



**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 5<sup>th</sup>  
January 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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