



Speaking, Training and Workshops

Choose from the following list or get in touch to create a bespoke session tailored to your needs

Title	Focus
Lessons from a sat nav	Helping services understand a parent and carer perspective of navigating support systems and what they can do to support
Parents and Carers-from excluded to included	Learning from first-hand experience of parents/carers who have moved from a position of feeling excluded to included in their child's care. The difference this made to the family and the services involved
Red lipstick, new shoes, broken dams and learning to sail in a shell!	Wendy's personal journey of navigating lived experience working over a 9-year period-what helped, what didn't, open, honest reflections and hard lessons she learned along the way. Wendy's hope is that by sharing her story she can help individuals and organisations who are working in or with people in lived experience roles
Highs, Lows, Go's and No Go's of Lived Experience Working	This session shares hard lessons from the field, tips, and wisdom to consider. It will give people an opportunity to explore if their practice is lived experience friendly and offer ideas to help organisations on their lived experience journey.
Coproduction and inclusion in children and young people's mental health	Exploring coproduction and the difference it makes from a family perspective as well as tips and ideas to put into practice
Coping in a crisis	When a child or young person is experiencing mental health crisis, the family need support to. This session explores what it means from a family perspective to feel supported and some top tips you can implement that will help
Developing Digital Support for Parents and Carers	Sharing practice, pros and cons of digital support groups for parents and carers. What to do, not do and tips for inclusion
Parents as Partners in Care	Parents and carers are the ultimate partners in care, but they are often left out of the care package. This session explores why it matters and includes ideas to make care planning inclusive of families
The Magic of Parent Carer Peer Support	It can feel like magic when one parent supports another and people realise, they are not alone. This session gets to the heart of why parent carer peer support matters and the difference it can make to families and services
Top Tips for engaging with parents and Carers	A short session offering top tips for engaging with parents and carers as well as an open space to tackle some of the barriers that get in the way
The importance of Parent Carer Voice	Why does parent carer voice matter and what difference does it make? This session will share practice from the field and ideas for inclusion
The Rollercoaster Story and Journey of setting up a parent carer support group	The story of Rollercoaster founders from a parent and mental health professional perspective. Sharing lessons and wisdom from a 9-year journey of supporting 1000's of parents and carers
All Things Co-creation	A vibrant, engaging session to get staff and services thinking about all things co-creation
It doesn't have to be this way! Supporting the parents and carers in your workforce	Almost every workforce sector will be employing parents and carers. They are your people that help make the business work every day, but how much do you know about their lives outside of your business? How many of them may be supporting a child or young person with mental health difficulties? Have you ever asked the question?



	This session is about asking that question, bringing to the forefront what families may need to help them maintain a balance between home and work. Many parents and carers leave their job roles to enable them to support their child/young person, but it doesn't have to be this way. This session is about breaking down the stigma and developing solutions to help your organisation support parents and carers to keep them in your workforce.
Offering parent carer peer support	Aimed at managers, commissioners, and staff. This 3-hour training session will provide a foundation for employing or introducing parent carer peer supporters in your workforce. Covering the difference, it makes and how you can make it happen
Co-producing with Commissioners	Commissioning lived experience led organisations. There are some amazing lived experience leaders making a huge difference in local communities who struggle to become commissioned services. Why is this? What inequalities exist that keep this issue alive? Wendy will explore this by sharing Rollercoasters commissioning story, the little things that made a difference and what the commissioning teams she worked with did to help. Wendy will also share what led to her handing in her notice on a contract and how this might have been prevented with the hope of helping others in future.
Courses	
Helping others like you	A 7-week course for parents and carers who have or are still supporting a child or young person with emotional or mental health problems and would like to help others in a similar position. The course will enable parents and carers to explore their own journey to help them decide if helping others and joining the lived experience workforce is something they would like to do. This course is a great way for local services to explore the needs of parents and carers in their area to find out if they would like to use their lived experience to become part of the children and young people's mental health workforce in the future.

