

☀️ Parents Plus Special Needs Programme ☀️

We would like to warmly invite parents and carers to join our upcoming **Parents Plus Special Needs Programme**, designed to support families of children with additional needs.

Programme Details:

- **Start Date:** Monday 7th September 2026
- **Time:** 10:00 AM – 12:00 PM
- **Duration:** 8 weeks
- **Location:**
Bath Children's Centre
12 Charlotte Street
Bath, BA1 2NB

Who is it for?

These sessions are open to **all parents and carers of children with special educational needs or disabilities**.

- A formal diagnosis is **not required**
- An EHCP is **not required**

About the Programme

The sessions will be facilitated by trained **Family Support Practitioners** from the **Disabled Children's Team at Bath & North East Somerset Council**.

This is not a training course. Our aim is to help, support and share experiences along with the other parents on this programme.

The programme offers a supportive space to:

- Share experiences
- Learn practical strategies
- Build confidence in supporting your child
- Connect with other parents
- Understand and connect with your child.
- Managing behaviour and emotional concerns.
- Handling puberty, sexuality, and relationships.
- Reducing your own stress as a parent.

Improving People's Lives

- Supporting your other children and family relationships.
- Building your child's self-esteem and well-being.
- Advocating for your child's needs.
- Preparing your child for adulthood and future changes.

One of the most beneficial parts of attending the programme is the chance to meet other parents who are raising young people who have additional support needs.

To help you decide if you would like to participate in the Parents Plus Special Needs Programme some parents ,who attended the course on a programme held by our fellow coordinators in Ireland, have shared their experience of attending the programme and what it has meant to their family in this short video.

<https://vimeo.com/1006266908>

If you would like to participate in the programme or if you have any questions, or email us at DCT_ParentingProgramme@BATHNES.GOV.UK

Kind Regards,

Your local friendly Family Support Practitioners 😊