



Community of Experience



Giving
disabled children
a brighter future

Community of Experience Flyer

The 'Community of Experience' will provide support, resources and signposting reflecting the Lived Experience of parents, carers, children, young people and young adults with SEND, in particular Autism, Learning Disabilities or both.

Community of Experience

Do you have a 'Lived Experience' you would like to share? Would you like to be part of creating the Community of Experience to improve the quality of life for children, Young People, Young Adults and Families? Then we would like to hear from you!

Delivered by parents, carers, young people and young adults with Lived Experience. It will be facilitated by KIDS regional staff and volunteers.

The Community of Experience will add value to the NHS Humber and North Yorkshire Keyworker Service to provide support, information and signposting.

The project offers a wealth of information plus the opportunity to:

- Build peer support and guidance.
- Develop personal wellbeing.
- Develop resilience in dealing with diagnosis.
- Make contact with other services.
- Gain every-day life and outreach support

communityofexperience@kids.org.uk 01482 467540

Keyworker Service | hnf-tr-keyworkerenquiries@nhs.net | 01482 205425

Do you want to join and/ or shape the Community of Experience?



Opportunity to:

- Share your experience
- Be involved with creating Community of Experience
- Provide peer support
- Develop personal wellbeing
- Gain everyday support
- Feel empowered and validated
- Develop a community that supports its own

The Community of Experience is open to people aged up to 25 with a Learning Disability, Autism or both and their parent/carers.

Communityofexperience@kids.org.uk 01482 467540

Humber and North Yorkshire Keyworker Service
01482 205425 - hnf-tr-keyworkerenquiries@nhs.net



The Community of Experience aims to...

Build on the Humber and North Yorkshire Keyworker Service by offering:

- Access to Peer Support
- Access to resources and signposting
- Access to activities and workshops aimed at improving personal wellbeing
- Access to Parent Carer coffee and support gatherings
- Access to a closed Face book Group
- Parent Carer programmes to support wellbeing

For further information, to sign up or learn how to be involved, contact us.



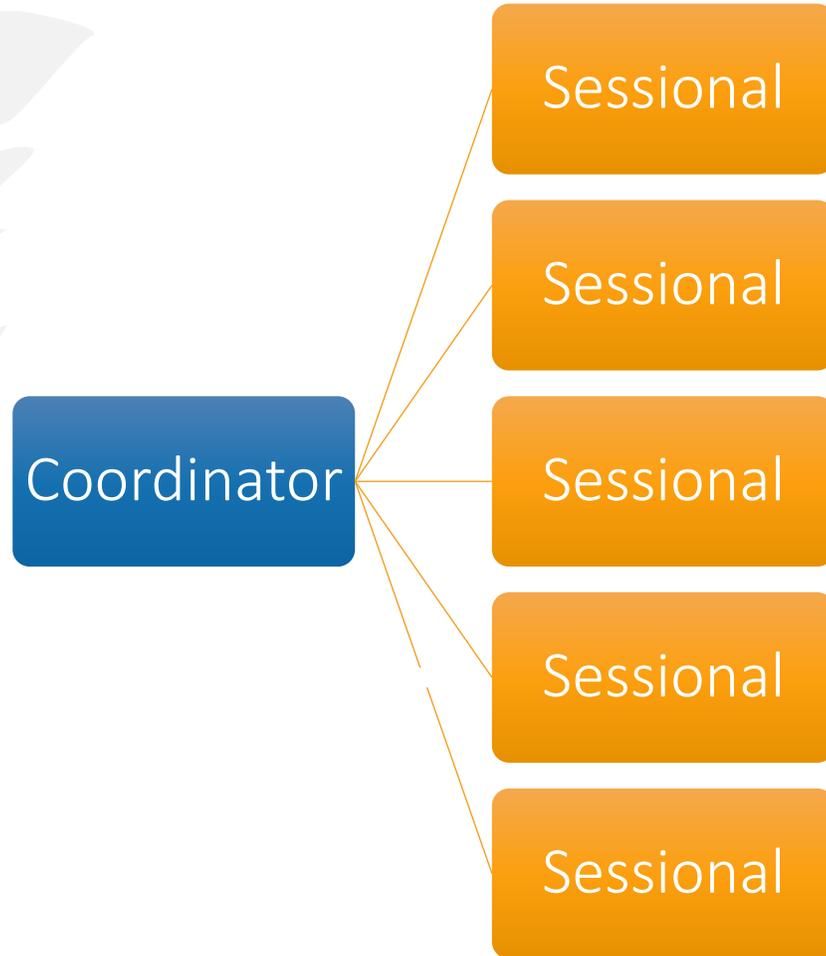
Communityofexperience@kids.org.uk 01482 467540

Humber and North Yorkshire Keyworker Service
01482 205425 - hnf-tr-keyworkerenquiries@nhs.net

Community of Experience introduction



Current Team setup



Healthy

PARENT CARERS

Improving parent carers' health and wellbeing

Are you a Parent Carer of a child with additional needs or a disability?

