



RAINBOW Guide

Northumberland's Guide to SEND Support
By Parent Carers for Parent Carers

Hello!

"You'll never find a rainbow if you're looking down." – Charlie Chaplin

This is your go-to guide created by parent carers, for parent carers.

We understand that things may feel overwhelming right now. Please know that we truly get it. Even if we haven't met yet, we hope our paths cross soon.

Northumberland is home to many wonderful groups, organisations, and services that provide a strong network of support for families like ours. These include commissioned services, dedicated professionals, and parent carers who simply want to help others.

We've put this booklet together to be a helping hand, a light in what might feel like a dark time, and a reminder that you are not alone. We and many others are here for you.

Warm Wishes
Northumberland Parent Carer Forum





About Us

CWS was established in February 2023 by parent carers, for parent carers. We wanted to ensure that individuals caring for children with additional needs, with or without a diagnosis, had the option of support that focused solely on them.

What We Do:

- Offer a non judgemental space for those caring for children with additional needs, with or without diagnosis.
- 1:1 Support for parent carers in the form of advice, guidance, and referrals to other services.
- We offer **FREE** counselling for parent carers – or individuals with majority care of children with identified additional needs.
- We offer support for practitioners and more to gain insight to parent carer living experiences.
- A whole host of resources, fact checked and supported by practitioners across the North East.

What We Don't Do:

- We can't affect any decisions made by other organisations or services in the area.
- We can't write supporting letters, or fill in paperwork **FOR** you.
- We can advocate for change, but we can't be **YOUR** voice.
- We do **NOT** pigeon hole, we want your experience here to be individualised to you.
- We currently do not support children, but can signpost you to great organisations.



You can find more information about our service at:

www.choicewellbeingsservice.org

or

Via Facebook @choicewellbeingsservice





At Northumberland Parent Carer Forum (NPCF), we are a community of parent carers just like you, raising children and young people (aged 0–25) with special educational needs and/or disabilities (SEND). We know the challenges, frustrations, and triumphs that come with navigating services, systems, and everyday life. That's why we're here, to make sure your voice is heard, your experiences matter, and your journey is supported.

We are an independent, parent-led Community Interest Company, recognised by the Department for Education. Our role is to represent the views and experiences of families across Northumberland and, to work in partnership with local services to help shape better outcomes for children and young people with SEND.

Are you a parent carer in Northumberland? You're not alone – and you deserve support too. We know you put everything before your own needs we are creating some opportunities to have a break from your caring role.

The Northumberland Parent Carer Forum (NPCF) is here to help you reconnect with yourself and others through our new Wellbeing Offer. From peer support groups to creative workshops and restorative sessions, we're creating safe, welcoming spaces where you can take a break, feel valued, and feel supported.

What we offer:

- We host wellbeing events across Northumberland from Berwick to Prudhoe to Blyth with activities like mindfulness, nature walks, and creative sessions. Connection
- Opportunities for peer support led by trained parent carers who understand your journey and can share knowledge and experiences
- Varied events and opportunities to engage with services and have your voice heard. We listen and learn from your experiences then try to represent a clear picture of what is happening for families to the Local Authority and ICB.
- Co-create our sessions with you, your voice shapes what we do.
- Stay connected with follow-up support, resources, and a growing community.

What we can't offer:

- Focus only on your child's needs, this is about you.
- Offer one-size-fits-all solutions, we listen and adapt to what you need.
- Charge for participation, our events are free and inclusive.
- Replace professional services, we complement them with lived experience.
- Leave you out, we involve parent carers in every step of planning and delivery.

Contact Details
www.npcf.co.uk
enquiries@npcf.co.uk
07351 222103



Volunteer with Northumberland Parent Carer Forum



Because your voice matters—and so does your time.

Are you a parent carer looking to make a difference in your community? At NPCF, we're a team of parent carers ourselves, so we understand the daily juggle. That's why our volunteer offer is flexible, supportive, and built around you. Whether you can give a little or a lot, your contribution helps shape better services for families across Northumberland.

We work in partnership with local authorities, education settings, health providers, and community groups to ensure that the voices of SEND families are heard and acted upon.

