



Strategies resource bank 2021/22

A guide to strategies and resources to support
families and carers of children and
young people with SEND



HILLINGDON
LONDON


www.hillingdon.gov.uk




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Home- start Hillingdon

<p>Name: Home- start Hillingdon</p>	
<p>Summary: Home-Start Hillingdon supports families who live in the London Borough of Hillingdon. Being a parent, whatever your situation, can be incredibly challenging, especially when children are young. Many parents feel exhausted and overwhelmed by the stresses of family life. For some parents it's a particular struggle because they are also coping with issues such as post-natal depression, their or their child's illness or disability, isolation, or multiple births.</p>	
	<p>Key Points: Home-Start Hillingdon recruits and trains local volunteers and carefully matches a volunteer to visit a family in their own home for a couple of hours a week. All the families we support must have at least one child under five.</p>
<p>SAS Link: SEND Key Worker</p>	<p>Further Information: Homestart Referral Form.doc (sharepoint.com)</p>

<p>Name: Hillingdon Autistic Society (HACS)</p>	
<p>Summary: HACS (Hillingdon Autistic Care & Support) is local charity based in the London Borough of Hillingdon for children and young people on the autism spectrum. Through provision of high-quality Family Support, Training, Recreation Services and Employability services, the aim of the charity is to minimise disability and maximise ability of autistic individuals. We strive to improve quality of life for autistic children, adults, and their families through continued efforts to raise awareness of autism, campaigning for appropriate support at local and national level and by promoting inclusion in universal services.</p>	
	<p>Key Points: The service offers services to autistic children, young people, and adults. HACS also support parents, carers, family members and professionals supporting people on the autism spectrum.</p>
<p>SAS Link: SEND Key Worker</p>	<p>Further Information: http://www.hacs.org.uk</p>



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Centre for ADHD and Autism Support

Name: Centre for ADHD and Autism Support

Summary:

We provide information, training, support groups and practical help to residents of Northwest London, primarily the Boroughs of Harrow and Hillingdon.



Key Points:

Our support services encompass education, benefits, parenting and care advice with signposting to other agencies if appropriate. We also offer specialised parenting courses, workshops, and training

SAS Link:

SEND Key Worker


Further Information:

enquiries@adhdandautism.org

Television House
269 Field End Road
Eastcote
HA4 9XA
020 8429 1552.

www.adhdandautism.org/contact/

National Autistic Society

Name: National Autistic Society	
Summary: We are the UK's leading charity for people on the autism spectrum and their families. Since 1962, we have been providing support, guidance, and advice, as well as campaigning for improved rights, services, and opportunities to help create a society that works for autistic people	
	Key Points: <ul style="list-style-type: none"> - Advice and guidance - Get expert advice on a wide range of issues affecting autistic people and their families. - Education, Diagnoses, Mental Health, and others.
SAS Link: SEND Key Worker	Further Information: supportercare@nas.org.uk nas@nas.org.uk https://www.autism.org.uk/ 0808 800 1050 0207 833 2299

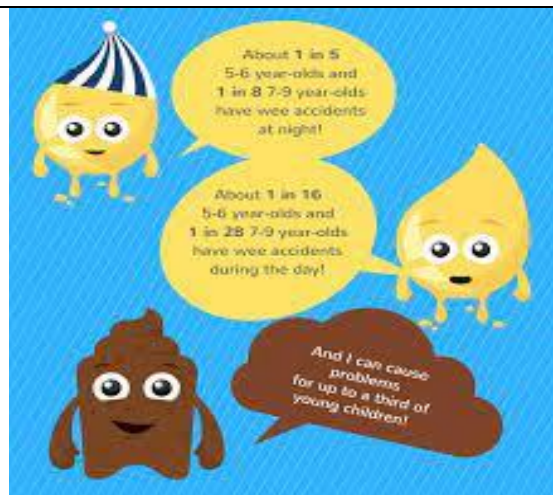
ERIC: The Children's Bowel and Bladder Charity

Name: ERIC: The Children's Bowel and Bladder Charity

Summary:

Tackling the challenges of bowel and bladder conditions together, for young lives free of shame and fear.

