



# PARENT CARER DROP INS & WORKSHOPS














For families of children and young people with autism and/or learning disabilities up to the age of 25 in Nottinghamshire

Nov/Dec  
2023

Hello from **Becki and Helene**, the **Peer Support Team** at the Nottinghamshire Keyworking Service.

Please do come along to a drop in for some coffee and cake. The Key can provide information and signposting to useful agencies and organisations. This will be a safe space for parent/carers to share thoughts, feelings and experiences with others. Together we can!

LOOK FOR THE **LION** ON THE TABLE. BOOKING REQUIRED FOR ALL WORKSHOPS.

DATE/TIME	AREA	VENUE	
Mon 6th Nov 10:00 - 11:30	BEESTON	Upstairs @ Bendigo Lounge 55 High Rd, NG9 2QJ	Coffee & Chat 
Tues 7th Nov 10:00 - 11:30	RETFORD	Retford Family Hub Spa Lane, DN22 6EA	<b>Workshop</b> with the Communication and Interaction Team "Making Sense of Autism"
Tues 14th Nov 10:00 - 11:30	MANSFIELD	WOW Centre Café NG18 1AH	Coffee & Chat 
Weds 15th Nov 10:00 - 11:30	WORKSOP	Thoresby Room Worksop Library S80 2BP	<b>Workshop</b> with <b>Contact</b> "Support for Siblings of Autistic Children" 
Tues 21st Nov 10:00 - 11.30	NEWARK	Café @ YMCA. Lord Hawke Way NG24 4FH	Coffee & Chat 
Weds 22nd Nov 10:00 - 11.30	MAPPERLEY	Haywood Rd Centre Haywood Rd NG3 6BA	Coffee, Chat & Craft 
Thurs 23rd Nov 13:00 - 14:30	VIRTUAL 	Virtual session via Teams	Please email <a href="mailto:thekey@nottsc.gov.uk">thekey@nottsc.gov.uk</a> for link. <b>AskUs</b> will be joining us, please e-mail in your questions before the session.
Mon 4th Dec 10:00 - 11:30	MANSFIELD	WOW Centre Café NG18 1AH	E-mail <a href="mailto:thekey@nottsc.gov.uk">thekey@nottsc.gov.uk</a> to book in to speak to <b>AskUs</b> . 
Tues 5th Dec 13:30 - 15:00	RETFORD	Retford Family Hub Spa Lane, DN22 6EA	Coffee, Chat & Craft 
Weds 6th Dec 10:30 - 12:00	WEST BRIDGFORD	Cedar Room, West Bridgford Library NG2 6AT	<b>Workshop</b> with <b>Contact</b> "Support for Parents of Children with Anxiety" 
Mon 11th Dec 10:00 - 11:30	BEESTON	Upstairs @ Bendigo Lounge 55 High Rd, NG9 2QJ	Coffee & Chat 
Weds 13th Dec 10:00 - 11:30	MAPPERLEY	Haywood Rd Centre Haywood Rd NG3 6BA	<b>Workshop</b> with <b>Contact</b> "Well-being for Parents and Carers" 
Thurs 14th Dec 10:00 - 11:30	KIMBERLEY	Rumbletums Café Victoria St NG16 6BA	Coffee & Chat 
Thurs 21st Dec 10:00 - 11:00	VIRTUAL	Virtual session via TEAMS	Please email <a href="mailto:thekey@nottsc.gov.uk">thekey@nottsc.gov.uk</a> for the link 

Please get in touch to find out more about the Keyworking Service and activities on offer.