



# Help shape services for families in your community

## Become a Parent or Carer Champion

Share your experiences, ideas and feedback with the Family Hubs team – and help make a real difference for local families.

### As a Champion, you can:

- Influence how local services are designed and delivered.
- Make sure families' voices are heard.
- Meet other parents and carers in your area.
- Help create positive change in your community.



### Interested?



Email **parentandcarerchampions**  
**@cumberland.gov.uk**

Chat to one of the Family Hubs team, or complete the quick form using the QR code.





# How much time will it take?

We know family life is busy! Meetings are every 6 weeks, and you can join online or in person. If you can't make one, that's absolutely fine.

## Who can be a Parent and Carer Champion?

Anyone who is:

- A parent, carer or guardian of a child or young person.
- Living in Cumberland.
- Keen to improve local family services.
- No experience needed – just your voice and ideas!

