

Support Group Dates

Venue: FACES, Church Lane Community Centre, 147 Church Lane, Bedford, MK41 0PW

Friday's 10am-11.30am (term-time only).

Upcoming dates:

- 9th January 2026
- 6th February 2026
- 6th March 2026



Contact Us



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Church Lane Community Centre
147 Church Lane
Bedford
MK41 0PW



Charity Registration No. 1108574
Registered in England and Wales No: 05372026

Spectrum Support Parent Carer Support Group



“Working with Families to Build a Better Future”



Charitable Trust

Funded by: BIG LOCAL KINGSBROOK AND CAULDWELL

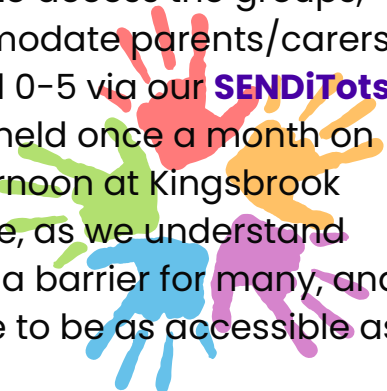




What is Spectrum Support?

Spectrum Support is a **parent-to-parent support group** run by our SEND Support Practitioner, alongside one of our volunteers. They both have children of their own who are on the spectrum and between them, they have a **wealth of hands on experience** and understand the daily challenges of raising children with these conditions.

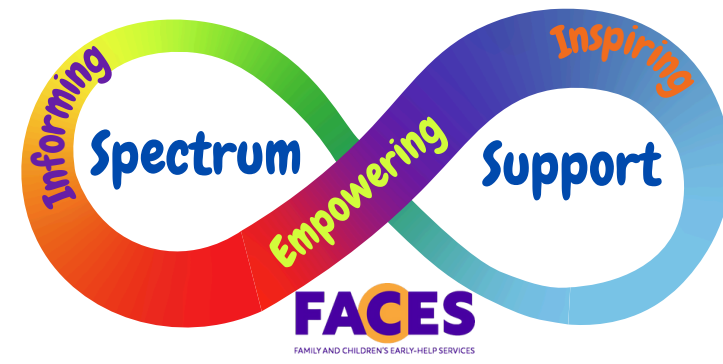
Your child does not need a diagnosis in order for you to access the groups, and we accommodate parents/carers of children aged 0-5 via our **SENDiTots group**, which is held once a month on a Thursday afternoon at Kingsbrook Children's Centre, as we understand that this can be a barrier for many, and want our service to be as accessible as possible.



What do we Offer?

We provide a **supportive space** for parents/carers to meet other families to **reduce their isolation** and find common ground. We empower those who attend our groups, enabling them to be **the best advocates for their children**. We offer a bespoke service, catering to the needs of those who attend each group, such as breaking down the jargon, educational support, planning and preparing for school holidays, places to go, benefits entitlement, or simply just to listen.

FACES have been extremely fortunate to receive funding from **Bedford Giving** and **The Frank Branston Charitable Trust** (*managed by Bedfordshire and Luton Community Foundation*) meaning we are now able to offer **Spectrum Support as a 1:1 service**. This can be support with meetings, form filling and behaviours.
Please contact us for more information!



Testimonials

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

The group is fantastic and I truly can't thank them enough for their understanding, answering my questions and for just being there to listen.

Hearing other experiences opens up other ways to cope... Excellent support group!

It is so nice to meet other parents and to know that I am not alone.

As long as these groups are running, I will continue to attend.