

Special Friends Signposting List

Disclaimer: Whilst we try to keep this information up to date, Special Friends assumes no responsibility or liability for any injury, loss or damage incurred as a result of any use or reliance upon the information contained within this list and is unable to provide any warranty concerning the accuracy or completeness of any information contained herein. Please contact the organisations directly to confirm up-to-date information.

Local pre-school special needs play sessions

Bakewell: PAN (Parenting Additional Needs) at Bakewell Children's Centre , Tuesday 12.30pm-2.30pm. A monthly group offering support, information and advice to families who have a child with additional/special needs. For more information email: parentingadditionalneeds@yahoo.co.uk

Clay Cross: PAN (Parenting Additional Needs) at Clay Cross Children's Centre, Friday 10.00am-12.00pm. A monthly group offering support, information and advice to families who have a child with additional/special needs. Contact Lisa 07980 762778 or email parentingadditionalneeds@yahoo.co.uk.

Dronfield: Fairplay Support Group at Dronfield Children's Centre, Friday 12:30 - 14:45, term time only. A group for parents or carers who have a child with additional needs, call 01246 296010 for the next date.

Derby City: Sunshine Group, West End Children's Centre, Wednesday 9.30 – 11am. A group aiming to provide parents and carers of children with additional needs, aged 0-5 years, access to a safe, warm and welcoming environment to meet new friends, share experiences and provide mutual support. Contact Louise Rowlands or Jenny Nettleship on 01332 342647 for more information.

Derby City: Tegan's Butterflies, Derwent Community School, St Marks Road, Chaddesden, on the second Tuesday of the month.. A parent-led additional needs group for under 5's. See www.facebook.com/groups/472913682909977 or tel: 07722608586.

Derby City: Derby Signing Families, West End Children's Centre, on the second Tuesday of each month 1 – 3pm. This group aims to provide deaf parents and carers with children under 5 (both hearing and deaf) access to a safe and welcoming environment to meet new friends, share experiences and provide mutual support. A Health Visitor comes to the group monthly with a BSL sign language interpreter to provide a Child Health Clinic. This group is available to anyone in the Derby City area. Text 07812 301430 for more information.

Long Eaton: Little Peacocks Play Group at Long Eaton Children's Centre a playgroup for parents/carers who support children with Autism and other additional needs. Formal diagnosis is not needed. Long Eaton Children's Centre, Lime Terrace, Long Eaton, NG10 4LF. Contact: Amanda Lowdon, email: amanda.lowdon@derbyshire.gov.uk.

Matlock: PAN (Parenting Additional Needs) at Matlock Children's Centre, Monday 9.30am-11.30am. A monthly group offering support, information and advice to families who have a child with additional/special needs. For more information email: parentingadditionalneeds@yahoo.co.uk.

Newhall: ANTS (Additional Needs for Tots Session) at Newhall Children's Centre, 1st Weds of the month, 9.30-11.00am. Parent-led toddler group for children aged 0-8 years, who have disabilities/additional needs. Parents and siblings welcome if the child with additional needs is in school. Diagnosis not necessary. Contact: newhall.childrenscentre@derbyshire.gov.uk.

Woodville: ANTS (Additional Needs for Tots Session) at Woodville Surestart Children's Centre, 3rd Weds of the month 13:00 - 14:30. This monthly group provides learning opportunities for children and parents, positive play activities and play tailored to your child's ability. You will also be able to access the sensory room. Parent-led toddler group for children aged 0-8 years, who have disabilities/additional needs. Parents and siblings welcome if the child with additional needs is in school. Diagnosis not necessary. Contact the centre on 01283 224795 for further information.

Local Support Groups & Organisations

Advocates for ADHD and AS (Derby City): www.facebook.com/pages/Advocates-for-ADHD-and-Autism-Derby/232324686400. A parent-led support group for parents with children diagnosed with Attention Deficit Hyperactivity Disorder and/or Autism. The group is affiliated to the Butterflies ADHD Support Network. Group Leaders: David Steare and Carolyn Maw; telephone: 01332 367958 (David). Lunch time meetings are held once a month in Derby. Members are welcome from Derby, suburbs and surrounds.