Our vision is that "every child and teenager with a bowel or bladder condition can access support and live free from embarrassment, shame, isolation and fear".



Key Points:

ERIC, The Children's Bowel & Bladder Charity has been dedicated for over 30 years to improving the lives of all children and teenagers in the UK facing continence challenges.

SAS Link:


SEND Key Worker

Further Information:


[Contact us | ERIC](#)

[Free helpline: 0808 169 9949](#)

Cerebra

<p>Name: Cerebra</p>	
<p>Summary: Over 500,000 children in the UK live with a brain condition. This can make normal activities such as learning, playing, or simply experiencing the world a huge challenge. Through our research we offer solutions and advice to help these children and their families enjoy lives full of hope and discovery</p>	
	<p>Key Points:</p> <ul style="list-style-type: none"> - Education and transport - DLA and accessing public services - Getting some sleep - Stress and emotional wellbeing - Toilet training and continence - Managing behaviour - Understanding my child's condition
<p>SAS Link: SEND Key Worker</p>	<p>Further Information: Cerebra - Working with you and your amazing child Email: enquiries@cerebra.org.uk</p> <p>The MacGregor Office Jolly Tar Lane Carmarthen SA31 3LW Helpline (freephone): 0800 328 1159 Telephone: +44 (0) 1267 244200</p>

Contact For families with Disabled children

<p>Name: Contact For families with Disabled children</p>	
<p>Summary: Support for families We're here to support families, providing the best possible guidance and advice. Policy, campaigns, and research As a campaigning organisation, we influence policy and campaign, so politicians and decision-makers tackle the inequalities faced by families with disabled children Parent carer participation Working together, parents and practitioners can help improve services for disabled children in the local areas</p>	
	<p>Key Points: We run special projects and programmes across the UK. Find out about our key programmes, their aims, impacts. We exist to help families feel valued, supported, confident and informed</p>
<p>SAS Link: SEND Key Worker</p>	<p>Further Information: Our helpline Contact Helpline tel:+4408088083555</p>

Targeted Programmes

<p>Name: Targeted Programmes</p>	
<p>Summary: Adolescent Development Services continues to offer support, advice and interventions for young people who live, learn, earn and are Looked After by the London Borough of Hillingdon.</p>	
 <p>The graphic features a yellow background with a white banner in the center containing the text 'Targeted Programmes'. Above the banner, the words 'ADOLESCENT DEVELOPMENT SERVICES' are written in white. The graphic has a dashed border at the top and bottom.</p>	<p>Key Points:</p> <ul style="list-style-type: none"> - Targeted Programmes' Referral criteria Referral agencies are asked to note Targeted Programmes' access criteria before submitting access requests. - This criteria can be accessed on the link below
<p>SAS Link: SEND Key Worker</p>	<p>Further Information: Adolescent Development Services - Targeted Programmes - Access request Form (Page 1 of 6) (office.com) Telephone: 01895 277 222 Email: targetedprogrammes@hillington.gov.uk</p>

Family Fund

Name: Family Fund

Summary

An independent organisation mainly funded by the government administrations of England, Scotland, Northern Ireland and Wales. Family Fund can give grants and information to families caring for a severely disabled child aged 17 or under.



Key Points

Family Fund, Supporting You Further
Family Fund want to support as many families as we can. As well as our grants, there are other ways that we can support you.

Digital Support

Family Fund provide iPad training and digital support to families that have received a grant from us.

