

Parent Support Groups

Parent support groups are a great way to meet other parents and carers for practical and emotional support. Most support groups are set up and run by parents and carers of children with additional needs

Nottinghamshire Parent Carers Forum

Notts PCF is an independent parent carer led organisation run by volunteers who represent the views of families who live in Nottinghamshire with a child or young person with an additional need or disability.

Tel: 07751 776 481 (Chair) / Email: enquiries@nottspcf.org

Website: www.nottspcf.org

Rainbow Parents Carers Forum

A parent carer led organisation for families with children and young people with additional needs whose mission is to 'Support and Empower Families to be Heard and Achieve Better Outcomes' and has families from both Nottingham City and County.

Tel: 0115 786 0211 / Email: admin@rainbowpcf.org.uk

Website: www.rainbowpcf.org

Spectrum Wasp

A well established Nottinghamshire support group for parents, children and young people with additional needs. Lots of activities to attend.

Tel: 07746 185 394 / Email: info@spectrumwasp.org

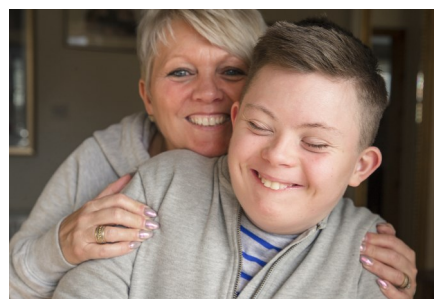
Website: www.spectrumwasp.org

If you would like to register with Nottinghamshire Carers Hub and speak to an experienced support worker about your caring role please contact:

Tel: 0115 8248 824 / Email nottinghamshirehub@tuvida.org /

Web: www.tuvida.org/nottinghamshirehub

Support for Parent Carers of Children and Young People with Disabilities and Additional Needs



Parenting a child with a disability or additional needs can often be a rollercoaster of emotions and experiences. It can be really hard to talk to others about how you feel or what you are doing as you may feel they might not be able to understand it fully.

Being a parent to a child or young person with special educational needs or disabilities can become a stressful experience when you can't find the information, advice or support you need.

As parent carers you may feel frustrated, depressed and often isolated when your child's future may not be the same as you had dreamed and you don't know where to turn.

Nottinghamshire Carers Hub is able to offer you advice and support, and signpost you to other organisations who may be able to help.

Where to go for Advice and Support

Navigating the often complex public services put in place to help your child can be confusing and stressful but there are a number of organisations that can help you with direct information, advice and support.

Autism East Midlands is the largest specialist autism charity in the east midlands providing direct advice and support services to parent carers. They host a free national helpline which is open Monday to Friday between 9.30am and 5.00pm **Tel: 0808 808 3555**

Email: enquiries@autismeastmidlands.org.uk

Website: www.autismeastmidlands.org.uk

APTCOO (A Place To Call Our Own) Mansfield based organisation offering support and activities to families.

Tel: 01623 629 902 Email: enquiries@aptcoo.org

www.aptcoo.co.uk

Aebal Leisure (18+) providing social support for adults with mental health problems, autism and learning disabilities.

Tel: 07591 555 858 Email: info@aebal-leisure.com

Website: www.aebal-leisure.com

Where to go for Advice and Support continued

Ask Us Nottinghamshire is an independent Information, Advice and Support (IAS) service who provide dedicated and impartial advice to young people and parent carers.

Tel: 0800 121 7772 Website: www.askus.notts.org.uk

Independent Parent Special Education Advice (IPSEA)

IPSEA offers free and independent legally based information, advice and support to help parents get the right education for children and young people with SEND.

Tel: 01799 582 030 / Email: office@ipsea.net

Website: www.ipsea.org.uk

Family Fund Family Fund is the UK's largest charity providing grants for disabled children and their families. Last year they provided financial support to over 70,000 families.

Tel: 01904 550 055 / Website: www.familyfund.org.uk

Special Needs Jungle provides parent-centred information, news and resources about SEND.

Website: www.specialneedsjungle.com

Sunshine Support provide independent information, advice and support to parents/carers and professionals of children and young people with special educational needs.

Website: www.sunshine-support.org

Local Authority Information

Nottingham City Council Children's Services: **0115 8764 800**

Nottingham City Council Adult Services: **0300 131 0300**

Local offer for children and young people 0-25 SEN & Disabilities **Website: www.asklion.co.uk**

Nottinghamshire County Council: **0300 500 80 80**

Local offer for children and young people 0-25 SEN & Disabilities **Website: nottshelpyourself.org.uk**