

Local support and Information

Derby City Council local offer

Tel: 01332 640000 (Monday to Friday 8.30am–5.00pm)

Minicom: 01332 640666

www.derby.gov.uk/education-and-learning/special-education-needs-disabilities

Derbyshire county council local offer:

Email: www.derbyshiresendlocaloffer.org

Tel: 01629 533190

<https://localoffer.derbyshire.gov.uk/#!/directory>

Derbyshire Healthcare Foundation Trust

<https://www.derbyshirehealthcareft.nhs.uk/>

Provides health services to children and families, people with learning disabilities, people experiencing mental health problems and people with substance misuse needs

Emotional wellbeing support in Derby and Derbyshire

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>

The following groups have been recommended by parents who have attended previous sessions and have not been verified by the NHS.

Umbrella

<https://umbrella.uk.net/>

Umbrella enables disabled children and young adults to realise their full potential. We are based in Derby City and provide local services in Derby City and the Derbyshire County.

Shout

We are a group based in Swadlincote, South Derbyshire and the surrounding areas for parents of children with disabilities and special needs. We hold monthly parent support group meetings (alternate daytime 12:30 -2:30 and evening 7:30-9:30) at Greenbank Leisure Centre (2nd Tuesday of the month). We also organize activities days for the children and families, arts and crafts, sports and leisure. Come along and join in.

Croak carers and relatives of autistic kids

The Cafe at Big Kirk Hallam Community Centre, Kenilworth Drive, Kirk Hallam DE7 4NU

Tel 07568 196968

ALL WELCOME! No diagnosis necessary. Does your child have ASD or ADHD? Are you looking for support? If you need company from people who understand then you've come to the right place!

Derbyshire parent carer voice

info@derbyshireparentcarervoice.org

Call 01629 533666

We are a registered charity which is run by parent/carers volunteers with children/young people with Special Educational Needs and/or Disabilities. We organise parent participation, providing the opportunity to talk about all the services they receive in Derbyshire.

Advocates for children with ADHD

A parent led support group for parents with children diagnosed with ADHD and/or Autism.

The meetings are held monthly in Derby. Affiliated to the Butterflies ADHD Support Network.

Has an open Facebook page called Advocates for ADHD and Autism (Derby) and a closed discussion Facebook page called Advocates for ADHD and Autism Conversations.#

Special needs circle

Tel: 07495 551974

Email: Admin@specialneedscircle.co.uk

Charity supporting families with children with special needs & disabilities living in the East Midlands and East Staffordshire. They organise regular social outings and information sharing events.

National support and information

ADHD Foundation

<https://www.adhdfoundation.org.uk>.

Our team understand first-hand the issues around ADHD, sharing their experience and providing skill support and encouragement.

ADDISS

<http://www.addiss.co.uk/>

The National Attention Deficit Disorder Information and Support Service.

We provide people-friendly information and resources about Attention Deficit Hyperactivity

Additude

<https://www.additudemag.com/>

Articles and support

Sleep council

<https://sleepcouncil.org.uk/getting-a-good-night-sleep-for-children/>

Practical tips and advice on sleep hygiene and all the latest research.

NSPCC

<https://www.nspcc.org.uk/>

National support, you can access advice around children's behaviour and how to keep them safe. Links to support for adults and children.

Young Minds

<https://youngminds.org.uk>

Advice and support for families and teenagers.

Bridge the Gap

A mental health organisation that supports the emotional wellbeing/mental health of children and parents.

<https://www.jwbridgethegap.com/>

Sibling support

<https://www.youngsibs.org.uk/>

Website dedicated to supporting siblings, they offer lots of practical advice and support.

Support workers available for online chats and online chats with other siblings. (registration required)

Kooth

<https://www.kooth.com/>

Helpful articles, personal experiences and tips from young people and our Kooth team. "Chat to our helpful team about anything that's on your mind. Message us or have a live chat." Free, Safe and anonymous

Samaritans

www.samaritans.org/samaritans/contact-us

Get in Touch About Anything That's Troubling You No Matter How Big or Small the Issue Is. We're Here to Help You Work Through What's on Your Mind. Call Us on Our Free Number. 24/7 Confidential Support. [Call Us Free On 116 123](tel:116123). You Talk, We Listen.

Childline

www.childline.org.uk/

Get help and advice about a wide range of issues, [call us on 0800 1111](tel:08001111), talk to a counsellor online, send Childline an email or post on the message boards

Family Fund

<https://www.familyfund.org.uk/>

Provide one off grants for household items and holidays

Disability Living allowance

<https://www.gov.uk/disability-living-allowance-children>

Money for children who may need extra support to access everyday tasks. Different rates paid.