

Useful Links for Parents and Carers

1. **Financial Help**
2. **Legal Advice**
3. **Specialisms**
4. **Support Organisations**
5. **Respite / Activities**
6. **Support for the Wider Family**

1. Financial Help



Provider of grants to low income families with a disabled or seriously ill child or young person.



Help to access benefits, grants and other financial help.

2. Legal Advice



Service offering free legal advice to families who have children with special educational needs. Tel: 0800 018 4016



This is a **confidential** service which aims to promote partnership between parents of children with special educational needs and those who provide services that can support them. It offers practical support and impartial information to enable parents/carers to be fully involved with their children's education.

Tel: 0118 937 3421

Helping people to find their way through the SEN legal and procedural maze.

3. Specialisms



Provides people-friendly information and resources about Attention Deficit Hyperactivity Disorder (ADHD) to anyone who needs assistance - parents, sufferers, teachers or health professionals.

Tel: 020 8952 2800

See also 'Living with ADHD' which provides resources for parents/carers, teachers and young people.



Afasic supports parents and represents children and young people with speech, language and communication needs (SLCN).

Parents' Helpline: 0845 355 5577



Offers support and advice to children and adults with all allergies and intolerances, including allergic conditions such as asthma and eczema.



Ambitious about Autism is a national charity for children and young people with autism. They provide services, raise awareness and understanding, and campaign for change.



Berkshire Autistic Society

Comprehensive local services (such as workshops, coffee mornings, events, help with DLA etc) for autistic people, their families, carers and professionals working in the field. Also has a library of books and films, with free lending to members.

Tel: 0118 959 4594



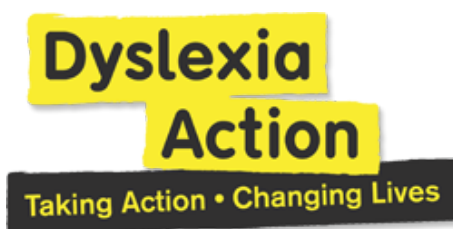
Charity set up to help improve the lives of children with brain-related conditions, through research, education and directly supporting children and their carers. Includes help with DLA applications.



The Communication Trust
Every child understood

Group of 50 organisations working together to support children with speech and language difficulties. Links to individual organisations can be found on this page:

<http://www.thecommunicationtrust.org.uk/about-the-trust/who-are-our-supporters/our-partners/>



National charity aiming to remove the barriers facing those with dyslexia and other specific learning difficulties by providing help and support.



Oxford-based research charity. Tel: 0118 958 5950



Dyspraxia Foundation is a national charity spreading awareness of the condition and how child and adults may be supported. Dyspraxia, a form of developmental coordination disorder (DCD) is a common disorder affecting fine and/or gross motor coordination in children and adults. It may also affect speech. Tel: 01462 454986



Organisation 'aiming to improve the lives of everyone affected by epilepsy'. Tel: 0808 800 5050 (helpline)



Provides help and advice for people with hypermobility. Includes section for children to access, as well as information and forum for parents.



Provides information, support, services and events about autism.



Formerly known as the PDA Contact Group, the PDA Society aims to offer support, advice and information to anyone involved with an individual with PDA, whether suspected or diagnosed, child or adult.



UK charity exclusively dedicated to research into interventions in autism.



Organisation supporting those with sensory processing difficulties (also called sensory integration dysfunction or sensory processing disorder). Provides training courses for therapists, parents, teachers, clinicians and support workers, plus has an online forum.



National organisation to meet the needs, value the contribution and celebrate the lives of people living with spina bifida and hydrocephalus. Tel: 01733 555988

4. Support Organisations



Advice, information and support covering all areas (legal, medical, financial etc) for families with children with a wide range of disabilities, with lots of free downloadable resources. Tel: 0808 8083555



This is the national body for the disabled children's sector in England. It brings together a wide range of organisations that work with and for disabled children to support the development and implementation of policy and practice.



Family Action works to tackle some of the most complex and difficult issues facing families today – including financial hardship, mental health problems, social isolation, learning disabilities, domestic abuse, or substance misuse and alcohol problems. Help for early years up to and including adults. Grants available.



Family and Childcare Trust aims to make the UK a better place for families, through research, campaigning and information provision, and working with government, employers and parents to reduce pressures on family life.



