



THE KEY

# CARERS WEEK 5-11 June 2023



## PARENT CARER EVENTS




For families of children and young people with autism and/or learning disabilities

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

Join us in **Carers Week** for some coffee, cake, conversation and support.

All activities are free for parent carers

LOOK FOR THE **LION** ON THE TABLE

| DATE/TIME                          | AREA           | VENUE                                      |  |
|------------------------------------|----------------|--|--|
| <b>Tues 6 June</b><br>10.00-1.30am | RETFORD        | Retford Family Hub                         | Coffee, cake and crafts morning<br>                                     |
| <b>Weds 7 June</b><br>1.00-2.30pm  | WEST BRIDGFORD | Pine Room @ West Bridgford Library NG2 6AT | Mindfulness and Self Care Session with KH Therapy<br>                 |
| <b>Thurs 8 June</b><br>1.00-2.30pm | MAPPERLEY      | Steve's Bar                                | Afternoon Tea on us!<br><i>Please book as spaces are limited.</i><br> |

The national theme for Carers Week 2023 is  
**'Recognising and supporting carers in the community'.**

<https://www.carersuk.org/>

To get regular updates of activities and events email-

**keyworkingservice@nottsc.gov.uk**

- in subject type 'add to list'
- the area you live in.



Integrated Care System  
Nottingham & Nottinghamshire



Nottinghamshire County Council