Volunteering with us means joining a movement that's changing lives—starting with your own

What we offer:

- A range of opportunities to use your skills or learn new ones like Admin, Marketing, Peer Support, data analysis, SEND Law and representing the wider community in Strategic meetings to just name a few – the opportunities are endless as we grow our community and network. Whatever your interested in we can help you develop to get the most from volunteering.
- We will give you lots of support along the way and offer you & supervision as part of your role. Our volunteers have regular check-ins to help you feel confident and supported
- We are flexible, we appreciate any time you can offer. We value your skills and experience, we know your experts in multitasking, critical thinking and advocating for your child. We can offer you training and opportunities for personal development.
- We can reimburse reasonable of pocket costs like travel, childcare, and lunch so volunteering doesn't cost you
- We offer opportunities to be connected and involved with like-minded people

What we can't offer:

- No Formal Contracts, There's no employment contract. We use informal agreements to outline expectations
- You're never obligated to take on tasks. You can always say "no thank you"
- Professional Counselling or Therapy – While we offer wellbeing sessions, we don't provide clinical mental health services
- We may reimburse childcare costs, but we don't provide childcare during volunteering
- Volunteers help shape feedback and insight, then present to services. Unfortunately, we don't make final decisions on behalf of the local authority or ICB.



Gemma Gowland
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Emotional Wellbeing and Behaviour Support Team (HINT)



The Emotional Wellbeing and Behaviour Team consists of experienced and skilled specialist teachers and support workers from a range of backgrounds. We bring together a wealth of expertise and practical experience to support schools to improve outcomes for children and young people with social and emotional needs. The team provides targeted support, advice, intervention, and training to educational settings. We aim to use supportive, collaborative and creative approaches to develop a school or educational setting's expertise and practice in relation to meeting the social and emotional needs of their learners.

How the service is accessed

Schools can make requests for:

- Whole school development work
 - Support for groups or cohorts of learners
 - Support for individual learners as part of the SEND graduated approach. For individual referrals they must provide evidence of the support already put in place for the learner with clearly identified and reviewed outcomes
- Further information and referral forms can be found here: Northumberland County Council – Emotional Wellbeing & Behaviour Support Service

What we offer:

- Training for school staff
- Video or telephone consultation line to provide generalised advice
- Coaching and modelling to upskill school staff
- Group work
- Targeted advice and guidance on how to support individuals / groups of learners whose behaviour reflects underlying and unmet social and emotional needs.

What we can't offer:

- We cannot accept requests for involvement from parent/carers or medical professionals. Referrals must come from educational settings.
- We cannot work with schools for the sole purpose of providing evidence to support an onward referral to CYPs for a neurodevelopmental assessment when the child or young person's educational needs are being appropriately managed and/or met within school
- We cannot work with families or support in the home environment. We are solely a school-based service.
- We cannot provide mental health support that is beyond what would be expected of our team's educational remit

Further information

The team can be contacted by emailing hint@northumberland.gov.uk
Their webpage is here: Northumberland County Council – Emotional Wellbeing and Behaviour Support Service





Speech Language and Communication Team (HINT)

The Speech, Language and Communication Team is made up of qualified Teachers / Speech and Language Therapists, Specialist Language and Communication Teachers, a speech and Language Therapist and Specialist Assistants. We bring together a wealth of expertise and practical experience to support schools to improve outcomes for children and young people with speech, language and communication needs.

The team provides targeted support, advice, intervention and training. We aim to use supportive, collaborative and creative approaches to develop a school or educational setting's expertise and practice in relation to meeting the needs of learners with speech, language and communication needs.

How the service is accessed

Schools can make requests for development work or support around individuals or groups of children and young people. Further information can be found here

What we offer:

- Consultation and training for school staff
- Assessment and guidance on how to support individuals and groups of children and young people with speech, language and communication needs
- within education settings and schools

What we can't offer:

- Unfortunately, we cannot accept requests for involvement from parent/carers or medical professionals. Referrals must come from educational settings.
- A child or young person will not be able to access the NHS Speech and Language Service and the HINT Speech, Language and Communication team at the same time without consent from both services. The Joint Working Framework for HINT SLCS & NHS Paediatric SLT sets out which is the most appropriate.
- If a child or young person has a literacy need that is not related to their understanding and use of spoken language this is not the appropriate team.

Further information

The team can be contacted by emailing
hint@northumberland.gov.uk



Autism Support Team (HINT)



The Autism Support Team are experienced and skilled specialist teachers and autism support workers from a range of backgrounds. We bring together a wealth of expertise and practical experience to support schools to improve outcomes for children and young people with social communication needs or diagnosed Autism.

