



## Parents & Carers Conference 2026 – Event Summary for Participants

**Hosted by:** Blesst CIC, West Midlands Violence Reduction Partnership (VRP), and Birmingham Children's Trust

Calling all parents and carers across Birmingham

The Parents & Carers Conference is a full day of empowerment, learning and community connection created especially for **parents and carers of children of all ages**, from early childhood (4+) to teenagers, including:

- SEND parents & carers
- NEET young parents
- Foster parents
- Residential care staff & children's home workers
- Mothers, fathers, grandparents, and extended family carers
- Professionals supporting children & families

This event brings people together to strengthen families, improve children's outcomes and create safer communities through shared knowledge and support.

## Conference Aims

1. To support parents who juggling work, care and responsibility
2. To support carers of children with additional needs
3. To help families cope with SEND, trauma, loss and or behavioural challenges
4. To support young parents seeking guidance
5. To support Foster Carers and Residential Care Workers who work with and care for vulnerable children
6. To offer advice and guidance to community members, inspiring the next generation

### The conference is designed to:

- **Give practical strategies** for parenting, wellbeing, safety, behaviour and emotional resilience
- **Create a supportive space** to hear from professionals, leaders and lived-experience speakers
- **Bring together different communities** of parents, carers and practitioners.
- **Share tools, resources, and services** available across Birmingham and the West Midlands

You are at the heart of this day. A workshop and conversation that celebrates the incredible role you play in a child's life!

**Lunch is Provided** - Lunch will be provided for all attendees, giving everyone the chance to relax, connect with other parents and carers and visit the resource stands.

## Keynote Speakers

The event brings together inspirational professionals with decades of lived and worked experience of supporting families:

- Darren Laville – Trauma-informed parenting, youth violence, and supporting overwhelmed families
- Matt Stone & Lea-A. Bentley (VRP) – The West Midlands Violence Reduction Partnership's approach to early intervention and safer communities
- Dion Calder – Family law solicitor speaking on parents' and young people's rights
- Steven Stanier – Child exploitation, online safety, digital risks, and prevention
- Malieka Selassie – A single mother's journey, resilience, community, and emotional well-being
- Voice of Young People and Parents: Real stories, poems, and reflections from young people themselves

## **Breakout Rooms (Workshops)**

There are **two** breakout workshop cycles (morning and afternoon). Each session lasts 45 minutes.

Workshops include:

### **1. ADHD, Neurodiversity & Behaviour Support**

**Led by:** Zelpher Ferguson (Aluna Behaviour Consultancy)

- Understanding ADHD traits
- Emotional & sensory regulation
- Practical tools for calmer daily routines

### **2. Therapeutic Parenting & Trauma (DDP Model)**

**Led by:** Casey Gordon (Child & Adolescent Psychotherapist)

- Dyadic Developmental Psychotherapy approach
- Building trust with traumatised children
- Supporting children with complex emotional needs

### **3. Bereavement, Grief & Supporting Children Through Loss**

**Led by:** Chynna Carby (The Shia Family CIC)

- Understanding how children express grief
- Supporting families after pregnancy or baby loss
- Creating safe spaces for emotions

### **4. Safeguarding, Community Violence & Prevention**

**Led by:** Craig Pinkney, Steve Stanier, and VRP team members

- Youth violence prevention
- Online safety
- Supporting at-risk children

### **5. Parent Advocacy, Rights & Empowerment**

**Led by:** Imani McLean

- Navigating services and systems
- Reducing barriers for marginalised families
- Parent voice and empowerment

## **Conference Schedule Overview**

**Location: Birmingham Repertory Theatre**

### **Morning Session - Breakout Rooms (Cycle 1)**

- Registration & Welcome
- Opening Remarks – Richard Campbell & Clair Graham
- Keynotes speakers: Darren Laville, VRP Violence Reduction Partnership

**Lunch Provided**

### **Afternoon Sessions - Breakout Rooms (Cycle 2)**

#### **Keynote Speakers:**

- Dion Calder
- Steven Stanier
- Malieka Selassie
- Voices of Young People and Parents
- Panel Q&A (all speakers & workshop leads)
- Closing Remarks & Next Steps – Richard Campbell

*This promises to be a day of connection and sharing. We hope you leave feeling supported, informed and inspired!*

Please contact Richard Campbell for any further information on 07889673213 or [Richard@blesst.co.uk](mailto:Richard@blesst.co.uk)

<https://www.eventbrite.co.uk/e/parents-carers-parenting-conference-birmingham-tickets-1982781065542?aff=oddtcreator>