



The BIG SPCF Survey 2023



Dear Parent Carer,

We are very pleased to be releasing our **second Big Survey** for Swansea parent carers of **children with additional needs or a disability**, building on its successful launch in 2021.

A really important part of our work is **learning about you and your lives and experiences**. This helps us to continue to build a **strong collective voice** to make sure services meet the needs of children, young people, **adults with additional needs or disabilities** and their families.

We expect the survey to take no more than 10 - 15 minutes depending on the number of children and adult sons and daughters you have with a disability or additional need. We have worked hard to make the survey clear and easy to navigate but if you do need support to complete the survey, then please contact us [\[here\]](#).

Take Our Survey

We know how valuable your time is and as a token of our appreciation we are able to enter survey takers into a prize draw for a chance to win a **gift voucher to the values of £50, £25 or £10.**

Swansea Parent Carer Forum Values Your Voice



Take our survey and you will be entered into a draw for a chance to win a gift voucher to the values of £50, £25 or £10.

This survey will build on our 2021 survey and will allow us to begin observe trends and changes in experiences over time. We have used our 2021 survey results extensively in our work with the local authority, health board and the third sector. We also use the results to better direct our work, reflecting what is important to you.

You can read our previous survey results [\[here\]](#).

We very much appreciate your continued support.

The SPCF Team



SWANSEA
PARENT CARER FORUM
Influencing positive change

About Swansea Parent Carer Forum:

The Swansea PCF is a voluntary group of parents who all have children or adult sons and daughters with disabilities and additional needs. We work with (but are independent from) Swansea LA and Swansea Bay University Health.

OUR AIMS are to:

- Co-produce & co-design services that meet the needs of disabled children of all ages and their families
- Grow, develop and empower our membership to have a strong collective voice and to influence positive change
- Provide a constructive channel of communication between parent carers and strategic partners

Our Current Key Work Themes are:

- To transform the culture of ALN to better meet the needs of disabled children and young people.
- To improve CAMHS & Adult Mental Health approach and interventions to meet the individual needs of children, young people and adults with additional learning needs.
- To improve pathways to services
- To strengthen co-production practice
- To expand and develop our membership

Previous Projects which you may be aware of:

Big SPCF Survey – a significant piece of research to find out more about our members and parent carers in Swansea and their children and adult sons and daughters that they care for. Results to be published in January 2022

Giving Time Back to Parent Carers (alternative respite) - we were delighted to be awarded grant funding by Swansea Council for 'Respite for Unpaid Carers'.

We asked our parent carer members what would support them in their caring roles and they told us that they wanted help with other domestic responsibilities.

Our project is called 'Giving You Time Back' and aims to give time back to parent carers by taking away some of their daily domestic burden.

<p>Gardening</p> <p>Grass Cutting, hedge shaping and cutting, garden clearance and tidy-up.</p> <p>The garden often falls to the bottom of a parent carers list.</p> 	<p>Handyman</p> <p>General repairs, shelving, flat pack building, picture hanging.</p> <p>Let us help with those maintenance jobs on your to-do list and give you back some time.</p> 	<p>Recipe Box</p> <p>No Shopping, No Planning. Let Us Help You Cook Dinner From Scratch</p> <p>Fresh, pre-portioned ingredients and delicious recipes delivered to your door.</p> 
<p>Ironing</p> <p>Making life a little easier and saving you time.</p> <p>Let us do your ironing for you, picked up and delivered to your door.</p> 	<p>Cleaning</p> <p>Spring cleaning, rubbish clearance, oven, carpet or extractor fan cleaning.</p> <p>Let us give you some time back for yourself by tackling some of those jobs.</p> 	<p>Laundry</p> <p>Take some time back and remove the burden of laundry day.</p> <p>Have your washing picked up and returned to your door, clean and fresh.</p> 

ALN - Working Together – a project in its second year which has recently culminated in a piece of co-production where parent carers, schools, health and education practitioners came together to develop what ALN would look like in their school.



You can find out much more about us and our work at www.swanseapcf.org

Join or mailing list here: <https://swanseapcf.org/join-us/>

Parent Carers can join our private Facebook Group here:
<https://www.facebook.com/groups/swanseapcf>

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