

Keeping Yourself Strong

workshops for parents of disabled children

Helping parents help themselves

“These workshops are all about improving our lives by thinking about ourselves and coming up with practical solutions that help our families get the most out of life. It has been such a positive experience.”



“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 parents of disabled children & young people led by Dr Pippa Murray (parent of a disabled child)



Keeping Yourself Strong workshops help parents feel better about themselves and give them the confidence to put their ideas of what would help their families into practice.

“I realise that I had assumed my life was over because my son needs me so much. But it is not. This is my life and I want to live it. I look forward to the workshops every week. I feel so much better about myself.”

“I needed this for myself and my boy. He does need to be part of his community”

What are the workshops all about?

- Creating a positive space to bring parents together
- Reflecting on the family experience and learning about different ways of understanding impairment and disability
- Trying out ways of relaxing and keeping calm - demonstrating how reflection and meditation helps parents take an approach to life that helps them feel positive
- Helping parents think beyond available services to community life
- Exploring the support individual families need and coming up with ways families can help each other put those ideas into action
- Helping parents say what they want to say in meetings and reviews

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)