



Befriending Social Group




BSG is...

For 12 - 25 year olds with additional needs who may need support to access community activities and meet other young people. The group aims to create friendships and provide accessible activities that young people can enjoy with their peers.

About us...

Rainbow Parents Carers Forum is a support group and independent voice for families with children and young people with special educational needs and/or disabilities (SEND) in Nottingham and surrounding areas.

We provide...

-  Free monthly sessions.
-  A supportive environment to have fun, make friends and learn new skills.
-  Variety of activities including trips, bushcraft, games, arts/crafts & sports.

"We have found the activities this year of a keen interest to my son. From the bushcraft project to the sports events at the university campus."

"The fact that my child has wanted to join in is just priceless."

When & where

Visit our website for dates & venues
www.rainbowpcf.org.uk

Booking is essential

Contact us

E: admin@rainbowpcf.org.uk

T: 07837 278981

T: 07535 446752

Or scan QR code to contact us



RAINBOW
Parents Carers Forum

Supporting & empowering families to be heard & achieve better outcomes



Members of
NNPCF
National Network of Parent Carer Forums
"Our strength is our shared experience"
www.nnpcf.org.uk

