



We are delighted to let you know about our Parent Support Forum set up and run by parents for all parents within the WLCS regardless of the diagnosis or disability level of your child every parent is welcome. The support forum is managed by 3 of our parents, Rebecca Conlon; Ann Shanahan and Donna O'Sullivan. We meet every month the 3rd Friday in the month in the Desmond Complex in Newcastle West for a cuppa and a chat and we also try to put on some talks from others in the catch ups/coffee mornings as requested by our parents. So far we had talks from Social workers on their roles; talks from some experienced parents giving tips and advice and talks from experts on financial supports & planning. Please see below the details of upcoming meetings, we would be delighted to see you there for a cuppa and a chat, if you have young children at home don't let that stop you bring them with you.

March 15th @10am - 2 experienced parents will be available to talk about their lives living with a child with no diagnosis and living with a child with a physical disability. They will be happy to answer any questions and share any tips & tricks they have learnt along the way.

April 19th @10am - As well as general chat and catch up we will answer any questions around July Provision, what it is, who is entitled to it and how to apply.

May 17th @10am - We will cover off the summer holidays as they draw closer. Tips for days out based on the abilities of your child. Extra support that is out there and handing out names and numbers of qualified SNA's available over summer.

June 21st @10am - Relax!!!! As our last meeting before summer we are going to truly relax with a free yoga session for all parents who come.

Email wlpaintsforum@gmail.com Telephone: 086 8337455

As well as all this we have a WhatsApp group set up for all parents to chat to each other, ask questions, and to see all updates from the PSF. If you would like to be added please contact Rebecca Conlon on 086 8337455

Lastly we have a completely private FB page

<https://www.facebook.com/groups/387577531709046/?fref=nf>