

## **Parent/Carer Coffee/Information Sessions**

**Sessions take place at:**

**Belmont GP Centre, 10 Hardegray Close, Sutton SM2 5LT**

**January - December 2023**

Would you like to meet with other parents/carers in a cosy, non-judgemental and welcoming environment?

Would you like to find out about services that are available in the London Borough of Sutton that may benefit you and your family?

Would you like to give your opinion about what you feel is needed in your local area?

Maybe you just want some advice on a matter and you don't know where to turn or you may need help to complete forms (PIP or DLA).

Do you require any parenting advice?

If your answer is 'yes' to any of the questions above, we are now facilitating parent/carers coffee/information sessions in your local area.

The very least you will get from attending our coffee/information sessions, is a genuine and sincere warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

We can organise guest speakers to come in who can offer you advice on a range of issues such as the cost of living situation, education issues to name but a few. We can signpost you to relevant services if required subject to your needs.

Parenting can be so rewarding however, at times it can also bring its challenges and worries and it can feel isolating at times.

You don't need to make an appointment. Just turn up. Unfortunately, we do not have access to a crèche at the current time. However, we are hoping to rectify this in the near future.

**Belmont GP Centre, Hardegray Close, Sutton SM2 5LT**

***Please Note: We will not be running sessions during the school holidays.***

**Coffee/Information Sessions February - July 2023**

<b>Dates</b>	<b>Time</b>
Tuesday 17th January	9.30am – 11.30am
Tuesday 31st January	9.30am – 11.30am Guest speaker Julian Clift, benefits advisor
Tuesday 21 <sup>st</sup> March 2023	9.30am – 11.30am
Tuesday 18 <sup>th</sup> April 2023	9.30am – 11.30am
Tuesday 6 <sup>th</sup> June 2023	9.30am – 11.30am
Tuesday 20 <sup>th</sup> June 2023	9.30am – 11.30am
Tuesday 4 <sup>th</sup> July 2023	9.30am – 11.30am
Tuesday 18 <sup>th</sup> July 2023	9.30am – 11.30am

If you would like to find out more about the sessions, please contact:

[parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk)

