

Keeping Yourself Strong

workshops for professionals working with disabled children, young people and their families

Helping families help themselves

“I feel empowered and understand now that it is not just parents who need to build their resilience. It is equally important for professionals. The workshops reminded me why I had come into this work in the first place and have given me the strength to stick my neck out for the families I support.”



“We dream for our children and for your children – for our children’s children and for your children’s children. We dream that children who are labelled today, will one day be included without the slightest surprise, debate or controversy.”

For more information about Keeping Yourself Strong Workshops email: pippa@ibkinitiatives.com

www.ibkinitiatives.com

A series of inspiring workshops for professionals working with disabled families led by Dr Pippa Murray (parent of a disabled child)



Keeping Yourself Strong workshops help professionals understand the family experience and give them the confidence to adopt an approach that allows families to shape the support they need and feel comfortable with.

“Lovely to hear from the real expert – a parent - and eye opening to learn that we can turn need into a positive. It was inspiring! Pippa tells powerful stories and gives real life examples we can use to think about in our future work.”

“I have learned about tools that help me relate to children and families and set things off on the right footing.”

What are the workshops all about?

- Gaining a fresh perspective on the family experience of living with impairment and disablement
- Helping professionals keep themselves strong while supporting disabled families
- Demonstrating how reflection and meditation helps professionals take an approach that helps parents to empower themselves
- Exploring ways of supporting families to shape the support they need – from assessment to delivery
- Finding ways of giving families the information they need
- Developing strategies allowing for genuine co-production

The well being of families depends on their ability to create their own solutions to the challenges they face. The way that support is presently delivered by the state means that it can be extremely difficult for parents to have the confidence to put their ideas into action.

About Pippa Murray

Pippa is an internationally respected parent, social innovator and writer who is working to transform the education and support available for disabled children and their families so that they can live happy and fulfilling lives.



Pippa is best known for promoting the voice of disabled children, young people and their families. She supports practitioners and policy makers to listen to these voices to influence developments in education and support. She is the author of several books documenting the lives of disabled families and highlighting the need for reform of current systems of education and support.

The experience of parenting a disabled and a non disabled child gave Pippa her understanding of the family experience and led her to found several parent led organisations in the 80s and 90s. Following the death of her son in 1998 Pippa completed a doctorate further exploring support for disabled families. In 2005 she set up *ibk initiatives*, a development agency promoting citizenship, to put her ideas into practice.

Pippa is a fellow of The Centre for Welfare Reform and leads their programme of work around disabled children and their families. (See www.centreforwelfarereform.org)