



PARENT CARER SUPPORT & RESOURCES



Rachel Wright, the Director/Founder of Born at the Right Time Ltd, is also the parent of a teenage son with complex disabilities as well as life-limiting epilepsy.

Her vision is to create a world where families of people with complex disabilities are valued and supported to thrive in a community where they belong. **Here are some free resources to help families like yours feel seen, heard and supported!**



[Visit our website](#)

How can we support families like yours?

Follow Born at the Right Time. We share tips and insights from one complex needs family to another. We'd love you to join our community!



The Skies We're Under - Podcast

This podcast brings together a community of people who love people with complex disabilities. It's all about the power of **story telling, laughter, swearing and a good old rant**. With **5*** reviews on Apple Podcasts, tune in to listen to a podcast like no other!

"Phew - finally a parenting podcast I can relate to! Thank you for creating a space where my life feels like the norm...Keep doing what you're doing - it's fab!"

[Listen here](#)



[Read our latest blogs](#)

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Parent Carer Puddle Huddle

We regularly host parent carer workshops and in 2024 these are taking the form of **The Skies We're Under - Puddle Huddle**. We get together with fellow parent carers twice each half term for 1 hour, discussing particular topics. The first session will be titled, "A nodding dog to the system - The hoops we need to jump through and the times we need to say NO!"

[Find out more here](#)



More parent carer training and events

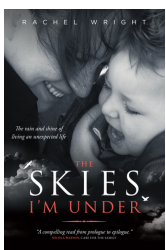
Please take a look at our upcoming events and other training opportunities for parent carers, including **legal webinars** and **24-hour postural care training**.

[Events and training](#)



The Skies I'm Under - Book

The Skies I'm Under, which shares the reality of becoming the parent of a child with complex disabilities and tells parents they are not alone as a family with a child with disabilities.



[Buy a copy here](#)