, Symonds Rd, Bury St Edmunds, IP32 7EE

Suffolk Parent Carer Forum would like to welcome you to our event for parents and carers in the West. It will be an opportunity to discuss any concerns or find out more about services/provisions for children & young people in West Suffolk. We will also be joined by representatives from: Activities Unlimited, Suffolk County Council, Suffolk Family Carers, SENDIASS, Specialist Education Service, Suffolk Primary Care LD Liaison Team, WS Family Action ND Support Service, SNEE ICB, Beans, Young Persons Network, EPIC Dad & more...

Refreshments will be provided



Call us: 01473 780933  
Find us: [www.suffolkpcf.co.uk](http://www.suffolkpcf.co.uk)  
Email us: [info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk)  
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Suffolk and North East Essex



We have booked our next Open Forum event and this one will take place in Bury St Edmunds.

We are being supported by the Suffolk CC and Suffolk and North East Essex.

We have extended the invite to voluntary sector colleagues as well as specific local authority and health departments.

We still have availability so if you would like to attend or can recommend another attendee, please do not hesitate to contact us.

# Data:



## SPCF Membership:

280 - Full Members  
4 - Affiliate Members  
3 - Partner Organisations



## Website Data:

(1<sup>st</sup> March to 31<sup>st</sup> March 23)

386 Page Views  
162 Users  
135 New Users

## Website Data:

(1<sup>st</sup> April to 30<sup>th</sup> April 23)

287 Page Views  
105 Users  
90 New Users

## Facebook Data:

(1<sup>st</sup> March to 31<sup>st</sup> March 23)

578 Page Likes  
671 Page Follows  
317 Post Engagements  
2,447 Page Reach

## Facebook Data:

(1<sup>st</sup> April to 30<sup>th</sup> April 23)

585 Page Likes  
682 Page Follows  
225 Post Engagements  
2,501 Page Reach

