

**The Essex Family Forum** is a group of parent carers with children & young people (C&YP) aged 0 -25 with additional needs and/or disability. These parent carers volunteer their time to ensure that services meet their C&YP's needs by collecting views and meeting with the council, commissioners and other officers at a strategic level.

**We are an independent voice.**

It is important that we connect with as many families as possible to ensure the lived experience informs services and opportunities for C&YP with additional needs and/ or disabilities in Essex. **We know that there are many family groups, networks and support systems in Essex which are well established and work well.**

We would like to link with all these groups and see the Family Champion role as the most efficient way to do this.

## Who am I:

- I am parent/carer of a child or young person with an additional need and/or disability and I live in Essex.
- I am part of a group/network with other families.
- I am passionate about families' voices being heard and making a difference.
- I have been put forward by my group to represent them at the Essex Family Forum.
- I am not there to share my personal experiences but the gathered lived experiences of the group represent.

## Qualities:

- |                 |                          |
|-----------------|--------------------------|
| ❖ Approachable  | ❖ Trustworthy            |
| ❖ Good Listener | ❖ Honest                 |
| ❖ Inclusive     | ❖ Respectful             |
| ❖ Empowering    | ❖ Confidence Inspiring ☺ |
| ❖ Inspirational | ❖ Effective              |
| ❖ Accessible    | ❖ Good communicator      |

## What is expected of me:

- I will attend forum meetings when I can and if I can't make it I will make sure any important issues are shared with the forum.
- I will make sure that I share relevant information with the forum and with my group making sure that any identifying information remains confidential.

## How the forum supports me in this role:

- Make sure I know what is expected of me.
- Provide relevant training and support to ensure I feel confident in the role.
- Give me good notice of meetings and anything else I need to attend making sure I have any paperwork in plenty of time.
- Give me a named person who I can speak to about the role or any concerns I have.
- Host regular support meetings to make sure I am happy in the role and doing a good job, giving me constructive feedback.
- My expenses will be paid in a timely fashion so that I am not out of pocket.