



Side by Side

making connections &
supporting each other

Side by Side is a peer support service for families who care for, or support, an adult with a learning disability or autism. We achieve this by pairing them with another family with first-hand experience and empathy, who can provide informal support.

Our aims are:

- To find and link families who would benefit from informal, over the phone support
- To help families connect and build a rapport one to one
- To bring families together with common shared experience

For more information

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familiesinfocusessex.org.uk/services/peer-support

*Side by Side is a partnership project of
Families InFocus Essex, The Essex Carers Network and Pact for Autism*