

Become a Parent Champion!

At the Anna Freud National Centre, we are committed to ensuring that the experiences of parents and young people help us further improve the services that we offer.

Our aim is that children, young people and parents are involved in all aspects of our work. And we are keen to offer opportunities for parents and young people to contribute to our projects and services.



What does it involve?

Getting involved in the work of the Centre can vary depending on your time and interest. Opportunities could include:

- Representing the Centre at events and conferences
- Helping improve how existing services are delivered
- Getting involved in designing or developing new projects
- Sharing your experiences with journalists
- Talking to funders about mental health and well-being
- Training mental health professionals so they understand the needs of parents.

As a Parent Champion, you will have access to ongoing support as well as training to develop new skills. We'll always cover your travel expenses and can provide a crèche where needed.

If you are interested in becoming a Parent Champion or would like more information, please get in touch.

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"To me, participation means that I can be more than just a patient: I can actively contribute and make the changes to services that I want to see happen"

Maisy

THE BLOG

Participants Not Patients



Maisy Karavidas



Young Adviser and promoter of Participation

Feedback from our Parent Champions

"The cause is very close to my own experiences with mental health and parenting ... I enjoy volunteering for the Anna Freud National Centre, it's a place of support and development"

Vera, a Parent Champion who delivers training on a peer-led parent course and attended a Heads Together BBQ hosted by Prince Harry



"Leaving childrens' wellbeing to someone else is no longer enough and so I embraced the opportunity to make a difference by becoming an active volunteer at the Anna Freud National Centre"

Funmi, a Parent Champion who is a member of our Parents Panel and helped to conduct an audit of the Centre's participation programme