



THE KEY

# Peer Support and Co-production with "The Key"

The Co-production and Peer Support Co-ordinators work closely with the Keyworkers to support individuals with autism and/or learning disabilities up to the age of 25, and their families, following a referral to the DSR and Keyworking Service.



Helene and Becki have many years of personal and professional experience of autism, learning disabilities and mental health. Our professional knowledge linked to our lived experience enables us to be approachable and to provide a safe space and understanding on a deeper level.

**How Can I Access Peer Support Activities?** Anyone within the County can attend our peer support drop ins. Those on the DSR register will be offered places at our activities/ events in the first instance, remaining spaces will then get offered out to those on our peer support mailing list. Our main focus is to support children and young people/adults and their families to re-connect with their community, share experiences and support, have opportunities to attend enrichment events and meaningful activities and be involved in the co-production of the service in a way that is solution focused, person centred and strengths based.

- \* Provide a safe space for peer support.
- \* Promote mental health and well-being.
- \* Identify positive support networks around the family and signpost to pre-existing support groups and universal service that meet individual need.

## Some of the things we offer include:

- \* Parent/carer drop in sessions Countywide
- \* Informative webinars and training for parent/carers
- \* Parent/carer wellbeing workshops and craft sessions

## Our enrichment activities have included:

- \* Walking with Alpacas
- \* Sensory Swimming
- \* GoApe
- \* Woodland Nurture
- \* Art and photography workshops
- \* Trampoline sessions

## Co-production within The Key:

We are incredibly passionate about involving families in co-producing the Keyworking Service and promote and improve the lived experience of children, young people and adults with autism and/or learning disabilities. If this is something you are interested in please do get in touch.

**Together We Can.**

## Contact details:

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Nottinghamshire  
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