

## Who we are:

Helene and Becki have many years of personal and professional experience of autism, learning disabilities and mental health.



## How Can I Access Peer Support Activities?

You can sign up to our mailing list through emailing [thekey@nottsc.gov.uk](mailto:thekey@nottsc.gov.uk) or just come along to one of the drop ins. If you want to attend a workshop we ask that you book so we can monitor numbers.

All our activities for parents and carers and young people are free for those living within Nottinghamshire County.

Our main focus is to support children and young people/adults and their families to share experiences and support, have opportunities to attend enrichment events and meaningful activities and be involved in the co-production of the service in a way that is solution focused, person centred and strengths based.

Some of the things we offer include:

- \* Parent/carer drop in sessions throughout the County
- \* Informative webinars and training for parent/carers
- \* Parent/carer wellbeing workshops and craft sessions
- \* Enrichment activities.

So far these have included:

Walk with  
Alpacas

Therapeutic Art  
workshops

Bowling

Sensory  
Swimming

Woodland  
Nurture

Craft Activities

GoApe

Luminarium

Photography  
Session

## Co-production with The Key.

We are incredibly passionate about involving families in co-producing the Keyworking Service and promote and improve the lived experience of children, young people and adults with autism and/or learning disabilities. If this is something you are interested in please do get in touch.

**Together we can.**

## Where to go to for advice and support

**Ask Us Nottinghamshire** is an independent Information, Advice and Support (IAS) service who provide dedicated and impartial advice to young people and parent carers.

**Tel:** 0800 121 7772 **Website:** [www.askus.notts.org.uk](http://www.askus.notts.org.uk)

**CONTACT** for families with disabled children. Offering information, guidance and support with a dedicated help-line, workshops and website.  
**Helpline:** 080 808 3555 **Website:** [www.contact.org.uk](http://www.contact.org.uk)

**Independent Parent Special Education Advice (IPSEA)** offers free and independent legally based information, advice and support to help parents get the right education for children and young people with SEND.

**Tel:** 01799 582 030 **E-mail:** [office@ipsea.net](mailto:office@ipsea.net)

**Website:** [www.ipsea.org.uk](http://www.ipsea.org.uk)

**Notts SEND Together**—online Facebook support group for parents and carers in Nottinghamshire



**SEND for the Dads Notts**—online Facebook group just for dads of all kinds

### Local Authority Information

**Nottinghamshire County Council:** 0300 500 80 80

Local offer for children and young people 0-25 SEN & Disabilities

**Website:** [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

**BeUNotts Support when you need it**, is a free early mental health and emotional wellbeing support service for children and young people between 0-25 years old.

**Tel:** 0115 708 0008 **E-mail:** [beu.notts@ablhealth.co.uk](mailto:beu.notts@ablhealth.co.uk)

**Website:** [www.beusupport.co.uk](http://www.beusupport.co.uk)

**NottAlone** offers local mental health advice and help for young people in Nottingham and Nottinghamshire.

**Website:** [www.nottalone.org.uk](http://www.nottalone.org.uk)



# The Keyworking Service

## Peer Support and Co-production with "The Key"



The Co-production and Peer Support Co-ordinators work closely with the Autism and Learning Disability Keyworking Service to support individuals with autism and/or learning disabilities up to the age of 25, and their families.

No diagnosis needed to access Peer Support.

### Support for parent/carers and young people in Nottinghamshire

- **Advice Drop Ins**
- **Coffee Mornings**
- **Workshops**
- **Virtual Sessions**
- **Wellbeing Sessions**

### Holiday Activities for Young People

**E-mail:** [thekey@nottsc.gov.uk](mailto:thekey@nottsc.gov.uk)