

## Support Group Dates

### Venue 1:

FACES, Church Lane , Community Centre, Church Lane, Bedford, MK41 0PW

10am-12pm

Friday 10th January 2020

Friday 7th February 2020

Friday 6th March 2020

Friday 3rd April 2020

### Venue 2:

Child Development Centre, Hill Rise, Kempston, MK42 7EB

10am-12pm

Friday 31st January 2020

Friday 28th February 2020

Friday 27th March 2020

Friday 24th April 2020

## Contact Information

### SPECTRUM SUPPORT/FACES

The Centre

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Charity Registration No. 1108574

Registered in England and Wales No:  
05372026

**Spectrum Support is a voluntary service and is not currently funded, but did you know that you can raise funds for FACES via Local Giving and support us? Any amount donated will make a huge difference to the families we support. Thank you.**

<https://localgiving.org/charity/facesbedford/>



# Spectrum Support

**Informing  
Empowering  
Inspiring**



# Hello, and thank you for taking an interest in our service.

**Spectrum Support** is a parent-to-parent support group run by two friendly mums (under the umbrella of **FACES**) whom have children with ASD/ADHD. Between them, they have a wealth of hands on experience and understand the daily challenges of raising children with these conditions. They also have professional experience of working with families.

Spectrum Support holds two groups per month at two different venues so as to make the group accessible to as many parents/carers as possible. We hold one at FACES, Church Lane Community Centre, Church Lane, Bedford, MK41 0PW, and the second at the Child Development Centre, Hill Rise, Kempston, MK42 7EB. They are usually held on a Friday (subject to venue availability) from 10am-12pm, term time only.

Your child does not need a diagnosis in order for you to access the groups, and we accommodate parents/carers with young children as we understand that this can be a barrier for many, and want our service to be as accessible as possible, but please note that there are currently no crèche facilities.

We also invite along other Bedford Borough service providers/practitioners in order to share relevant and beneficial information with our parents/carers, and these sessions are typically well attended. Due to a growing number of Central Bedfordshire parents/carers attending the sessions, we are in the process of inviting service providers/practitioners from this borough to attend one or two sessions so as to ensure that all parent/carers are receiving information which is relevant to their local authority.

We pride ourselves on confidentiality, being non-judgemental, supportive and empowering the parents whom attend our groups. We offer a bespoke service, catering to the needs of the parents at each group, such as helping them understand what the various acronyms mean, planning and preparing for school holidays, days out, places to go, or simply just listening to each other.

We also share any relevant Information during the groups as well as on our Facebook page, **Spectrum Support**, and via email for those whom have signed up to our database.

We hope you will come along and join us and help us to support and empower each other.

## Testimonials

“My name is Lyndsey and I first went to FACES coffee morning in 2018 before my son had been diagnosed. I felt extremely nervous to go because he was still undiagnosed and I think for many, certainly myself, I questioned myself as a parent. Was it me?”

I was made to feel so welcome and I left feeling so much better and positive that I was moving in the right direction.

I attend the groups more so when I am feeling low or stressed because I feel it recharges me to continue the battle I'm in at the moment.

Spectrum Support really have been a fantastic support to me and I truly can't thank them enough for just listening, answering questions I had and just being there and understanding. As long as these groups are running I will continue to go.”

“Hearing other experiences opens up other ways to cope...Excellent support group; it's like a medication to help me!”

“I'd just like to say thank you for welcoming me to the group, I look forward to the next meeting.”

“Keep up the good work!”

“Nice to know I'm not alone”

“I learned how to get in touch with different services...keep going, you're doing so well!!”