**All Together Better Course.**

*All Together Better* is a course open to young people with a special educational need or a disability and their parents.

We expect most young people attending to be aged 12 to 25 but it is not a problem if people are older or younger than this.

In the past the course has run in other parts of the country and has been successful.

Young People can attend on their own, with their parents, or with someone who supports them.

Parents can also attend without their child or young person.

On the course you will learn about how to have more control over the support you receive.

You will also learn about how health and care services work and how parents and young people can work to make those services better.

The course takes place on Fridays and Saturdays during the daytime in the spring.

The dates that the course will take place are 23rd and 24th of February, 9th, 10th, 23rd, and 24th of March, 20th, and 21st of April

The course will take place at The Frank Sorrell Centre in Southsea.

It is **free** to attend the course.

There will also be **free** lunch and refreshments when people attend the course.

We hope that 30 people will attend the course, 15 of them will be parents and the other 15 will be young people.

We know that some young people may find it difficult to attend the course because of problems with travel or getting time off from college or work.

If this is a problem for you and you would like to attend then we can help you to fix those problems.

If there is anything else we can do to make it easier for you to attend or to help you feel comfortable when you do attend then let us know.

If you would like to find out more you can send an email to dynamiteportsmouth@gmail.com, text or call Joe on 07905682886.