Please Note: A diagnosis of Autism is not required to receive support from the team. The team provides targeted support, advice, intervention, and training. We aim to use supportive, collaborative and creative approaches to develop a school or educational setting's expertise and practice in relation to meeting the needs of learners with social Communication needs or Autism.

How the service is accessed

Parents and Carers don't have to book places at our Autism family Drop-In sessions just turn up at the advertised sessions.

Parents and Carers can book places on the Barnardo's Cygnet Programme. The booking form and course information can be found [here](#)

Schools can make requests for development work or support around individuals or groups of children and young people.

What we offer:

- Autism Family drop-in sessions at family hubs and other locations across
- Northumberland
- Cygnet Autism Programme for Parents (virtual or face to face at venues across
- Northumberland)
- Consultation for school staff
- Assessment and guidance on how to support individuals and groups of children
- and young people with Autism or social communication needs
- Training for school staff

What we can't offer:

- Unfortunately, we cannot accept requests for involvement from parent/carers or medical professionals. Referrals must come from educational settings. (look out for our parent drop ins at family hubs though!)
- We cannot work with schools for the sole purpose of providing evidence to support an onward referral to CYPS for a neurodevelopmental assessment when the child or young person's educational needs are being appropriately managed and/or met within school.
- We cannot provide mental health support that is beyond what would be expected of our team's educational remit

Further information

The team can be contacted by emailing
hint@northumberland.gov.uk





Specific Learning Difficulties Team – Literacy and Maths (HINT)

The SpLD team consists of specialist teachers and a literacy practitioner all with postgraduate qualifications in specific learning difficulties who are trained to assess children with persistent literacy or maths difficulties.

The service provides targeted support, advice, intervention, and training. We aim to use supportive, collaborative and creative approaches to develop a school or educational setting's expertise and practice in relation to meeting the persistent literacy and maths needs of their learners.

How the service is accessed

Schools can make requests for development work or support around individuals or groups of children and young people. Further information can be found here: Northumberland County Council – Specific Learning Difficulties (Literacy and Maths)

What we offer:

The team have worked to provide all SENCOs (special educational needs coordinators) with an assessment screening tool, to enable them to set initial SMART targets to manage the needs of the learner. Telephone and video consultation appointments can be booked if schools need further advice about meeting the needs of their learners.

After two cycles of Assess-Plan-Do-Review, if progress remains a concern, SENCOs can request individual support from our team for children in Years 3 and above.

What we can't offer:

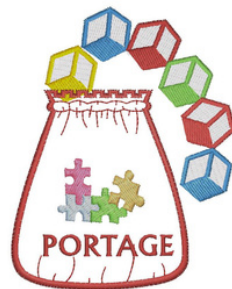
- Unfortunately, we cannot accept requests for involvement from parent/carers or medical professionals. Referrals must come from educational settings.
- Work with children in Foundation or Key Stage one, we focus our work with children in Year 3 and above

Further information

The team can be contacted by emailing
hint@northumberland.gov.uk



Portage Low Incidence Needs Team (LINT)



Northumberland Portage Service is a in home teaching service for children aged 0- 3:6 years with additional or emerging needs, who live within Northumberland.

Northumberland Portage are registered as a 5-star service with the National Portage Association (NPA). The service is made up of a Portage Lead Practitioner, 4 full time and 4 part time Portage Home Visitors.

How the service is accessed

Criteria and how to refer

- We have an open referral policy which means we accept referrals from parents, carers and professionals. The child must have a home address in Northumberland.
- The child must be under 3 1/2 years with a significant delay in 2 (or more) areas of their development, which is impacting upon their learning, or the child has a diagnosed medical condition, which is generally recognised and is likely to lead to future significant development delay.
- Parents and carers must be available to engage in a block of Portage home visits and have the desire to practice learning activities and strategies in between visits.

Further information

Please contact the Portage Service, using the following details:

Telephone: 01670 622741 / 07966 774425

Email: portage.admin@northumberland.gov.uk

**Use the QR code to access
the referral form**





Portage Low Incidence Needs Team (LINT)

What we offer:

How does the Portage Service work?