Would you like to take positive action to improve your health and wellbeing?

Healthy Parent Carers is a 12 week (2hr sessions, group based) online programme available in the Humber and North Yorkshire region: Hull/East Riding, York/North Yorkshire and North Lincolnshire/North East Lincolnshire.

It is created by Parent Carers, delivered by Parent Carers and for Parent Carers.

We have courses starting April and May 2023.

Book your space now.

Email: communityofexperience@kids.org.uk or Phone: 01482 467540

www.healthyparentcarers.org



Offered as part of the
Community of Experience



Humber and North
Yorkshire Keyworker
Service



Delivery for Healthy Parent Carer Program



**We now have FIVE trained Lead Facilitators and
THREE Assistant Facilitators**

THREE programmes to run from May through to Summer holidays

Delivered to:

- **Hull and East Riding**
- **York and North Yorkshire**
- **North Lincolnshire and North East Lincolnshire**



Offer for Young People (to age 25)

Young Persons Hub (online) - live in May 2023

Connections made with Young Group/Organisations

STILL TO UNDERTAKE DUE TO BARRIERS

'Understanding Me' Programme

Peer Mentors assigned to those coming out of inpatient service

- Access to resources
- Strategies from professionals and other YP that have worked
- Signposting and events

Facebook Page (closed and monitored)



'Community Together' sessions

People working together in a strong community with a shared goal and a common purpose can make the impossible possible.

Tom Vilsack



To run a monthly collective session in each area with Parent Carer group representatives and booked professionals to provide signposting, support and information to Parent Carers and well as connection between Parent Carers.

- **Tuesday 25th April – Beverley**
- **Thursday 27th April – York**
- **Wednesday 5th May - Grimsby**

Humber and North Yorkshire

Community of Experience Team

- For all sessional and volunteers that are working on the project to create, collaborate and communicate.

Humber and North Yorkshire

Parent Carer Community

- For all those wanting to access the Community of Experience
- So far it has 141 members

- **Young Person page to come by end of May



Web Page

Page on KIDS website to allow information of the Community of Experience, to book slots for phone support, links to Lived Experience participation via online form and link to join the Private Facebook Group





Community of Experience Web Page

(hosted on KIDS website)

– all webpages being redesigned at present

[Community of Experience | KIDS](https://www.kids.org.uk/community-of-experience)

<https://www.kids.org.uk/community-of-experience>

[Link to Lived Experience
Feedback form for both Parent
Carers and Young People](#)



[Donate](#)

[Fundraise for us](#)

[Careers](#)

[About us](#) [Our services](#) [Get involved](#) [News](#) [SENDIASS](#) [Mediation](#)



Community of Experience

[Link to Keyworker Service
webpage and video](#)

How does the service work?

It will build upon the **Humber and North Yorkshire Keyworker Service**² by offering peer support, resources and signposting and running activities and workshops aimed at improving personal wellbeing. It will be delivered in Hull, East Riding, North Lincolnshire, North East Lincolnshire, North Yorkshire and York.

It has been and will continue to be created in co-production with Experts by Experience, which are those with a learning disability, autism or both and their parents and/or carers.

If you wish to become involved please get in touch for further details by emailing communityofexperience@kids.org.uk

If you would like to share your 'Lived Experience' to shape the Community of Experience, please use the links below:

[For Parent and/or Carers](#)

[For Young People up to the age of 25 with a Learning Disability, Autism or both](#)

Who is the service for?

The Community of Experience will be offered to Parents and/or Carers as well as those aged up to 25 with a learning disability, autism or both.

How much does it cost?

FREE

How does someone access the service?

By e-mail or telephone

Contact Details

E-mail: communityofexperience@kids.org.uk

Telephone: 01482 467540

Facebook group and/or Twitter name

[Humber and North Yorkshire Parent Carer Community Facebook](#)

[Link to private/closed
Facebook Parent Carer
Community page](#)

Latest

[Family Support Online](#)

[Community of Experience](#)

[Our response to the SEND Improvement Plan](#)

[Georgina Lund](#)

Share this page

Information Gathering

Parent Carers:

[Parent Carers Lived Experience](#)

Young People/Young Adults to 25:

[Young Person's Lived Experience](#)



