

**Rainbow Parents Carers Forum is a support group for parents and carers with children with additional needs or disabilities.**

**Rainbow** runs two monthly inclusive play sessions. Activities include access to sports hall, arts and craft, games and more, with our team of playworkers and volunteer play buddies, whilst parent carers meet separately for peer to peer support. Siblings are also welcome to attend. Limited 1:1 support is available.

**The sessions are free but booking is essential for all our activities**

**Rainbow 1** - Session takes place on the **2nd** Saturday of every month at **New Basford Community Centre**, 1 Zulu Road, NG7 7DS from 11:00 - 13:00. Ages 5 - 12 years.

**Rainbow 2** - Session takes place on the **4th** Saturday of every month at the **Monty Hind Centre**, Leen Gate, Nottingham NG 7 2DX from 14:00 - 16:00. Ages 5 - 25.

### **Other Rainbow activities include:**

**Rainbow at Tiny Robins** is a new support group for families with children with additional needs from birth to 6 years. Come and meet other parent carers, the Rainbow team and Jo Shaw from Hummingbirds SEN Service. Sessions run on the **1st** Saturday of every month at **Tiny Robins Day Nursery**, 443 Derby Road, NG7 2EB from 10:00 - 12:00.

We also run monthly **Parent to Parent** meetings for peer to peer support. These are usually on the 2nd Thursday of the month from 10:30 - 12:30 at our office at the **New Basford Community Centre**, 1 Zulu Road, Nottingham NG7 7DS. Advice appointments available with one of the Rainbow team.

To book, for more information or to be added to our bulletin list please contact us on the details below.

**New Basford Community Centre, 1 Zulu Road, Nottingham, NG7 7DS**

**Tel 0115 786 0211 / 07837278981**



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**/ www.rainbowpcf.org.uk**



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