

PARENT CARERS

Depending on the needs of the child being cared for, you may find other of our handouts relevant, such as Learning Difficulties or Mental Health Services. Please feel free to contact us and ask for a free copy.

Services for children with special needs are offered by a number of organisations including the NHS, West Sussex County Council, Education Services and voluntary organisations. Information under West Sussex County Council (Social Care) and Health Services in the main Carers Information Pack may also be of help. ICIS 0800 859929 can provide specialised information.

ADDISS

www.addiss.co.uk

The Attention Deficit Disorder Information and Support Service provides information and resources about Attention Deficit Hyperactivity Disorder (ADHD) to anyone who needs assistance - parents, sufferers, teachers or health professionals. Information is available from publications through the website with a range of resources about of ADHD and associated conditions.

ADHD SUSSEX SUPPORT GROUP

www.sussexadhd.org.uk

Support group for people with and or caring for someone with ADHD (Attention Deficit Hyperactivity Disorder). Regular drop-in sessions, phone helpline, newsletter, study days and talks, and information packs and library are available.

ADUR SPECIAL NEEDS PROJECT (ASP)

Provides weekend respite on the second and fourth weekend of each month, from 9.30am to 3pm Saturday and Sunday for 5-23 year olds at the Glebelands Day Care Centre. They also run a summer scheme in the summer holidays.

ASHDOWN CLUB FOR CHILDREN WITH SPECIAL NEEDS

01903 528607

www.guildcare.org

Based at 6-8 Ashdown Road, the Ashdown Club offers a safe and stimulating environment for children with a wide range of special needs, both physical and behavioural, providing play and fun while being supervised. The **club** runs on Saturdays and 20 school holiday sessions. There is a **youth club** aimed at children aged 12 to 18 which runs on Wednesday evenings and occasional sessions for siblings.

CAMELIA BOTNAR CHILDRENS CENTRE

Based in Worthing, this is a purpose built independent pre-school play centre for children with special needs, open Mon – Fri 50 weeks of the year.

CHALLENGING BEHAVIOUR FOUNDATION

www.thecbf.org.uk

Offers information and support to parents, carers and professionals of people with severe learning difficulties that present challenging behaviour.

CHANCTONBURY COMMUNITY PLAYSCHEME

www.ccps-sussex.org.uk

Provides a summer play scheme for children aged 5 – 19 years with learning difficulties (must have a statement of special educational needs). Activities are matched to the children's ability and needs and range from wheelchair ice skating to music workshops and from fashion shows to visits to the funfair.

CHILDREN AND FAMILY CENTRES

Several Children and Family Centres, affiliated to West Sussex County Council, have been set up locally, offering a one-stop shop for parents and children with play sessions, drop-ins, adult and family education, family outreach, information on family related issues and access to family health care. Parents are welcome to drop-in to their local centre and see what is on offer.

- Durrington, tel: 01903 276888.
- Littlehampton, 01903 276840.
- Maybridge (Worthing), tel: 01903 276890.
- Kingston Buci (Shoreham by Sea), tel: 01273 467998.

CHESTNUT TREE HOUSE

www.chestnut-tree-house.org.uk

Children's hospice for children and young people from 0 -19 years of age with progressive life-limiting and life threatening illnesses. Offers respite care, crisis care, day care, end of life care and bereavement support for children and adults.

CHILD DISABILITY TEAMS (NORTH and SOUTH)

North (Horsham) 01403 246450

South 01243 642424

Teams set up by West Sussex County Council (Children and Young People's Services) to meet the needs of severely disabled children and their families. Includes a **sitting service** for children with disabilities in their own home, providing a break for parents and carers - for an initial referral to the service contact your local Helpdesk.

CONTACT A FAMILY (CAF)

www.cafamily.org.uk

National charity for any parent or professional involved with or caring for a child with any special need or rare disorder. Services include putting families in touch with support groups for specific medical conditions as well as linking individual families affected by rare disorders.

DREAMS COME TRUE

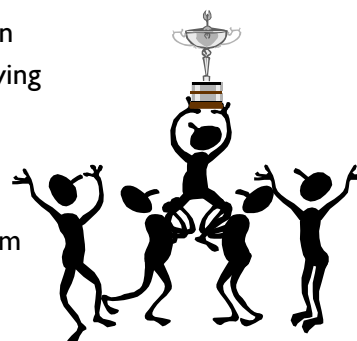
www.dctc.org.uk

Nationwide charity whose aim is to lift the spirits of seriously and terminally ill children (aged 2 - 21 years inclusive), by enabling them to fulfil their most treasured dreams.

EDUCATION

Many children will have special educational needs of some kind at some time during their education. Schools and other organisations can help most children overcome the barriers their difficulties present quickly and easily. But a few children will need extra help for some or all of their time in school. For example they may have difficulties with:

- All of the work in school
- Reading, writing, number work or understanding information
- Expressing themselves or understanding what others are saying
- Making friends or relating to adults
- Behaving properly in school
- Organising themselves
- Some kind of sensory or physical need which may affect them in school



Further information can be found in the booklet 'Special Educational Needs, a Guide for Parents'. To obtain a copy contact the Parent Partnership Service on 0845 075 1008, or direct from DfES Publications Centre on 0845 602 2600. Website: www.dfes.gov.uk

FACE2FACE

www.face2facenetwork.org.uk

Face 2 Face is a network of trained volunteer befrienders who can help parents make positive adjustments to the news that their child has a disability. Parents can contact the national number above, or for the local contact, see the details under Springboard Project Parent Plus, later in this handout.

