



## **Are you a family carer for a child (aged 0-5) with a learning or development disability?**

Would you like to attend a **FREE programme** that will give you support, advice and practical strategies for **promoting your child's development, accessing services, and looking after your own wellbeing?**

Leeds Mencap, with the support of Royal Mencap are piloting a new family carer programme developed by Tizard Centre, University of Kent.

We are seeking family carers of children (aged 0-5) who are thought to have a learning or developmental disability and live in Leeds to take part in a planned programme.

The programme will be run from the Vinery Centre in East Leeds. The programme will be for 7 weeks on a Thursday, with one Saturday session starting on the 25<sup>th</sup> April 2019.

Transport and a crèche can be provided if needed, please contact Leeds Mencap to discuss this.

If you are interested in attending the programme or would like to have an informal chat please contact Esme Winston Little via email on [esme.winston@leedsmencap.org.uk](mailto:esme.winston@leedsmencap.org.uk) or phone 0113 2351331 and/or complete a 'expressions of interest form.'