Allergy Stars: Support group for children with allergies based in Ilkeston. Regular events and meet ups providing allergy information and samples in a safe supportive environment. For more information contact [@allegystars](https://www.instagram.com/allegystars) via instagram or by email aimeeallen@hotmail.com

Aspire: serving High Peak, North Dales & Chesterfield. Aspire provides one to one support in the home or in the local community, play schemes, after school clubs and learning opportunities to promote independence. Aspire staff are trained to deal with a wide range of additional needs, including complex medical needs, challenging behaviour and a multitude of learning. Contact Michelle Markham/ Kate Shenton / Ryan Walker at Aspire Support Service Voluntary and Community Services, 16 Eagle Parade, Buxton, SK17 6EQ; telephone (01298) 23970 or 07977 691220. E-mail: childrens-service@vcspd.org groups@vcspd.org or see the website www.buxtonvc.org.uk

CROAK (Carers and Relatives of Autistic kids): A parent led support group, meeting fortnightly during term time. Diagnosis not necessary! They meet every fortnight 11am – 1pm @ Sure Start Children's Centre, Kenilworth Drive, Kirk Hallam, DE7 4EX.

DASG (Derbyshire Autism Services Group): Serving Bolsover, North East Derbyshire & Chesterfield. DASG has built its reputation in specialist care for children and young people with Autism Spectrum Conditions; however they now support people from a wider range of disabilities. DASG provides a variety of services including flexible 1:1 support in the home or out in the community, Saturday clubs and day trips. Contact Sue Prishard or Mandy White, Derbyshire Autism Services Group, 28D High Street, Ripley, Derbyshire, DE5 3HH. Telephone 01773 741221, e-mail dasg@autismsupport.co.uk or see the website www.autismsupport.co.uk.

Derbyshire Carers Association: www.derbyshirecarers.co.uk. Derbyshire Carers Association provides confidential support, advice, information and representation to and for carers. Derbyshire Carers Association recognises that the responsibility of caring for someone who cannot manage at home without help often places great physical and emotional strain upon the carer. Whether you care for someone for a few hours a week or for 24 hours a day, DCA can offer you a wide range of confidential and independent services, helping you to care.

Derbyshire Coalition for Inclusive Living: www.dcil.org.uk. DCIL provides a range of services including an advocacy service, peer counselling and direct payments support services for disabled people and their families.

Derby Deaf Children's Society: Group for parents/ carers of deaf or hearing impaired children in or around Derby. The group works closely with social services to provide support for deaf families. The committee is composed of both deaf and hearing parents of deaf and hearing children. They have a building and outdoor space especially for activities, which take place roughly once a fortnight out of school hours. Family support workers are on hand to encourage communication within families, including BSL support. They also organise activities such as theme park trips and day trips. E-mail: Roslyn Chee and Sarah Connellan at ddcs@hotmail.co.uk.

Derby Family Support Group for Visually Impaired Children: A group for young people, babies and children together with their parents/carers. All families attending have one or more sight impaired child. The main aims of the group are to enable families affected by sight impairment to get together for fun and/or educational activities and to meet for information-sharing & mutual support. For more information, e-mail visupport@live.co.uk.

Derby City Parent Carer Voice: www.derbycityparentcarerforum.org.uk Derby City Parent Carer Voice hold forums which aim to involve parents in service-planning and decision making by allowing parents to have conversations with, and work alongside, professionals at Derby City Council. This is in order to design, develop and improve services for children with special needs and disabilities and their families.

Derbyshire Parent Carer Voice: (formerly Derbyshire parent forums) www.derbyshireparentforums.co.uk. Derbyshire Parent Carer Voice hold forums which aim to involve parents in service-planning and decision making by allowing parents to have conversations with, and work alongside, professionals at Derbyshire County Council. This is in order to design, develop and improve services for children with special needs and disabilities and their families.

Derby Special Educational Needs and Disability Information Advice and Support Service (SENDIASS): (Formerly Parent Partnership Service) Free, confidential, impartial information, advice and support for parents, children and young people up to the age of 25, about special educational needs and disabilities. They can provide you with impartial information and advice suited to your specific needs as well as guiding you through the SEND processes and procedures. Contact 01332 641414 or email SENDIASS@derby.gov.uk.