FAMILY FUND

www.familyfund.org.uk

Helps families of severely disabled or seriously ill children with grants related to the care of the child including holidays, leisure, laundry equipment, driving lessons and more. Aims to help all families with an income of £23,000 pa or less.

FAMILY RESOURCE TEAM – COUNTY TEAM

Tel: 01903 236562

Team providing a service to anyone in the county with children and young people, their families and carers who are having problems at home or in school and at risk of family breakdown. The team provides short-term intensive support for the child, young person and their family, to enable them to remain at home, or with their family network and within school. The range of services includes time-limited family work, individual work with children and young people, parent support and education, group work, crisis response and school support programme.

FAMILY SUPPORT WORK

www.familysupportwork.org.uk

Works intensively with families in East and West Sussex to overcome difficult periods in their lives with positive emotional and practical advice. Offers home visits, one-to-one meetings, support groups and drop-ins as well as signposting to other agencies for legal and financial issues.

HOME START

www.home-start.org.uk

Home Start is a charity which offers free support, friendship and practical help to families with at least one child under 5. Families are visited regularly in their own homes by volunteers. Local Home Start offices are at:

- Arun, tel: 01243 869611.
- Crawley & Horsham, tel: 01293 416 327. www.home-startcrawleyandhorsham.org.uk
- Worthing & Adur, tel: 01903 236 916. www.wahomestart.org.uk

I CAN

www.ican.org.uk &
www.talkingpoint.org.uk

Educational charity that helps children with speech and language difficulties. I CAN's UK-wide network of Early Years Centres will provide support for children with disabilities. Also provides advice, information and training to professionals in early years settings to enable them to set up services that will help all children develop their communication skills. Always aims to involve children and families in the services provided to them. Employs evidence-based methods and expertise. Develops and evaluates new effective approaches to supporting children. Works in partnership with other services and families to improve services. Shares information about plans and progress in order to be accountable.

IPSEA (INDEPENDENT PANEL FOR SPECIAL EDUCATION ADVICE)

www.ipsea.org.uk

Offers free and independent advice and support on education matters for parents of children with special educational needs.

LEISURE ACTIVITIES FOR PEOPLE WITH SPECIAL NEEDS

0800 859929

ICIS hold comprehensive up to date information and contact details of clubs and leisure activities available throughout the county for adults and children.



LOOK

www.look-uk.org

Look Sussex is a charity providing information and support for families in East & West Sussex who have a child or young adult with a visual impairment.

NATIONAL CHILDREN'S BUREAU

www.ncb.org.uk

Their mission is to advance the well-being of all children and young people across every aspect of their lives. Has a library and information service, publications and training and consultancy. Some publications are free.

PARENT PARTNERSHIP SERVICE – WEST SUSSEX

<http://wsgfl.westsussex.gov.uk/pp>

Service for parents and carers of children with special educational needs. Can provide advice and information on educational issues, has a **Parental Supporter Scheme** for parents and carers in need of assistance and support when aspects of their child's special educational needs are being discussed or assessed. Produces a termly newsletter, arranges information events for parents and carers, and works with voluntary networks and service providers to promote greater understanding and working together in respect of special educational needs.

PHAB SUSSEX

Aims to promote and encourage adults and children with and without physical disabilities to come together on equal terms, to achieve complete integration within the wider community, mainly through Junior and Senior clubs and projects.

PORTAGE SERVICE – WORTHING

Home visiting educational service for families with pre-school children who have additional support needs.

REACH - THE ASSOCIATION FOR CHILDREN WITH HAND OR ARM DEFICIENCY

www.reach.org.uk

Parent support organisation providing contact with other families with similar problems.

SATURDAY CLUB

www.worthingscope.org.uk

Run by Worthing & District Scope, for children with cerebral palsy and their families. The group meets on the last Saturday of the month and welcomes the whole family to meet and play.

SEARCH LTD

Charity providing respite care and support to parents of children with disabilities in their own home. Care is provided for children aged up to 19 with varying disabilities and behavioural problems. Covers the area from Portsmouth to Brighton and north to Crawley and surrounding areas.

SIBS

www.sibs.org.uk

Sibs is for the child or adult brothers and sisters of people with disabilities. Their aim is to enhance the lives of siblings by providing them with information and support, and by influencing service provision for siblings throughout the UK.

SITTING SERVICE

Sitting service for children with disabilities in their own home, in order to offer a break for parents and carers. Referral is via West Sussex County Council helpdesk.