- Following referral your child will be offered a play-based assessment within the home to determine suitability for further home visits.
- Our Portage Service has various pathways and ways of working with you. The appropriate pathway will be discussed during the assessment.
- Your Portage home visitor will focus on what your child can do and incorporate their interests to develop their skills.
- Your Portage home visitor will visit your home on a weekly basis for a cycle of support (to be discussed during assessments).
- Your Portage home visitor will prepare a support plan including long term goals and activities to promote learning through play.
- Following the initial cycle of home visits there will be a break to enable you to practice strategies and activities suggested during the home visits. A further cycle of support may be offered if deemed appropriate (this will be discussed during the sessions).
- If your child attends nursery, or is about to start, the Portage home visitor will also visit nursery to share strategies and ensure staff teams understand your child's individual needs.

What we can't offer:

- Be the gateway to a place at a specialist provision.
- Diagnose or recommend provision.
- We do not have all the answers, but we will try to find the solutions families need and signpost to other services. We work closely with Health Colleagues, our Family Hubs and the Early Years Inclusion Consultants.



Sensory Support Team (Hearing and Vision) Low Incidence Needs Team (LINT)

Our aim is to help families and educational settings to understand the impact of a child's sensory loss and offer advice and support to maximise inclusion.

We also help children and young people to develop language and communication skills, social and independent living skills, and other compensatory skills to enable them to access education. We are mindful that the challenges are not restricted to the home/classroom and work closely with other agencies to encourage participation in the wider community.

The team comprises of Qualified Teachers of the Deaf (QToD), Qualified Teachers of Children and Young People with Vision/Multi-Sensory Impairment (QTVI or MSI), a Specialist Speech Therapist and a Habilitation Specialist.

How the service is accessed

If your child has been assessed by Audiology as having a hearing loss you should have been asked if you would like support from this team. If you have said yes, Audiology should have made a referral to us.

If your child has been assessed by an eye specialist as having a vision impairment which cannot be corrected by glasses, you should have been asked if you would like our support. If you said yes, the eye specialist should have made a referral to us.

Referrals can also be made by families/educational settings directly to the service if they have any concerns.

*However, if you have not heard from us or have just moved into the area, please do not hesitate to get in touch.

Further information

Please see our website: Northumberland County Council –
Sensory Support Service

If you would like to talk to anyone in our team, please phone 01670 624854 and our administrative team will deal with your enquiry. Alternatively email us at sensorysupport@northumberland.gov.uk





Sensory Support Team (Hearing and Vision) Low Incidence Needs Team (LINT)

What we offer:

- All children/young people referred to us will have an initial assessment from which we can identify the levels of support we can offer.
- Support may be information, training and advice to an educational setting or support in the family home.
- The team look at how to make sure your child/young person can access learning and any additional support they may need, along with targeted teaching interventions.
- We can help you and your child/young person understand their sensory impairment and its impact. We work hard to foster a positive outlook in preparation for adulthood from the earliest opportunity.
- The Habilitation Specialist can support the development of mobility and orientation skills as well as independent living skills for those who are severely sight impaired or blind. Where necessary specialist skills e.g. braille, touch typing and the use of specialist equipment will also be taught.
- We offer a pre-school group for all sensory impaired children, family signing sessions and accredited training for practitioners who may be supporting your child/young person.
- We also provide opportunities for children/young/people and families, who have sensory impairments, to come together with a closed Facebook, groups and events.
- We feedback to health services as to the effectiveness of the management of the sensory impairment and the impact of the hearing and/or vision loss in the everyday life of the child/young person.

What we can't offer:

- Work with children with sensory regulation/sensitivities who have a diagnosis of Autism unless they also have a medically assessed hearing and/or vision impairment.
- Offer accredited BSL training
- Work with children of deaf parents who do not themselves have a hearing impairment.
- Recommend schools/educational settings.





Educational Psychology Team

Northumberland's Educational Psychologists work with educational settings, children and families. We support children and young people who are experiencing difficulties, differences or delays in their development. For example, their communication, interaction, cognition, learning, social and emotional needs, and mental health.

Our team comprises a group of Educational Psychologists, Assistant Educational Psychologists and Trainee Educational Psychologists who work with school staff, children, and families. We are supported in our work by a great admin team. The goal of Psychological Services is to use our knowledge of educational and psychological research and theory to support schools and settings to improve wellbeing and achieve better outcomes for children and young people.

