

Together our voice  
is louder

HEREFORDSHIRE

# Carers support



holiday  
hurt time  
bewildered  
feeling support  
child  
friendship

## PARENT CONNECT

One to one befriending for parents of  
children with special needs

breaks son  
daughter  
family

[www.herefordshirecarerssupport.org](http://www.herefordshirecarerssupport.org)

after school

# PARENT CONNECT

One to one befriending for parents of children with special needs

## IF YOU NEED SOMEONE TO TALK TO ...

Have you recently learned that your child has a disability or special needs? Did the news come as a complete shock to you? Or had you suspected it for a while and this just confirmed your fears?

In Herefordshire parents who have a child with a disability themselves have formed, with help from Herefordshire Carers Support, a network of friendship and support for other parents of newly diagnosed children.

Our Parent Befriending Service brings you in touch with other parents who have had similar experiences. All befrienders are trained to enable them to give the best possible support to other parents. They remember how difficult it was, how they had wanted to talk to someone who could understand what they were feeling at the time.

Parent Connect befriending service is informal, flexible and free. To find out more contact us - all the details are on the back of this leaflet and on the web site.

Herefordshire Carers Support is a registered charity providing practical support and advice to the carer community in the county.

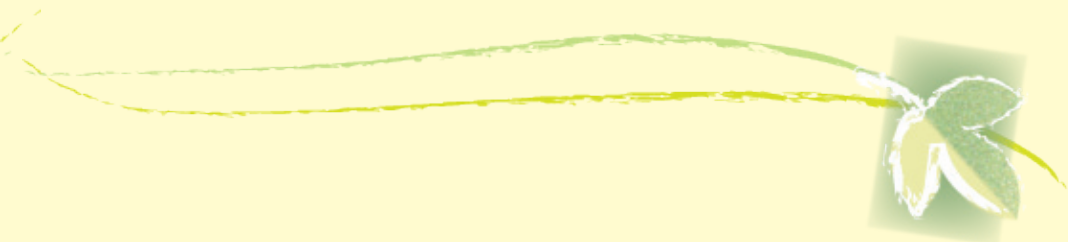


*“I only wish that I had had the opportunity of having a befriender when our boy was first diagnosed.*

*I found it extremely daunting because you get told that your child has a disability and then, you’re on your own and just have to get on with it!!!*

*It would have helped immensely to know that there was someone, somewhere out there who knew, to some degree, what you must be going through. Someone who has been there themselves, who will listen and actually hear you.... that you are NOT alone.*

*That in itself is the very reason why I have chosen to become a befriender..... for others not to have to go through it alone, as I did!!”*



It's easy to get in touch with  
Herefordshire Carers Support whether you are a Carer,  
Parent Carer or Young Carer:-

by phone on  
**01432 356068**

by e-mail  
[help@herefordshirecarerssupport.org](mailto:help@herefordshirecarerssupport.org)

via the web site  
[www.herefordshirecarerssupport.org](http://www.herefordshirecarerssupport.org)

or at  
Herefordshire Carers Support  
Canal Road, Hereford HR1 2EA

Supported by Herefordshire Council



For alternative  
formats please phone  
01432 356068

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advice to the carer community in the county.