



Did you know?

There are around a quarter of a million people in the UK living with severe or profound intellectual disabilities.

Most of these people are dependent on others to meet all of their care needs, 24 hours a day.

They are at a high risk of trauma, pain, loss, abuse and mental health problems. And they are unable to ask verbally for help.

Many people do not understand the ways they communicate. Our systems often ignore or dismiss their feelings and emotions. Family members have to fight to get the needs of their loved ones met.

They all deserve better.

“My child teaches me, and other people they meet the power of compassion, humility and humanity”

Parent at an NAC event

What we do

Nurturing Affective Care (NAC) works with people with disabilities, families, carers and professionals to empower and increase everyone's wellbeing, skills and understanding.

"It can't be overstated how reassuring it is to find expertise as a family member. I'm so delighted to have found NAC"

Carer at a NAC event



How we do it

We focus on improving emotional and mental well-being. Everything we share and teach is specifically designed to support people who use ways other than words to communicate. We provide:

- free online information resources
- low cost live online and in person training courses
- low cost on demand online training to do in your own time

See our guides and resources at nacwellbeing.org/guidance

Browse our online courses at learning.nacwellbeing.org

Follow us on social media [@nacwellbeing](https://twitter.com/nacwellbeing)

Contact julie@nacwellbeing or on 07771 794092 to find out how we can work with you or your organisation

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