
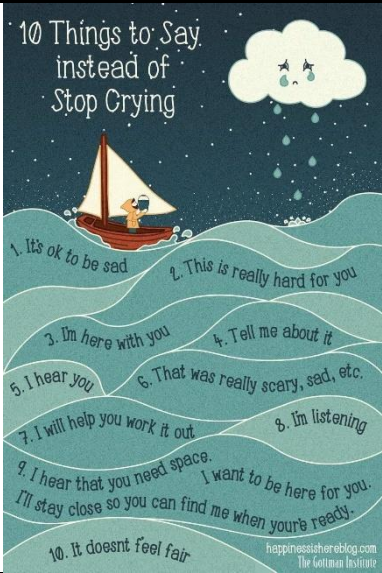














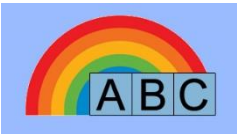






Support for Parents

Please see attached some resources and websites which may be helpful to support you and your child.

<p>Contact Charity for families with disabled children.</p> <p>contact For families with disabled children</p> <p>https://contact.org.uk/</p>	<p>Contact offer;</p> <div data-bbox="662 495 1070 846">  <p>Workshops & events</p> </div> <div data-bbox="1070 495 1493 846">  <p>Listening Ear Our 1-1 emotional support telephone service.</p> </div> <div data-bbox="662 846 1070 1308">  <p>Parent carer participation</p> <p>Support parent carer forums in England shaping local services.</p> </div> <div data-bbox="1070 846 1493 1308">  <p>Information & advice</p> <p>Guidance for your family.</p> </div>
<p>8 ways to support children struggling in lockdown CAMHS NHS HIGHLAND</p>	<p>8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN</p> <ol style="list-style-type: none"> 1 Know how to spot the signs If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling. 2 Talk to your child If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them. 3 Create structure and routine Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety. 4 Give children a sense of control through information Look online with your children to find useful information and resources that help children feel they have control. 5 Keep children learning Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development. 6 Limit screen time and mix up activities As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem. 7 Help your child manage stress If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can - hugging, listening to them, texting them, etc. 8 Expressing feelings doesn't have to be face-to-face Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.

<p>Top Tips to say instead of stop crying</p>	 <p>10 Things to Say instead of Stop Crying</p> <ol style="list-style-type: none"> 1. It's ok to be sad 2. This is really hard for you 3. I'm here with you 4. Tell me about it 5. I hear you 6. That was really scary, sad, etc. 7. I will help you work it out 8. I'm listening 9. I hear that you need space. I want to be here for you. I'll stay close so you can find me when you're ready. 10. It doesn't feel fair <p>happinesstherapy.com The Autism Trust</p>
<p>NHS Every Mind Matters</p> 	<p>www.nhs.uk/oneyou/every-mind-matters</p> <p>This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional and mental wellbeing.</p>
<p>Stem4</p> 	<p>www.stem4.org.uk</p> <p>A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources</p>
<p>Samaritans</p> 	<p>www.samaritans.org</p> <p>A charity that offers mental health support and information online for everyone. Their helpline is free and available to all ages. Call 115 123 or email jo@samaritans.org 24/7</p>
<p>Child Bereavement UK</p> 	<p>https://www.childbereavementuk.org/</p> <p>A site which has resources for young people who are grieving as well as providing information and advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on 0800028840</p>
<p>Combined Minds</p> 	<p>This app contains psycho-education for parents, families and friends with practical advice on how to provide mental health support to children and young people</p>
<p>Clear Fear</p> 	<p>An app to help children and teenagers manage anxiety through distraction and helpful activities.</p>
<p>Calm</p> 	<p>A mindfulness app that includes various relaxing sounds to listen to as well as 'sleep stories' and some guided meditations</p>

