



## The Community of Experience aims to...

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

- Access to Peer Support
- Creating resources and signposting
- Accessing 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](mailto:Communityofexperience@kids.org.uk) 01482 467540

Humber and North Yorkshire Keyworker Service  
01482 205425 - [hnf-tr-keyworkerenquiries@nhs.net](mailto:hnf-tr-keyworkerenquiries@nhs.net)

## 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](mailto:Communityofexperience@kids.org.uk) 01482 467540

Humber and North Yorkshire Keyworker Service  
01482 205425 - [hnf-tr-keyworkerenquiries@nhs.net](mailto:hnf-tr-keyworkerenquiries@nhs.net)