



PARENTS AND CARERS ALLIANCE MK

ANNUAL REVIEW APRIL 2022 – MARCH 2023

PACA is an independent forum for parent carers of children and young people with disabilities or additional needs in Milton Keynes.

We share our experiences with decision makers to bring about change to develop local services, to make lives better for our families.

“An independent voice influencing change by representing what matters to SEND families in MK”



MEMBERSHIP 2022/23

792 members, an increase of almost 28%

8-10 parent carers were on our steering group and represented the forum on local working, planning, steering or task groups

450 have contributed their experiences of services

1398 follow us on social media, an increase of 33%



Achievements and Influence

- Increased presence and engagement on Social media
- Increased membership and engagement across the SEND Community, including those who home educate their children
- Networking and reaching out to parents
- EBSA parent's guide
- Improved engagement with home to school transport
- Influencing progress with short breaks
- Good response to surveys. 231 responded to our annual survey in 2022.
- School exclusion report and follow up conversations with secondary heads and Local Authority <https://pacamk.org/school-exclusions/>

- We produced a myth-buster to explain what we do.
- Shared more information about our achievements.
- We believe that parents are gaining confidence in us and knowledge of the forum.

PACA Myth-Buster

Parents and Carers Alliance MK

Who Are We?

- ▶ We are an independent forum for parent carers of children and young people aged 0 - 25yrs with disabilities or additional needs in Milton Keynes.

What Do We Do?

- ▶ We focus on listening to what matters to parent carers.
- ▶ We hold meetings and events, and share questionnaires and surveys.
- ▶ We use social media to share our successes and issues.
- ▶ We share information about resources, events and activities

"We Heard, We Did"

We gather and share feedback via:

- ▶ Updates on our website and social media, newsletters and email bulletins, steering group meetings, face to face forum meetings, events and workshops
- ▶ We feedback to service providers, MK Council and Health about what families have said and that shapes the work we do.

What we DON'T do

- ▶ We're not a protest group.
- ▶ We don't directly provide services, although we do run family events and activities.
- ▶ We do not take on individual cases. However, we do highlight issues to service providers if we receive similar experiences from parents and carers.
- ▶ We're not in the pocket of the Council. Our funding comes from the DfE via the Parent Participation Grant and it is a condition that we remain independent.

We Coproduce

- ▶ We believe that change happens when we all work together.
- ▶ We work with a variety of organisations and local groups
- ▶ We believe that working in partnership is the most effective way to improve the lives of children and young people with SEND.

"AN INDEPENDENT VOICE INFLUENCING CHANGE BY REPRESENTING WHAT MATTERS TO SEND FAMILIES IN MK"

To find out more, see our website www.pacamk.org.uk

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Parent Rep Involvement

PACA's parent representatives are members of many working groups, which include those looking at targets and outcomes of the SEND Strategy.

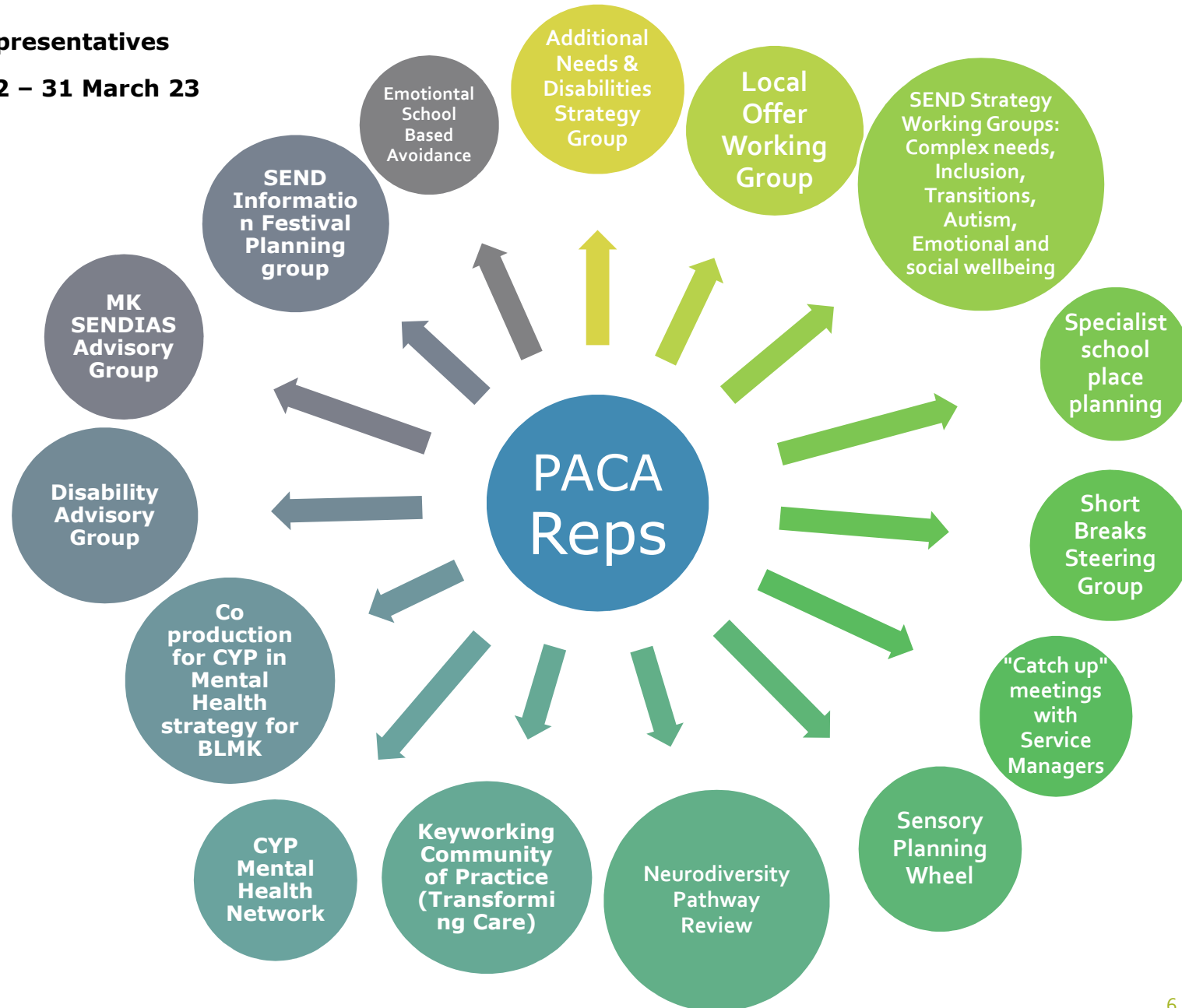
There was a combined total of 232 hours of meetings attended by parent reps.

