

PEER SUPPORT

Welcome to the Co-Production and Peer Support Team, who are part of the Nottingham City Autism and Learning Disability Keyworking Service. Our criteria is to work with parents, carers, and people who have a learning disability or are autistic or both to provide invaluable support and a sense of belonging. Through our diverse range of peer support sessions and events, we aim to create positive opportunities and a supportive network.

We recognise the incredible value of peer support and the opportunities it provides for individuals to come together, connect, share their knowledge, personal experiences and to access practical help.

Evidence suggests that peer support can be truly empowering and can have a profound impact, making people feel more informed and self-assured while diminishing feelings of isolation and loneliness.

By joining our groups and activities, you will become part of a nurturing environment and supportive community, that embraces the power of peer support where everyone has the opportunity to thrive together.



CO-PRODUCTION



Our aim is to co-produce our activities, events and the keyworking service. This can only be truly done by working in equal partnership with people who have lived experience. By doing so we hope to create a service that meets the individual needs of those that access our service.

" Not about you without you "

If you would like to find out more about our co-production groups or become involved in co-producing different areas of our service and events please email:

keyworking.service@nottinghamcity.gov.uk

Alternatively you can scan the bar code at the back of this leaflet to complete a short questionnaire.



Co-Production and Peer Support

CO-PRODUCTION AND PEER SUPPORT TEAM AIMS



Engaging with community hubs/services-
Link working between existing support
services and the Key Support programme



Developing peer support drop-ins across
the city and the county- enabling families
to make connections with other families
to develop a community of support and
experience



Putting together a programme of events
and enrichment activities in the
community for children, young people
and their parents and carers



Co-production supports the Keyworker
function by delivering targeted support



Working towards developing a co-
production group of parents, carers,
young adults, and children with lived
experience to shape and steer the
keyworking service



PEER ENRICHMENT ACTIVITIES FOR YOUNG PEOPLE

We believe that every young person deserves opportunities for growth, enjoyment, and social interaction. Our team aims to co-produce a variety of exciting events and activity days designed specifically for people who have a learning disability or are autistic or both, as well as their siblings.

We offer a range of enrichment activities and experiences. Whether you enjoy arts and crafts sessions that stimulate creativity, or unforgettable days spent at the farm interacting with animals and nature; we aim to have something for everyone. Previous activities have included; Bushcraft, climbing, football golf, and play in the parks. This is a taster of what we have offered, all our activities are designed around what the children and young people have asked for that access our sessions.

The activities all provide opportunities for creativity, physical and social development in a safe and inclusive environment.

PARENT/CARER SUPPORT

We understand that being a parent or carer of a person who has a learning disability or is autistic or both, you may sometimes require additional support. Our team runs ongoing 'Coffee & Chat sessions', providing a relaxed and informal space where parents and carers can come together, share their stories, and offer support to one another. Additionally, our 'Walk & Talk sessions' combine the benefits of physical activity with meaningful conversations, allowing parents and carers to connect while exploring the beautiful surroundings of our community.

"As a parent I feel so happy when they can safely go to events and know they are accepted. You are all doing a wonderful job!" - Parent/Carer

"Really good, it is helping me" - Young Person

"Feeling validated about my experiences of parenting and emotionally supportive." - Parent/Carer

"Thank you" - Young Person

"Being able to have friends and socialise with other young people with similar needs in a safe, supervised and non judgemental environment" - Parent/Carer

"Really appreciates staff being honest down to earth and non judgemental" - Parent/Carer

**TO BE ADDED TO OUR MAILING AND RECEIVE MORE
INFORMATION ABOUT OUR SERVICE AND TO GET
INVOLVED IN CO-PRODUCTION, PLEASE SCAN THE
BARCODE BELOW**



OR EMAIL US AT

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