




### What is FASD?

**Foetal Alcohol Spectrum Disorder** is the most common, non-genetic cause of learning disability and a lifelong neurodevelopmental condition. Research suggests that FASD affects 1.8% of children in the UK, almost twice as many as autism.

### Who are we?

**FASD Friends** is a support group initially set up by two adoptive families who have experience of children affected by FASD.

### We provide...

-  Free monthly meetings with refreshments & children welcome
-  Safe supportive place to share our experiences
-  Signposting to support & resources.

*"Now I know it's not just me – I feel comfortable enough to be able to talk openly about the challenges we face and find out about strategies other carers use."*

*"A safe space to talk about a condition which isn't often understood."*

### When & where?

#### Contact us for dates & venue

Booking is essential  
[admin@rainbowpcf.org.uk](mailto:admin@rainbowpcf.org.uk)

Scan QR code to contact us  
0115 786 0211  
0783 727 8981  
[www.rainbowpcf.org.uk](http://www.rainbowpcf.org.uk)