SAS Link:

SEND Key Worker

Further information:

www.familyfund.org.uk

Info@familyfund.org.uk

4 Alpha Court
Monks Cross Drive Huntingdon
York
YO32 9WN

08449 744099


Textphone: 01904 658 085

British Institute for Learning Disabilities (BILD)


<p>Name: British Institute for Learning Disabilities (BILD)</p>	
<p>Summary BILD Offers a range of services to support those working with people with learning disabilities and their families. These services include training for professionals, information services and one- day events and conferences.</p>	
	<p>Key Points We work to develop the skills and culture necessary to understand people’s needs and improve their quality of life. Our approach applies a rigorous evidence base, broad expertise and long-standing experience to find and enable both short and long-term solutions that bring about lasting change.</p>
<p>SAS Link: SEND Key Worker</p>	<p>Further information www.bild.org.uk enquiries@bild.org.uk Champion House, Green Street Kidderminster Worcestershire DY10 1JL 01562 723010</p>



British Association for Counselling and Psychotherapy (BACP)

Name: British Association for Counselling and Psychotherapy (BACP)	
Summary The association aims to promote counselling, maintain and raise standards, provide information, advice and lists of counsellors, and represent counselling and psychotherapy at national level.	
	Key Points BACP exist for one simple reason - counselling changes lives The British Association for Counselling and Psychotherapy is the professional association for members of the counselling professions in the UK.
SAS Link: SEND Key Worker	Further information www.bacp.co.uk bacp@bacp.co.uk BACP House 15 St John's Business Park Lutterworth Leicestershire LE17 4HB 0870 4435252

The Children's Sleep Charity

Name: The Children's Sleep Charity	
Summary They offer different training packages around sleep and train both parents and professionals. They run sleep clinics and a sleep practitioner course, a sleep tight workshop, a sleep success workshop and a foster carer's sleep training.	
	Key Points The Childrens sleep Charity are one of the leading, independent expert voices on sleep issues in the UK and we are here to help everyone get a better night's sleep. Whether it's advice, education or support for children, teenagers, adults, workplaces or professionals, we are on hand with expert knowledge, resources and accredited training. It's time to wake up to sleep.
SAS Link: SEND Key Worker	Further information Info@thesleepcharity.org.uk http://www.thechildrenssleepcharity.org.uk/ 01302 751416 07912 667676

Ambitious about Autism

Name: Ambitious about Autism	
Summary A national charity for children and young people with autism. It provides services, raises awareness and understanding, and campaigns for change. It also offers specialist education and support.	
	<p>Key Points</p> <p>All our work supports children and young people with autism. We run specialist education services, an award-winning employment programme and children and young people are at the heart of our charity's decision-making, policy work and campaigning.</p> <p>We also use our expertise to deliver training and consultancy to a wide range of organisations to improve awareness and understanding of autism.</p>
<p>SAS Link: SEND Key Worker</p>	<p>Further information www.ambitiousaboutautism.org.uk</p> <p>School enquiries: 020 88155424</p> <p>General enquiries: 020 88155444</p>

Bliss

Name: Bliss

Summary

A UK charity that helps care for premature and sick babies. It supports families, funds cutting-edge research and campaigns for improved hospital resources.



Key Points

- have the best chance of survival
- have well-supported parents playing an active role in their decision-making and care
- are cared for in neonatal environments that best support their development
- benefit from neonatal research that can lead to practical improvements in their care
- receive high-quality care within a neonatal health system which is appropriately funded, structured and staffed.

SAS Link:

SEND Key Worker

Further information

[For babies born premature or sick | Bliss](#)

hello@bliss.org.uk

2nd Floor
9 Holyrood Street
London
SE1 2EL

Free help and advice line: 0500 618140 & 020 73781122

Hillingdon Carers Trust (Young Carers)

Name: Hillingdon Carers Trust (Young Carers)

Summary

Young carers are children and young people, aged 5 – 24 years, who provide regular and ongoing care to a family member who has a long-term illness, disability, mental health issue or misuses substances. The family member may be a parent, sibling or grandparent living with them.

Caring responsibilities can have a significant impact on young people and can affect their physical and mental health, education and social opportunities.

Hillingdon Carers has been supporting young carers since 2001.

We aim to mitigate the impact of caring on young people through the provision of emotional support, school liaison, information and advice and regular social activities. We also work in partnership with local organisations and schools to identify young carers and raise awareness of their needs.



