

Here is some advice and ideas about how to link up with a local services.

1. Join the [PLACE network](http://www.charliewaller.org/place-parent-support) to meet other likeminded parents, carers and professionals - we offer monthly meetings but also a drop in where we can help you to problem solve:
www.charliewaller.org/place-parent-support
2. Have a look on the [PLACE network map](#) for groups or projects in your area and approach them to say you are interested - let them know if you would like to work as a volunteer or are looking for a paid role and start a conversation.
3. If you have a child or young person receiving services, talk to the professional looking after your child and ask them if there are groups or projects for parents and carers you could help with. If they don't have a group, give them the [Charlie Waller](#) website to look at for more details.
4. Have a look at your local area information and search for terms like *"children and young people's mental health"* *"support for parents and carers"* *"parent carer peer support"* *"peer support"* *"parent and carer participation"*.
5. Your local SEND Parent's forum may also be doing some work already. Some NHS Trusts and charities have extensive peer support teams and may be thinking about expanding into parent carer support, some areas have support provided in the voluntary sector.
 - If you find a group in your local area approach them and ask for a conversation
 - If you can't find a group in your area and you think this is something they should consider, send managers and directors you find from your research an email linking them to the [Charlie Waller](#) parent carer peer support pages and ask to speak to the manager of the service. You might want to explore setting up a group yourself with local services supporting and helping you.