Downs Syndrome Association, Derby: www.downs-syndrome-derby.org Downs Syndrome Association Derby aims to make a positive difference for individuals with Down Syndrome in East Midlands by working with the individuals, families and the professionals involved in their development.

Fairplay: www.fair-play.co.uk. Serving Chesterfield, High Peak, North Derbyshire Dales, North East Derbyshire & Bolsover. Fairplay provides a support group (once a month on Wednesdays), playschemes and activity days during school holidays, evening youth clubs during term-time, a Girls youth club, a Saturday Be Healthy and Be Active Group and an Express Yourself Arts Group. Contact Tony Duly - North East Derbyshire & Bolsover / Cally Hewer - Chesterfield on 01246 203963. Fairplay, Alexandra Road, West Chesterfield, Derbyshire S40 1NP. Tony.duly@fair-play.co.uk or Cally.hewer@fair-play.co.uk

Frantic Families Support Group for Amber Valley: Frantic Families are a support group for parents and carers who have children and young adults who have Autism, ADHD and other associated conditions/disorders, covering the Amber Valley area. They raise funds to provide activities for not only the children and young people but also for their families. They have a Facebook page at www.facebook.com/FranticFamiliesSupportGroup and a community group. They currently meet once a month on a Wednesday at the Langley Mill Welfare Club, starting from 10am. Contact: Leigh Morton (07903500233) or Tracey Goodrum (07811250555) or e-mail: leigh.morton@talktalk.net or traceygoodrum@talktalk.net.

National Autistic Society Derby & District Branch: Support Group at Ravensdale Junior School, Devonshire Drive, Mickleover, Derby, DE3 9EY. This is an informal group to chat and share information on Autism. For more information, telephone 07500 089571, e-mail: DerbyandDistrict@nas.org.uk , or see the website www.autism.org.uk.

Parent Carers Together (Derby City): www.parentcarerstogether.com Parent Carers Together are the forum for Derby City - an independent, non-political, voluntary group of parents/carers who have children with a range of SEN & disability needs. They aim to improve the way parent carers are involved in making decisions

about services by creating a culture that promotes people getting involved in participation around matters that are important to them.

Shout: A group based in Swadlincote and the surrounding areas for parents of children with disabilities and special needs. Shout hold monthly parent support groups (alternating daytimes 12:30-2:30pm and evenings 7:30-9:30pm) at Greenbank Leisure Centre (2nd Tuesday of the month). Shout also organize activity days, arts and crafts and sports and leisure activities for the children and their families. E-mail: shout.southderbyshire@gmail.com or telephone: 01283 551396.

Special Needs Circle: www.specialneedscircle.co.uk Special Needs Circle are a charity based in Swadlincote providing support, information and friendship for parents and carers of children with special and additional needs including those undergoing diagnosis in Derbyshire and the surrounding areas. For more details visit the website, e-mail: admin@swadlincotesncircle.co.uk or telephone: Lyn 07495 551974 / Bev 07592 383396.

Sight Support Derbyshire: www.sightsupportderbyshire.org.uk A charity that is dedicated to improving the lives of people with sight loss throughout Derbyshire. Telephone 01332 292262 or e-mail enquiries@sightsupportderbyshire.org.uk.

Sunshine Support: A company providing independent information, advice and support to parents/carers and professionals of children and young people with special educational needs. We provide access to independent SEND professionals whose specialisms cannot usually be provided through local government and health authorities.

Derbyshire Information, Advice and Support Service

(DIASS) www.derbyshireiass.co.uk A free confidential impartial educational advice and support for parents and carers of disabled children and young people. Telephone: 01629 533660.

Parenting Additional Needs: www.parentingadditionalneeds.org.uk

A support group based in Derbyshire for parents and carers of children with special needs. Parenting Additional Needs (PAN) meet once a month during term time and hold family activities during the holidays. They have guest speakers and offer support in a confidential and friendly environment where you can speak to others who understand what life with a special needs child is all about. Meetings take place in Bolsover, Bakewell, Chesterfield, Dronfield, Fairfield, Matlock, Clay Cross and Swanwick.