<p>Headspace</p> 	<p>A mindfulness app that has more of a 'podcast feel' to it with various talks, guided meditations and helpful videos available.</p>
<p>Cove</p> 	<p>A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play and instrument to use this app.</p>
<p>National Autistic Society</p> 	<p>www.autism.org.uk For parents of children with autism, young people and adults with autism Call: 08088004104 (Monday to Thursday 10am to 4pm, Friday 9am to 3pm)</p>
<p>Zigzag Parent support group</p> 	<p>https://www.facebook.com/zigzag.leeds.autism.support/ Zigzag Leeds is a parent led support group offering parents and carers advice, support and guidance for those who care for a child or young person with an Autistic Spectrum Condition or similar conditions. The group offers help and support for families with or without a diagnosis.</p>
<p>STARS TEAM</p> 	<p>http://www.starsteam.org.uk/support-for-parents-of-children-with-autism Drop in service: This is currently running fortnightly and taking place via telephone consultations. If you would like to request an appointment please contact the STARS Team on starsteam@leeds.gov.uk or 0113 3789792</p>
<p>Autism Education Trust</p> 	<p>https://www.autismeducationtrust.org.uk/for-parents/ All children with autism are different. Our tools and resources – developed in collaboration with parents, practitioners and consultants with expertise in autism – are designed to explore and build on these differences to support every single child with autism to reach their full potential. Although our training materials and most of our resources are aimed at teaching professionals, you, as a parent, can help your child by recommending AET training to your child's teachers and SENCO.</p>
<p>Little Hiccups Parent and family support group</p> 	<p>Little Hiccups parent and family support group: Tel: 0783 123 0741 Email: info@littlehiccups.co.uk Website: https://www.littlehiccups.co.uk/ Little Hiccups is a Leeds based support group that has been set up by parents who have children with additional needs and disabilities.</p>
<p>ABC Parent support Group Autism Specific</p> 	<p>ABC Parent support group (Autism specific): We aim to provide help, support and advice about services, facilities education, care and welfare for parents and families of children displaying Autistic Spectrum Conditions including Asperger's Syndrome in the local community of residents in Leeds and surrounding areas. Contact: https://leedsabcgroup.wordpress.com/contact/</p>
<p>Hawthorn Nursery/family support</p>	<p>Hawthorn Nursery/family support</p>

	<p>Hawthorn is the only centre of its kind in Leeds and we provide support to families who have a very young child with additional needs. Hawthorn welcomes families to attend for one day per week. Up to nine families attend a group on a Monday, Tuesday or Friday.</p> <p>Tel: 0113 235 1331 email: kath.surtees@leedsmencap.org.uk or abigail.cunningham@leedsmencap.org.uk</p>
<p>Epic</p> 	<p>Epic offer support and activities for families of children with additional needs</p> <p>Epic Leeds is a parent, carer and families participation forum in Leeds which aims to empower parents, carers and families to work in partnership with services, organisations and professionals.</p> <p>https://www.through-the-maze.org.uk/organisation/epic-leeds/</p>
<p>Scope</p> 	<p>Scope offer Parent connect training</p> <p>We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society. Apply via: https://www.scope.org.uk/family-services/parents-connect/ Scope family services 'Activities: https://www.scope.org.uk/family-services/family-activities-leeds/parents-carers/</p>
<p>Rising for the disabled</p> 	<p>RDA is an inclusive and diverse organisation. We welcome clients with physical and learning disabilities and autism, and there are no age restrictions. Through our network of member groups, RDA is at work in every corner of the UK, in our cities and remote rural areas, bringing the therapy, achievement and fun of horses to as many people as we can.</p> <p>Riding for the disabled has several groups in Leeds: Tel: 01926 492915; website: https://www.rda.org.uk/about-us/</p>
<p>Sendiass Special Educational Needs and Dissabilities Information Advice Support Service</p> 	<p>SENDIASS support children and young people with special educational needs and disabilities (SEND) and their parents and carers to help with any concerns or questions.</p> <p>They do this by providing a free, impartial and confidential service through their website and online resources. You can also contact them through the helpline: 0113 378 5020 (Monday to Friday, 10am to 3pm).</p> <p>SENDIASS website news and events page is up to date with workshop dates and times. Service users can book via the advice line sendiass@leeds.gov.uk 0113 3785020 or through the get in touch page on our website https://forms.leeds.gov.uk/SENDIASSGetInTouch</p>



SENDIASS mail
out.pdf

Leeds Local Offer Short Breaks and Activities

www.leedslocaloffer.org.uk



Targeted Short Breaks Expression and activities

The Targeted Short Breaks Expression of Interest form is now live on Leeds Local Offer and can be easily completed online. This form should be filled in if your child wishes to attend any of the Targeted Short Breaks listed in the Fun Activities and Short Breaks Catalogue. The form can be found on the Leeds City Council website

<https://forms.leeds.gov.uk/TargetedShortBreaks/>. The Fun Activities and Short Breaks Catalogue which gives details on what can be accessed can be found on the Leeds Local offer <https://leedslocaloffer.org.uk/#!/model/page/service/33605>.

Should you wish to speak to somebody about the form or to find out what Fun Activities and Short Breaks would best suit your child, please contact short.breaks@leeds.gov.uk.