



**inclusion
north**

Reaching Out To Families

*'Its good to see
friendly faces'*
Family carer

*"I attend the group to
impart what I know
and to gain what I do
not, but really to meet
other people and have
a relaxing time"*
Family carer

*"Also, I get practical support
which can mean getting help
when I need it and not after it
was needed. All of which is gold-
dust to me".*
Family carer





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"I find the group benefits me as a place where I always feel heard and understood when I speak about my individual situation.

I don't have to set the context. I don't have to give lots of explanations. I see heads nodding and can simply have the expectation that I will be understood"

Family carer



Come and join us...

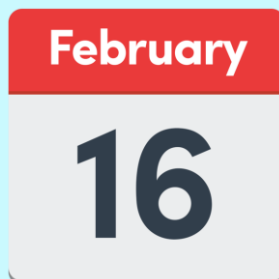
Supporting families to come together from across Yorkshire and Humber and the North East - an opportunity to start a conversation, to share ideas and thoughts.

Reaching out to families is a place to feel connected, to be supported and to not feel alone.

This meeting is inclusive of family carers supporting relatives who have a learning disability, autistic people and neurodiversity of all kinds.



**The meeting
will happen
online using
Zoom**



**It will take place
on Thursday 16th
February 2023**



10:30



12:00

**10:30am until
12pm**

To book your place and for information to join please contact Rachael
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