Rainbow Parent Carers Forum: www.rainbowpcf.org.uk A parent/carer led Nottinghamshire organisation whose mission is to 'Support and Empower Families to be Heard and Achieve Better Outcomes'. They have members from both Nottingham City and Nottinghamshire.

Trent Autism Parent Support Group (TAPS): Held at "Poppy and Pint" (Restaurant Room), Off Pierrepont Road, West Bridgford, Nottinghamshire NG2 5DX; 7:00pm-9:00pm, every first Monday of the Month.

Umbrella: www.umbrella.uk.net Serving South Derbyshire & South Dales Amber Valley and Erewash. A charity supporting disabled children, young people and their families, helping people realise their potential and helping to transform lives. Umbrella support children from the age of 5 until 18 years old, offering children's weekend sessions, an afterschool club, a youth club & a younger youth club, a school holiday play scheme, a specialist group for children who have a diagnosis of High Functioning Autism and no additional learning needs and parent support groups. Contact Nicola Green (01332) 521229 or e-mail: nicola.green@umbrella.uk.net.

Facebook Groups

Awareness for Autism (Ilkeston based): www.facebook.com/AwarenessForAutismUK or www.awarenessforautism.co.uk
An online support network for families and individuals affected by Autism. Awareness For Autism was set up in July 2013 in Ilkeston, Derbyshire with the vision and aim of raising important awareness for autism within the local area.

Children With a Hearing Loss-supporting Parents In Derbyshire:
www.facebook.com/groups/684036328337805 A page run for parents to a child with a severe hearing loss, as a support group.

Derbyshire Autism Support Open Forum www.facebook.com/groups/453093944742933

Going Forward (Special needs support) UK: A group-run support and advice service drawing from personal experiences of their own family members with special needs.

SEN Action Forum for Special Educational Needs: This discussion forum is run by Sean Bowers, a Specialist Advocate and Managing Director of the advocacy firm SEN Action. The forum is for parents with children who have special educational needs (SEN) and for young people with SEN. Its aim is to provide a platform for discussion on issues relating to special educational needs, appeals against the local authority and the tribunal process.

National Support

ADHD Foundation: www.adhdfoundation.org.uk Awareness and understanding of Attention Deficit Hyperactivity Disorder (ADHD).

Afasic: www.afasic.org.uk A parent-led organisation to help children and young people with speech and language impairments and their families.

Autism Independent UK: www.autismuk.com. Seeks to increase awareness of autism and approaches for diagnosis and assessment.

British Institute for Brain Injured Children (BIBIC): www.bibic.org.uk. Support for families caring for disabled children.

British Institute of Learning Disabilities (BILD): www.bild.org.uk Support for people with learning disabilities and family carers.

Carers UK: www.carersuk.org **Support for unpaid carers for family or friends** Tel: 0808 808 7777.

Cerebra: www.cerebra.org.uk Cerebra is a unique charity set up to help improve the lives of children with brain related conditions through research, education and by directly supporting children and their carers.

Citizens Advice: Impartial advice on rights and responsibilities across the UK including benefits advice Tel: 0344 411 1444.

Contact a Family: www.cafamily.org.uk A wide range of information for parents of disabled children (and professionals) including an A to Z of medical conditions and support groups.

Counselling Directory: www.counselling-directory.org.uk A confidential service that encourages those in distress to seek help. The directory contains information on many different types of distress, as well as articles, news, and events.

Down's Syndrome Association: www.downs-syndrome.org.uk Information and support for people with Down's syndrome and those who work with them.

Epilepsy Action: www.epilepsy.org.uk. A member-led organisation acting as a voice for people with epilepsy.

I CAN: www.ican.org.uk A children's communication charity for information on helping children to communicate.

IPSEA: www.ipsea.org.uk The Independent Panel for Special Education Advice - a charity which provides legally based advice and support to parents of children with special educational needs.