Key Points

- Supported transition (16 - 24 year olds)
- Family support service
- Working with schools

SAS Link:


SEND Key Worker

Further information

[Contact us - Carers Trust Hillingdon](#)

Carers Trust Hillingdon
126 High St, Uxbridge UB8 1JT

P3

<p>Name: P3</p>	
<p>Summary</p> <p>You don't need to wait until a problem is getting on top of you before you try talking with someone.</p> <p>Our community drop-in centre, or 'Navigator Plus', is open to all young people who need advice or support about a range of topics, including your housing situation, challenges in your home life or relationships, or even if you simply need pointing in the right direction.</p>	
	<p>Key Points</p> <p>The Navigator provides a safe space where you can get support with:</p> <ul style="list-style-type: none"> - Your mental/physical wellbeing - Accessing specialist services - Dealing with debt/financial issues - Accessing education and employment - Drug/alcohol misuse - Relationships with family, friends or partners - Our Navigator also run a variety of activities and peer support groups – contact us to find out more.
<p>SAS Link: SEND Key Worker</p>	<p>Further information Contact (freephone) 01895 436114</p> <p>navplus@p3charity.org</p>

Hillingdon Carers

Name: Hillingdon Carers

Summary

Here at Hillingdon Carers, we have a vision of becoming the gateway to a better life for all unpaid carers in Hillingdon and we are committed to making every carer contact count. Our experienced staff team has over 100 years of experience working with carers in the diverse neighbourhoods of Hillingdon. We have an excellent reputation for quality support and advice and all our services have been developed in direct response to carers' 'lived experiences'. Our services include:



Key Points

A drop-in Advice Centre on Uxbridge High Street plus a borough-wide outreach programme Support from Carer Advisor's for:

- Expert Welfare Benefit advice
- Help with form-filling
- Assistance in accessing Social Services support
- Advocacy
- Signposting and referral to other services

SAS Link:

SEND Key Worker

Further information

[Carers Trust Hillingdon - Supporting unpaid carers in Hillingdon](#)

Telephone: 01895 811206

Email: office@hillingdoncarers.org.uk

Dyspraxia Foundation

Name: Dyspraxia Foundation

Summary

Each year the Foundation answers approximately 10,000 enquiries and distributes more than 20,000 leaflets about the condition. The Foundation seeks every opportunity to increase understanding of dyspraxia/DCD, particularly among professionals in health and education.

The Foundation is run by fewer than six full-time equivalent paid staff and is supported extensively by volunteers. Its work is funded entirely by voluntary donation and membership subscriptions



Key Points

The objectives of the Foundation are:

- To support individuals and families affected by dyspraxia/DCD.
- To promote better diagnostic and treatment facilities for those who have dyspraxia/DCD.
- To help professionals in health and education to assist those with Dyspraxia/DCD.
- To promote awareness and understanding of dyspraxia/DCD.


SAS Link:

SEND Key Worker

Further information

[Dyspraxia Foundation - 30th Anniversary | Dyspraxia/DCD Awareness](#)

Halo Children's Foundation

<p>Name: Halo Children's Foundation</p>	
<p>Summary</p> <p>Helping children rebuild their lives</p> <p>If you are here, you may be facing some of the most difficult times of your life and perhaps dealing with unfamiliar terrain that illness, death, grief and loss can bring with them.</p> <p>Our goal is to provide you with the tools and resources to help guide you through situations you may be facing.</p>	
	<p>Key Points</p> <ul style="list-style-type: none"> - A monthly expressive art and play session - Peer Support - A bereavement book library - Personalised memory boxes - Forever cushions - Funded trips - School support - Counselling referrals - After school and gardening club - A bereavement play café
<p>SAS Link: SEND Key Worker</p>	<p>Further information</p> <p>Halo Children's Foundation Child Bereavement Charity London UK (halochildrensfoundation.org.uk)</p> <p>info@halochildrensfoundation.org.uk</p>

Mermaids

Name: Mermaids

Summary

Mermaids aims to inform and support families of children and young people who question their gender and express it differently. We understand the emotions involved in supporting a gender-variant child, and the confusion over where to turn for help. We offer families the benefit of our experience in dealing with transgender issues, and provide access to the support and knowledge of others in similar situations.