SNAP - LITTLEHAMPTON

Drop-in for parents of children with special needs. Take the child, their brothers or sisters under five, a friend or go alone. Chat over a cup of tea or coffee, share experiences, find out about other relevant groups or share new skills for living with a child with special needs. The premises are fully accessible with a wheelchair accessible toilet and parking.

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SPRINGBOARD PROJECT PARENT PLUS

Parent Plus is part of the Springboard Project's Early Years service which offers friendship, guidance and support to parents and their family who have a child recently diagnosed with a disability.

SUSSEX AUTISTIC SOCIETY

www.sussexautisticsociety.org

For support, membership advice and information about autism for families in East and West Sussex. The society offers an outreach respite care service. Local parent support groups and Asperger support groups run in East and West Sussex. The aim of these groups is to provide an informal opportunity to exchange information, ideas and news and give an opportunity for parents to meet each other. Children are welcome, but parents will be responsible for them.

West Sussex Parent Action Group Transition 18+/Adults with autism – meets every other month at The Hub, Littlehampton.

Sussex Autistic Society - Southdowns Family Centre, based at The Laurels, Sheepfold Close, Rustington, provides a friendly and welcoming place for families to meet, where support and advice is offered. Family sessions for autistic children and their siblings operate on two Saturdays a month which include drama, art, play, cookery, computing, sport and a multisensory and music environment to encourage sensory awareness, interaction, and confidence.

SUSSEX ADHD SUPPORT GROUP

www.sussexadhd.org.uk

Support group for people with or caring for someone with ADHD (Attention Deficit Hyperactivity Disorder) with persistent difficulties in attention span, poor impulsive control or hyperactivity.

THE HUB, LITTLEHAMPTON

Multi agency team affiliated to West Sussex County Council Childrens Services, providing easier access to family support services for children and young people and their families. The team delivers family support, advice and help to parents and children. *Area(s) covered: East Arun.*

SAMUEL'S WORLD WEBSITE

www.samuelworld.co.uk

This website offers support, advice and a listening ear for parents of children with Tourette Syndrome, attention deficit hyperactivity disorder (ADHD), Aspergers Syndrome and obsessive behaviour disorder.

WELLSPRING WEST SUSSEX

01903 859929

www.wellspringwestsussex.org.uk

This registered charity is for children and young people with disabilities and special needs, and their parents and carers in West Sussex. A free, quarterly newsletter is produced providing information about local and national services, leisure opportunities and articles focusing on issues of interest.

WEST SUSSEX COUNTY COUNCIL CHILDREN AND YOUNG PEOPLES SERVICES

Social care workers support children in their families and communities through integrated service delivery area (ISDA) teams, child disability teams (CDTs) and occupational therapy teams.

ISDA teams work with children with additional needs, but not those with complex disabilities. You can contact your local ISDA by calling 01243 642 555.

Child disability teams provide a social work service to children who have severe and/or complex disabilities and their families. They can offer advice and assess your child's needs and your needs as a parent carer and discuss possible services with you, including care in your home, short breaks, and activities for your child. For the Child Disability Team covering Chanctonbury phone: 01403 246450, for Worthing & Adur phone 01903 839015, and for Arun phone 01243 642424.

Staff in **Childrens Occupational Therapy** assess children and recommend ways to help them to be as independent as possible at home. Eg they may suggest equipment, advise on adaptations to your home to make caring for your child easier and safer, assist with getting ramps, handrails and other equipment, or help you to apply for grants that may be available. You can contact children's occupational therapy through OT Connect, phone 01903 839100.

WEST SUSSEX PARENTS FORUM

www.westparentsforum.co.uk

This forum run by parents for parents is a friendly group of parents who meet to discuss real issues affecting children and young people aged 0 – 25 with learning difficulties and disabilities in West Sussex, and aims to give parents a voice in influencing support services available and service providers. Whilst it is unable to operate as an individual advisory or support service it can signpost parents to organisations which can help. The West Sussex Parents Forum is supported by the West Sussex Childrens Trust, whose partner agencies are West Sussex County Council, the NHS in West Sussex, Probation Service, Police, Learning and Skills Council, District and Borough Councils, Connexions and the Voluntary Sector.

WEST SUSSEX CHILDRENS INFORMATION SERVICE

www.childcarelink.gov.uk

- The Children's Information Service - a central point of information about all aspects of childcare for parents and carers
- The FIRST programme consists of training, support and advice to help early years and childcare practitioners provide the best possible experience for all children in their setting,
- Contact for Children and Family Centres (under fives) in West Sussex.

WHERE DO I GO FROM HERE?

This free guide for parents, produced to assist parents find out what services are available and who can help, is available from West Sussex County Council (Social Care).

WORTHING AND DISTRICT SCOPE FIELDWORK SERVICE

www.worthingscope.org.uk

A local charity that offers support and services to adults and children with cerebral palsy and their carers.

YOUNG MINDS

www.youngminds.org.uk

National charity committed to improving the mental health of all babies, children and young people. Services include the Parents' Information Service helpline for anyone with concerns about the mental health of a child or young person, YoungMinds Consultancy and YoungMinds seminars and training. Produces information leaflets and booklets for young people, parents and professionals and publishes a magazine.