PACA Officers meet regularly with senior stakeholders /managers e.g. DCO, head of SEND, senior managers in Health to feedback parent's views.

<https://pacamk.org/parent-representatives/>

PACA Representatives

1 April 22 – 31 March 23



"An independent voice influencing change by representing what matters to SEND families in MK"

Positive Local Outcomes

- EBSA - parents guide and schools guide
- Local offer - now has a new updated website
- Short breaks - we asked for a review of the current offer
- Additional school places for children with additional needs
- Continuation of the Council's SEND support line
- SEND newsletter, coproduced with the Local Authority

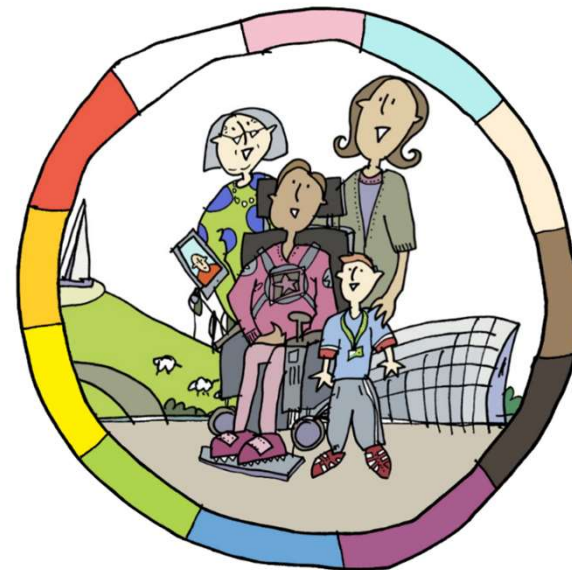
Meeting Parent Carers and PACA Events

- Regular themed coffee mornings
- Attend SEND Drop-in sessions at children and family centres in different localities in Milton Keynes.
- Workshops and events including: dyslexia, weaving, pottery, cooking for young people (independence skills), wills and trust workshop. The forum also offered family events and day trips
- HAF funded events: Land of Lights, trip to Thomley, Wildlife Park and Cooking.

MK SEND Information Days

Summer SEND Information Day June 2022: 97 adults and 55 children and young people attended, 20 information stands and 4 workshops for children and young people.

SEND information day, February 2023: 300 parents, children, young people and professionals attended. 30 information stands, crèche, 5 parent carer workshops, 3 workshops for children and young people.



www.mksendinfoday.co.uk

A big thank you to everyone who helped organise this event it is such a great chance to see the support on offer and get info face to face.

Work with Health

- Funding to support our work
- Catch up meetings with managers and the Designated Clinical Officer
- CAMHS report with HealthWatch - we continue to request updates on actions.
- ADHD and autism - influence and involvement in the development of a new pathway and resources for parents.
- Funding to localise "Supporting Your Neurodiverse Child"



Community Foundation Grant

- Pamper event for parent carers, run jointly with Carers MK. The event included therapy treatments, information stands and lunch.
- MK Dons Family Day - an event offered especially for fathers who are under represented in the forum.
- Ride High

It's so good that you are doing this. Dads often get forgotten.

*It was nice to meet people who are in the same boat as me and feel they understood.
(pamper event)*

SEND Session at Ride High Equestrian Centre Monday 24th October 2022



My child really enjoyed the event and it made a huge difference that the staff accommodated her individual preferences and needs. She felt more at ease in company where she didn't feel so different.

Contact us:



Tel: 01908 231703/option3 (PACA)

Mob: 07852 526057

Email: pacamk@gmail.com

Website: www.pacamk.org

Facebook: [parentsandcarersalliancemk](https://www.facebook.com/parentsandcarersalliancemk)

Twitter: [@pacamk](https://twitter.com/pacamk)

Instagram: [@pacamk](https://www.instagram.com/pacamk)

Parents and Carers Alliance MK
c/o Carers Milton Keynes
Suite 1.05a, Challenge House,
Sherwood Drive, Bletchley, MK3 6DP

Members of



National Network of Parent Carer Forums
'Our Strength is our Shared Experience'
www.nnpcf.org.uk

WORKING TOGETHER WITH

contact

*For families
with disabled children*