

NEURO KEY

An Alliance supporting people with neurological conditions

Multi-neuro peer support groups

Geography	Middlesbrough, Redcar, Stockton, North Yorkshire	Richmond, Northallerton, North Yorkshire	Stockton, Hartlepool and surround
Time	Fortnightly, first and third Tuesday	Bi-monthly	Monthly
Duration	2hours - 6pm to 8pm	2hours - 1pm to 3pm	2hours - last Friday 1pm to 3pm
Who	Anyone living with or caring for neurodiverse people	Anyone living with or caring for someone with a neurological condition	Anyone living with or caring for someone with chronic pain or neuro-comorbidity
Where	Lingfield Ash Hall, Coulby Newham	Richmond Cricket club, North Yorks	Thornaby Centre Library, Stockton
Managed	Neurodiverse adult volunteer	Volunteers with HO oversight	Organisation Member of Neuro Key
Reporting	Multi-agency /strategic reference	To Neuro Key and local NHS personnel	Multi-agency /strategic reference
Benefit	<ol style="list-style-type: none"> 1. Maximise opportunities to improve parity of health and mental wellbeing 2. Caregiver involvement in decision making, research and education 3. Sharing and learning environment for professional and lived experience collaboration 4. Sustained communication to and from other support networks for peer support and problem-solving for people with ADHD, ASD, Tourette's, FASD, OCD 	<ol style="list-style-type: none"> 1. Maximise opportunities to improve parity of health and mental wellbeing in rural settings 2. Service user and carer involvement in decision making, research and education 3. Sharing and learning environment for professional to hear lived experience 4. Sustained communication network for peer support to access expertise or with newly diagnosed or rare conditions to reduce isolation in rural community 	<ol style="list-style-type: none"> 1. Maximise opportunities to improve parity of health and mental wellbeing 2. Service user and carer involvement in decision making, research and education 3. Sharing and learning environment for professional, service user/carer collaboration 4. Sustained peer support for people to improve self-management skills and be included in the neuro community
Funding	Benefit-in-kind Free meeting room	Accessible meeting room £50pcm	Self-supporting Free meeting room
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