

## Family Service Neurodevelopmental Support Team

### **AUTISM & ADHD**

### **Parent/Carer Support Group 2023 - 2024**

A safe space to discuss your child's or family's needs regarding behaviours that are indicative of Autism and/or ADHD. A chance to feel less isolated with an opportunity to meet other parents/carers with similar experiences.

#### **What to expect if you come to the group for the first time:**

Firstly, we recommend you attend the start of the session. So that you are provided with an introduction to the session.

Experienced staff from the Neurodevelopmental Behavioural Support team are on hand to offer guidance, support, useful strategies, information, and answer questions.

The group is centred around group discussion, however if you wish to speak to a member of the team 1-1, we will always endeavour to do our best to accommodate this.

Due to the organisation of the group, it may not be ideal to bring children. This will enable you to participate in the discussions with parents and our practitioner.

(Unfortunately, we cannot offer supervision and we need to consider the confidentiality of other families).

**No booking or Diagnosis Required.**

Occasionally due to circumstances we cannot control dates and times may change, or groups may be cancelled.

For updated **DATES ONLY** email - [FamilyServiceNBSDropInGroup@nottsccl.gov.uk](mailto:FamilyServiceNBSDropInGroup@nottsccl.gov.uk)

or go to [nottshelpyourself.org.uk](https://nottshelpyourself.org.uk) and search **NBS Support Group**

For general NBS enquiries **Email** - [family servicenbs@nottsccl.gov.uk](mailto:family servicenbs@nottsccl.gov.uk)

## **AUTISM & ADHD Parent/Carer Support Group 2023 - 2024**

### **Daybrook Medical Practice, Salop St, Daybrook, NG5 6HP**

Tuesdays 09:30-11:30

12<sup>th</sup> December,

16<sup>th</sup> January,

20<sup>th</sup> February, 12<sup>th</sup> March,

14<sup>th</sup> May, 11<sup>th</sup> June.

### **Chilwell Children's Centre, Great Hoggett Dr, Chilwell, NG9 4HQ**

Tuesdays 09.30-11.30

23<sup>rd</sup> January, 27<sup>th</sup> February,

19<sup>th</sup> March, 23<sup>rd</sup> April,

21<sup>st</sup> May,

18<sup>th</sup> June

### **Bingham Children's Centre, Eaton Place, Bingham, NG13 8BE**

Wednesdays 13:00-15:00

10<sup>th</sup> January, 8<sup>th</sup> May,

6<sup>th</sup> March.

### **Cotgrave Candleby Lane School, Candleby Ln, Cotgrave, NG12 3JG**

Wednesday 13:00-15:00

6<sup>th</sup> December,

7<sup>th</sup> February, 16<sup>th</sup> April,

5<sup>th</sup> June

### **Kirkby East Children's Centre, The Summit Centre, NG17 7LL**

Wednesdays 09:30-11:30

24<sup>th</sup> January, 20<sup>th</sup> March,

22<sup>nd</sup> May

### **Butler's Hill & Broomhill Children's Centre, Broomhill Rd, Hucknall NG15 6AJ**

Wednesdays 09.30-11.30

13<sup>th</sup> December,

28<sup>th</sup> February, 24<sup>th</sup> April, 19<sup>th</sup> June

### **Hawtonville Children's Centre, Bowbridge Rd, Newark, NG24 4EG**

Please Note Day and Time Change

**Thursdays 9.30-11.30**

11<sup>th</sup> January, 8<sup>th</sup> February,

7<sup>th</sup> March, 9<sup>th</sup> May,

6<sup>th</sup> June

### **Mansfield Woodhouse Children's Centre, Swan Lane, NG19 8BT**

Thursdays 09:30-11:30

14<sup>th</sup> December,

18<sup>th</sup> January, 22<sup>nd</sup> February,

14<sup>th</sup> March, 18<sup>th</sup> April,

16<sup>th</sup> May, 13<sup>th</sup> June