Key Points

Young children enjoy role-play and dressing-up during childhood, this exploration is normal and healthy. Exploring different roles helps children learn about the world, relate to other people and understand themselves better. For some children this exploration goes further, and they question the gender they have been born into and the expectations this places on them. As a parent or carer it can be worrying and confusing when a child prefers playing with toys associated with the opposite gender or dressing in the other gender's clothes. Some children may request the use of a different name or insist that they aren't a boy/girl but the opposite.

SAS Link:

SEND Key Worker


Further information

<http://groups.yahoo.com/group/Mermaids-UK-parents/>

Email:

info@mermaidsuk.org

New life

Name: New life	
<p>Summary</p> <p>Every day, Newlife is changing the lives of disabled and terminally ill children across the UK.</p> <p>We provide thousands of items of equipment every year. Fast-tracking delivery, to prevent suffering and when time is very precious. Childhood cancers, birth defects, accidents, diseases and infections can all cause disability. They are affecting children and their families every day.</p>	
	<p>Key Points</p> <p>Childhood cancers, birth defects, accidents, diseases and infections can all cause our precious babies, children, and young people to face lifelong challenges. It happens to dozens of children and their families every day.</p> <p>Newlife exists because if it was your child, you would want the best for them and that's what we are working for every day.</p>
<p>SAS Link: SEND Key Worker</p>	<p>Further information</p> <p>Resources and Documents - Newlife Charity</p>

Rainbow trust

Name: Rainbow trust

Summary

There are an estimated 86,625* children in England with life-limiting or life-threatening conditions. This number has trebled over the last 17 years and is rising. Thousands of families have to face the very real possibility that their child may die and struggle to cope on a day to day basis. Our Family Support Workers provide a lifeline to these families and children.

When a child has a serious illness, family life is turned upside down and time becomes more precious than ever. Rainbow Trust pairs each family with an expert Family Support Worker who enables them to make the most of time together, giving them practical and emotional support, whenever they need it, for as long as is needed.



Key Points

We support the whole family including parents, carers, the unwell child, brothers, sisters and grandparents. Support is hugely varied and depends on the needs of the family. It can include:


- listening to a family's fears and anxieties
- helping to explain illnesses, diagnoses and treatments
- keeping a seriously ill child company during hospital stays
- driving families to medical appointments to help save time and money
- organising fun activities to help sick children, their brothers and sisters
- support through bereavement and grief.

SAS Link:
SEND Key Worker

Further information

[Supporting Children and Families | Rainbow Trust Children's Charity](#)

SANE

<p>Name: SANE</p>	
<p>Summary SANE was established in 1986 to improve the quality of life for people affected by mental illness, following the overwhelming public response to a series of articles published in The Times entitled The Forgotten Illness. Written by the charity’s founder and chief executive, Marjorie Wallace, the articles exposed the neglect of people suffering from mental illness and the poverty of services and information for individuals and families. SANE's vision has remained consistent throughout its history: to raise public awareness; excite research; and bring more effective professional treatment and compassionate care to everyone affected by mental illness.</p>	
	<p>Key Points SANE is a UK-wide charity working to improve quality of life for people affected by mental illness. SANE has three main objectives linked to our aims and outcomes:</p> <ul style="list-style-type: none"> - To raise awareness and combat stigma about mental illness, educating and fighting to improve mental health services. - To provide care and emotional support for people with mental health problems, their families and carers as well as information for other organisations and the public. - To promote and host research into the causes and more effective treatments of mental illness such as schizophrenia and depression and the psychological and social impact of mental illness.
<p>SAS Link: SEND Key Worker</p>	<p>Further information SANE: The mental health charity</p>