Feedback gained

Professionals acknowledging parents insight

Professionals open to listening to Parents

Lower waiting times

Less paperwork for Parent Carers

Help after diagnosis

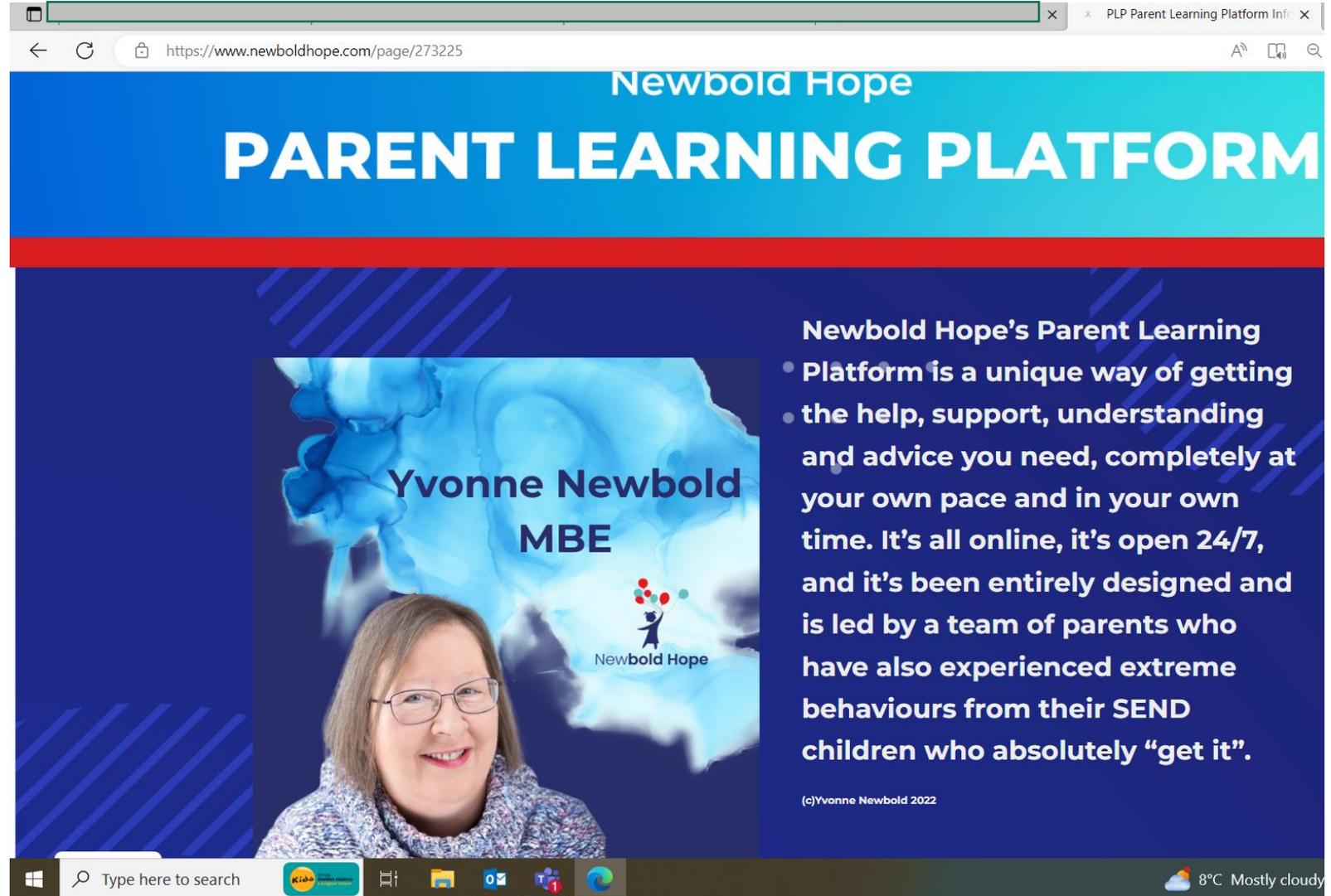
Places to go for challenging behaviour and respite that are accessible to more people



TWENTY one-month memberships are being purchased for those families stepped down from the **Keyworker Service** for continuity of care

Using a range of videos, text, podcasts, and worksheets, all the Newbold Hope training materials are easy to follow and most of them will each only take between 5 and 10 minutes to complete. They'll include a very wide range of topics, all designed to improve the quality of life of you, your child, and your whole family.

Step down offer



Newbold Hope
PARENT LEARNING PLATFORM

Yvonne Newbold
MBE

- **Newbold Hope's Parent Learning Platform is a unique way of getting the help, support, understanding and advice you need, completely at your own pace and in your own time. It's all online, it's open 24/7, and it's been entirely designed and is led by a team of parents who have also experienced extreme behaviours from their SEND children who absolutely "get it".**

(c)Yvonne Newbold 2022

Type here to search

8°C Mostly cloudy