

# FAB – Parent Support Group

*The advice and guidance this group offers has been sensational and has taught me so much about my daughter (Parent Year 1 child)*

FAB – Families are Brilliant, is a parent support group run by the School SENCo.

This group meets at school once every half term on a Saturday Morning.

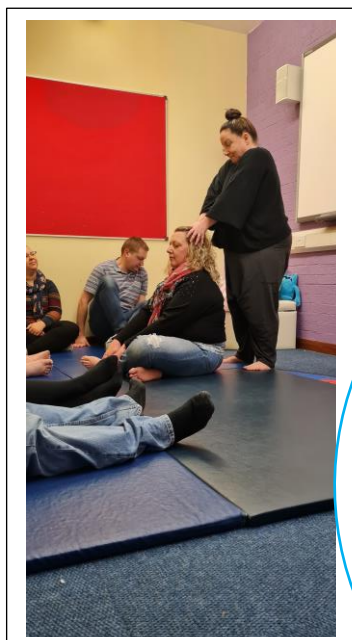
The group offers a safe space for parents/carers and other families members to share their experiences, information, problems, successes and anything else they need to.

The group have welcomed various speakers including Lincolnshire Parent Carer Forum, Donna Haile – a local wellbeing expert and a behaviour expert. Following consultation with parents each session has a theme so we can make the best use of time to meet our families needs. Sessions have included

- Understanding neurodiversity
- Sensory Processing disorder
- Pathological Demand Avoidance/ Oppositional Defiance Disorder
- Disability Living Allowance
- Access to discount for families of children with additional needs
- Signposting to support groups
- Sleep Advice
- Eating challenges
- Adult mental health and wellbeing
- Children's Mental Health and wellbeing
- Transition Planning

*I have recommended this type of group to others settings as I think it is a great idea, especially on a Saturday*

*John - Lincolnshire Parent Carer Forum*



*The FAB group that is run, on a weekend! Has been such a heart warming experience (Year 1 Parent)*

*The advise and guidance this group offers has been sensational and has taught me so much about my daughter (Year 3 parent)*

*"We have felt we were able to bring something away from all the sessions held" (Year 6 parent)*