Living Made Easy: www.livingmadeeasy.org.uk Living Made Easy is part of the Disabled Living Foundation – giving information and advice on special equipment and clothing including mobility aids, lifting and handling equipment and communication aids as well as funding through Disabled Facilities grants and charitable funding.

National Autistic Society: www.autism.org.uk Information and support for people affected by autism and their families.

National Blind Children's Society: www.nbcs.org.uk Provides information and supports for parents of visually impaired children and young people.

National Deaf Children's Society: www.ndcs.org.uk Provides information and advice for parents of children with hearing impairments.

Network 81: www.network81.org A national network of parents working towards properly resourced inclusive education for all children with special needs. It provides a number of information leaflets aimed at helping parents with the assessment and statement procedures and runs a national helpline.

OAASIS: www.oaasis.co.uk Office for Advice, Assistance, Support and Information on Special Needs is a company which runs special schools, but also provides information for parents and professionals caring for children and young people with Autism / Asperger Syndrome and other learning disabilities, particularly around educational issues.

Shine: www.shinecharity.org.uk (formerly the Association for Spina Bifida and Hydrocephalus ASBAH) Support for individuals and families facing spina bifida and hydrocephalus.

Scope: www.scope.org.uk Scope provide support, information and advice to more than a quarter of a million disabled people and their families every year and raise awareness of the relevant issues. Their support includes the 'Face to Face' parent to parent befriending scheme, for parents of newly diagnosed children.
Helpline: freephone 0808 800 3333.
Online Community:

Special Needs Jungle: Parent-led news, information and informed opinion on special needs, disability, children's mental & physical health conditions, in particular rare diseases. Special Needs Jungle is an award-winning blog and resource aimed at parents and those who work with children affected by SEN, special needs, disabilities or who have a physical or mental health condition of any type, especially rare diseases. We focus especially on children and young people battling rare diseases to raise awareness and help promote understanding.

Unique (Rare Chromosome Disorder Support Group): www.rarechromo.co.uk
Information and support for individuals affected by any rare chromosome disorder.

Special Needs Businesses run by Special Needs Families

Sensory Playbox: www.sensoryplaybox.co.uk Online sensory toy shop. Contact: Chloe Sisney, tel: 07860172914.

Tate Rose Bibs: www.taterosebibs.co.uk Bibs in 5 sizes from newborn to adult sizes.

Miscellaneous

SENDS Support Limited: www.sends.org.uk A private company offering parental support and skills for dealing with challenging behaviour, communication, social interaction, life skills, sensory processing, preparation for adulthood, advocacy,

guidance, EHCPs and meetings with schools/professionals. Tel: 07525437294 / 07564924653.

Simply Sensory: www.simplysensorytraining.com Offering parents support in creating a sensory room, guidance on using sensory equipment, simple sensory play ideas, sensory processing and regulation strategies, sensory approaches to learning and inclusion and educational support strategies. Tel: 07835 524024 / 07934 070741.

Footprints Conductive Education Centre: www.footprintscec.org A small charity based in Nottingham, supporting children from 6 months to 12 years with mobility, communication and other skills to achieve their potential and thrive.

Local Respite and Short Breaks

Progress Care Solutions: www.progresscare.com Child / young adult support in the community or at home, children's activity groups, transition to adulthood groups, family support.

The Getaway: Short breaks centre in Ilkeston (01629) 531080.

Support with Mental Health and Anxiety

Mind: www.mind.org.uk **Advice, support and information around mental health issues including self-harm. Mind also has a legal advice line.** Tel: 0300 123 3393 Email: info@mind.org.uk Derbyshire MIND: www.derbyshiremind.org.uk/

Samaritans: You don't have to be suicidal to call. Whatever you're going through, you can call any time, from any phone on 116 123. They listen to you and help you to talk through your concerns, worries and troubles. You'll be able to see things more clearly. You'll be able to think much more clearly about what your options are. Sometimes people need to cry or show how angry they are at life, or go over their thoughts and feelings several times to make sense of them, and that's fine. We're there for as long as you need us. Sometimes even hearing a supportive voice can give you that little bit of strength to keep going.

Scope online community: www.community.scope.org.uk share your stress or concerns on Scope's online community.