Family Resource Centre UK CIC is an organisation who has great experience working with families, children and young people. They work with local authorities, businesses and other voluntary sector organisations providing health and social care, support and assistance for vulnerable members of the community and their 'Great Opportunities!' disabled events project. Tel: 0800 328 9148



Home-Start supports families with at least one child under 5, as parents learn to cope, improve their confidence and build better lives for their children. Tel: 0800 068 6368.



Online community for autistic people and those living or working with people with autistic spectrum conditions. Lots of information and resources.



We are a Berkshire charity that specialises in supporting families who have children with special needs. We offer a range of free-to-parent services:

- Sleep clinics: http://parentingspecialchildren.co.uk/index.php?page_id=1395
- Parent-to-parent diagnostic support. Call Pat on: 07990 761676
- Workshops for parents of children with a range of special needs, with two specifically on autism and ADHD. Call Ruth Pearse on 07876 275731



Local charity for children and adults with a learning disability. Run a range of services and clubs. Tel: 0118 966 2518 Also offer the new Mencap Alpha service, providing information and support for families of children and adults with learning disabilities and autism in our black and minority ethnic community. Tel: Nina on 07985 246166 or via www.readingmencap.org.uk/alpha



National charity providing support and information for disabled people. Tel: 0808 800 3333

5. Respite / activities



Berkshire Carers Service supports unpaid carers in Bracknell Forest, Reading, West Berkshire, Wokingham and the

Royal Borough of Windsor & Maidenhead, providing free information, advice and support services. They can help with, for example, benefits and grants, form-filling and respite. Tel: 0800 988 5462



The Short Breaks/SEN/D Information Service is a free service provided by Reading Borough Council for families with children and young people who have special needs aged 0- 25 years (inclusive) living in the Reading area. Information is available on: Short Breaks, Holiday Clubs offering a Short Break, What's on & Holiday Activities, Support Services, Childcare providers etc. Sign up to receive free copies of the DISC newsletter. Tel: 0118 937 3777



Multi-functional day centre for children with special needs, set in 5 acres of countryside near Wargrave. See calendar for family days during term times and holidays. Respite days during school holidays for children with Asperger's Syndrome aged 8+ are also available and hugely popular!



Playground and facilities (by the A4 in Taplow) for children and adults with physical disabilities, learning difficulties and sensory needs, their siblings and parents/carers. See their information page for details of available days and events. Tel: 01628 628599

6. Support for the Wider Family

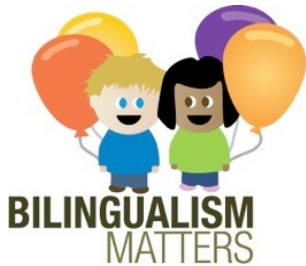


Alliance for cohesion and racial equality (previously Alafia).



Barnardo's Mums and Dads project in Berkshire: supporting parents, carers and families in the community and in diverse cultural circumstances. Guidance and advice aimed at supporting vulnerable children and their families.

Tel: 01189 863571 /64585



Bilingualism Matters provides advice and information on child bilingualism to anyone interested or involved with raising, educating and caring for bilingual and multilingual children.



Information, advice and support if your child is being bullied. Family Lives says, 'you can talk to one of our Family Support Workers through [Live Chat](#), [email us](#) or call our confidential helpline on [0808 800 2222](#). You can also share experiences and advice with other parents on our [Forums](#). Family Lives is here for you 24 hours a day, seven days a week. You can contact us about any family issue, big or small.



For Dads - Free expert advice and support from legal issues, child development to financial advice and everything in between, plus Dad Talk forum.



Supports children and their families affected by life-threatening illness or bereavement of someone close to them.

Tel: 0118 934 2604

Disabled Parents NETWORK

Helpline and General Enquiries: 07817 300103

A national organisation for disabled people who are parents
or hope to become parents, and their families, friends and supporters

Gingerbread

Single parents, equal families

Expert advice, practical support and campaigning for lone parents. Tel: 0808 802 0925



Practical tips from people with first-hand experience of learning disability, autism and special needs. - See more at: <http://www.netbuddy.org.uk/#sthash.CUBTmzC9.dpuf>

Peapods



Parent-to parent support for families with physically disabled children.



UK charity representing the needs of the siblings of disabled people. Support for children and adult siblings; information for parents and professionals.



Service that helps people aged 18+ with problems such as anxiety, depression, stress and phobias are very common. People can now self-refer or ask for a referral via their GP. The service is available in languages other than English. Tel: 0300 365 2000.



YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Section devoted to young people, plus advice and support for parents, and training for professionals. Parent helpline: 0808 802 5544