

Life as a Parent Carer

by Medway Parents and Carers Forum Members & Team

Metamorphosis—
there is no steady shape here,
only becoming.
Carer, therapist, advocate, teacher, doctor
researcher—
a chameleonic life,
always changing,
always learning...

This constant stretching into new skins,
new roles you never asked for,
but wear anyway.
Unconditional love
at the centre of it all—
protector, guardian—
strong, even when you feel
helpless,
not enough support out there,
left in the gaps between systems.

Blamed—
parent blaming whispers in corridors,
misunderstood in meetings
that are meant to be
eye opening,
insightful,
but leave you
isolated and lonely.

Isolating.
Lonely.
A quiet ache that hums beneath
battle mode.
Because this is a battle—
advocate voice sharpened daily,
resilience forged through
challenging moments,
stressed mornings,
complicated forms,
draining days,
and knackerings nights
spent worrying, planning,
researching, preparing for tomorrow.

Exhausted—
and still going.
Exhausted—
and still strong.

Overwhelmed on the rollercoaster,
up through hope,
down through frustration,
looping through being let down again.
Afraid of what comes next,
yet optimistic—
because you have to be.

And hope—
it lives in the smallest places:
a breakthrough no one else would notice,
a smile hard-earned,
a moment of calm in the chaos.
Hope whispers,
keep going,
even when everything feels
frustrating,
draining,
overwhelming.
Hope is quiet—
but it stays.

Guilty—
because despite the advocacy,
the perseverance,
the unconditional love,
you still cannot take their pain away,
cannot make the world more understanding
overnight,
cannot shield them from every disappointment or
struggle.
And sometimes that helplessness hurts
almost as much as the pain itself.
Yet you keep showing up,
keep fighting,
keep hoping for a better tomorrow.

Perseverance becomes
the rhythm of your days,
the steady step after every setback,
the courage to keep showing up,
keep speaking up,
keep believing,
even when the road ahead seems uncertain.

Determined.
Adaptable.
Open minded—
learning acceptance,
not of limits,
but of the path you walk
and the strength it demands.

A warped sense of humour
helps you survive the drops,
the absurdity of fighting for what should just... be.

Self-sacrificing—
pieces of yourself given freely,
quietly, daily.

And still—
you stand.
Strong.
Resilient.
Unseen, yet unyielding.

Metamorphosis again tomorrow.

The Forum

A poem for parent carers



When metamorphosis feels endless,
when you are carer, therapist, advocate,
teacher, doctor or researcher,
wearing every hat
and carrying every burden,
the Forum is a place
where you can put some of that weight down.

A place where being misunderstood
becomes being heard.
Where isolation and loneliness
meet understanding and belonging.
Where exhausted parents find others who say,
"Me too."
And in those two small words,
you feel a little less alone.

The Forum cannot remove every challenge,
or smooth every complicated path,
but it can walk alongside you
through the battles,
the setbacks,
the frustrating moments
of being let down.

It turns individual voices
into a chorus too powerful to ignore.
Advocates standing together.
Protectors becoming partners.
Guardians becoming changemakers.

Through shared experience,
comes insight.
Through connection,
comes acceptance.
Through listening,
comes hope.

And hope grows here—
in conversations over coffee,
in meetings where parent voices matter,
in knowing that someone understands
the rollercoaster you're riding.

And when guilt arrives—
the Forum reminds you
that these burdens were never yours
to carry alone.

That being a good parent
does not mean fixing everything.
That love is not measured
by the battles you win,
but by the fact that you keep showing up,
keep caring,
keep believing in a better future.
And when helplessness feels heavy,
the Forum helps carry the weight,
offering understanding where there is doubt,
and reminding you that doing your best
has always been enough.

When perseverance feels difficult,
the Forum reminds you
how far you've already come.
When resilience feels worn thin,
the Forum helps strengthen it.
When battle mode is all you've known,
the Forum helps you imagine
something more.

Because no parent carer should have to navigate
this journey alone.

Together we are open minded,
adaptable, determined.
Together we celebrate victories,
however small.
Together we challenge what needs to change.
Together we create understanding
where there was once misunderstanding.

And through every transformation,
every challenge, every new chapter,
the Forum stands beside you—
not leading the way,
not walking ahead,
but walking with you.

Always learning. Always listening.
Always believing.

That every parent carer matters.
That every voice has power.
And that lasting change begins
when we stand together.