

# Setting up a Parent/Carer support group in North Cumbria

Are you the parent or carer of a young person living with mental health or emotional difficulties?

Would you be interested in learning from other people with similar experience?

If you are, the NHS, PAC and My Time would like you to join us on **Monday 24th September**. We have invited Wendy Minhinnick from Roller Coaster parent/carer support in Durham. Wendy is the mother of a young person who has been treated for mental health issues and helped set up Roller Coaster. Wendy will be able to describe how they set up Roller Coaster and how it has helped parents and carers in Durham.

We would like to give you the opportunity to hear about the experience of those in Durham and tell us what support you would find useful as a parent/carer, and if that includes setting up a parent/carer forum what support you would like to do so.

Please 'drop in' and visit us at **Carlisle Youth Zone** from 2.30pm – 4.30pm or **Harraby Community Centre** from 7pm until 9pm. Local staff will be available with Wendy during these times for a coffee and a chat.

