

PARENT SUPPORT

Being a parent of a child with a learning disability or a special educational needs life can sometimes be a rollercoaster journey of highs and lows.

This leaflet is to support parents with thoughts and strategies given by other parents.

SIGNPOSTING

Below are some Derby based groups that can offer support and advice.

The Lighthouse

thelighthouse@derby.gov.uk | 01332 256990

A multi-disciplinary, multi-agency service aiming to meet some of the needs of disabled children and their families. The team work with children and their families in Derby and some children and families in the south of Derbyshire, aged 0-17 years.

STePS Team

<https://stclaresschool.co.uk/steps/>

STePS (Specialist Teaching and Psychology Service) ASD Team provide a parent drop-in service that gives you an opportunity to meet other parents and to talk to our team for Children and Young People with Autism Spectrum Disorder.

New Community Achievement Team

01332 641305

Advice, guidance and support with meeting the needs of new arrival EAL pupils.
Support for initial language assessment.
One to one and group/ language/ curriculum support for EAL new arrivals.

Umbrella

01332 785658

We support children and young people aged 5 to 18 with any special need, including physical, sensory, learning & behavioural disabilities and additional needs. We are able to support a child or young person no matter what their disability as our services are person centred to meet individual needs.

Parent Carers together

<http://parentcarerstogether.com/>

The Forum is a voluntary group of parents and carers who want to make a difference. Helping to give all children and young people with special educational needs and disabilities the best possible future.

Smile

smile@jubilee.org.uk

Smile is a respite facility for children with additional needs aged over 5 years. Parents or carers are welcome to stay for a coffee and a chat or to take time out for themselves.

Funabil8y

reception@stjamescentre.org

The Fun-abil8y Service provides short break provision for over 130 young disabled people aged 3-18 years with a wide range of disabilities at our 8 specialist clubs, one-to-one in the community and programmes of activities in every holiday.

SENDIASS

<https://derbysendiass.org.uk/>

We can provide you with impartial information and advice suited to your specific needs as well as guiding you through the SEND processes and procedures. We're here to help when you're not sure of something, including:

- The law on SEND, health and social care.
- Personal budgets.
- Requesting Education Health Care Plans (EHCP) – formerly statutory assessment.
- The Local Offer (what is available in Derby).

Special Friends

info@special-friends.co.uk

www.facebook.com/specialfriendsbelper

A local charity that supports children with additional needs and their families within seven miles of Belper.



ONLINE INFORMATION AND ADVICE

There are several online groups which parents can access to get information and support. Some groups are specific towards a particular diagnosis, some are general support groups.

Council for Disabled Children

councilfordisabledchildren.org.uk

Young Minds

0808 802 5544 (Monday to Friday) 9.30-4pm.

<https://youngminds.org.uk/>

Contact

www.contact.org.uk

SOS SEN

www.sossen.org.uk

Turn2us

<http://advicefinder.turn2us.org.uk/home/Terms/98?search=Area>

Turn2us is a national charity helping people when times get tough. They provide financial support to help people get back on track and can signpost to support groups or charities within Derby.

Changing Places

www.changing-places.org/

Informs parents / carers of locations across Britain where there are disabled changing facilities.

SOME PARENT THOUGHTS

‘The life you expected for your child isn’t always what you thought it would be, but there are going to be plenty of new beginnings new journeys’.

‘Don’t be afraid to ask for the support, try to be specific with what you need’.

‘Make a note of questions or thoughts as they happen. When you get a meeting take your list with you’.

‘If you are not sure what the professionals are saying ask’.

‘Ask for support before you need it. Don’t wait for a crisis’.

‘The larger family also need support, grandparents, siblings etc’.

‘It’s hard but make time for yourself also, go for a walk, meet a friend’.

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DERBY

SEND

Healthy Minds Network