How the service is accessed

Northumberland schools and settings can enter into a Service Level Agreement with our team. If your child's school / setting has an SLA with us the school SENCo will identify if involvement from our team would be appropriate and discuss it with you. The NCC educational psychology team also provide advice for all Education Health and Care Assessments. If your child has a statutory assessment agreed by NCC then one of the Educational Psychologists we work with will get in contact with you.

What we offer:

- Consultation, advice and guidance to school staff
- Direct Assessment work with children and young people, this will often include
- discussion with parents/ carers
- Interventions to support learning and emotional social development
- Training for educational staff
- Support schools to develop new policy / practice and evaluate the impact

What we can't offer:

- Unfortunately, we cannot accept requests for involvement from parent/carers or medical professionals. Referrals must come from educational settings who have an SLA with us or from the statutory team.
- Educational psychologists do not offer 'diagnosis'. Our assessments are designed to identify what will support development in educational settings.
- We do not make decisions regarding whether children need an Education Health and Care Plan. Our assessments provide advice that is considered during the assessment process and a summary for schools and settings about how we best feel a child can be supported whether they have a plan or not.

Further information

For further information please see our webpage:
Northumberland County Council - Psychological Services
Or email psychservices@northumberland.gov.uk





We support parents and carers of children and young people with Education, Health and Care Plans (EHCPs) in understanding their education options. Our role is to provide impartial, clear advice around choosing the right educational setting – whether that's a mainstream school with support, a specialist support base, or a specialist school.

What we offer:

- Provide information about the specialist schools available in Northumberland to support informed choices.
- Support families in comparing mainstream and special school options to find the best fit for their child's needs.
- Assist families in putting forward their school references during the placement process.
- Help families understand the process of how special school placement decisions are made by the local authority.
- Advocate for the child's educational needs by ensuring the family's views are clearly represented.

What we can't offer:

- Make placement decisions – only the local authority has the ability to decide school placements.
- Guarantee a place at a specific school, even if it is a preferred option.
- Provide legal representation or advice during appeals or tribunal processes.
- Overrule decisions regarding school placements.
- Act as a mediator between families and schools in cases of conflict or complaint – this falls under other services such as SENDIASS or mediation services.

Contact us at:

Email address:

ChoiceAdvisors@northumberland.gov.uk





Inclusion Team

The Inclusion Team are a statutory service and are responsible for organising and monitoring alternative educational provision for learners who have been permanently excluded from school. We support the young person and their family to improve outcomes for learners as they move through school and prepare for adulthood.

What we offer:

- When a child is permanently excluded, the Inclusion Team will meet with the child/young person and their family to discuss Day 6 provision. Part of this work includes gathering information about the learner on their educational, social and emotional needs.
- The Inclusion Team Leader will attend the governors' disciplinary committee meeting for all maintained schools and when invited for academies. This committee meets to review the permanent exclusion decision.
- We work with provisions and other professionals to identify an exit pathway for all children and young people, which might include: returning to mainstream, follow the SEND pathway to special school or planning towards a post 16 career.
- We support and guide schools/settings to look at whether they have followed the graduated approach in order to prevent suspensions and permanent exclusions. We provide a referral pathway to support through our Inclusion Panel for schools when a student is imminently at risk of permanent exclusion

What we can't offer:

- 1:1 sessions or group work within schools to prevent permanent exclusions
- Advice and guidance around the statutory SEND process (this can be offered by the LA's statutory assessment team or SENDIASS)
- Advice regarding special schools options (this can be offered by the LA's Choice Advisors)
- We don't offer parenting and family support other than around exclusion related issues
- We don't have responsibility for allocating new schools, this falls with the admissions team and fair access panel who we work closely with

Contact us here:

exclusions@northumberland.gov.uk





**Independent
Travel Friendly**

Independent Travel Training (ITT) was launched by Northumberland County Council to support young people with SEND across the county to become confident, safe, and independent travellers.

What we Offer:

- A 4-week in-school training programme covering walking, bus travel, train travel, and train safety.
- 1:1 support for students on their home-to-school journey, provided they have the motivation and ability to engage.
- Continued support once students begin travelling independently.
- Access to our network of Independent Travel Friendly (ITF) businesses via the ITF card.
- Regular updates for parents and carers on their child's progress throughout the programme.

Important Considerations:

- Students must have an Education, Health and Care Plan (EHCP) and be using council-commissioned transport.
- Routes must be direct and safe for the student to travel independently.
- Routes exceeding one hour may not be suitable for Independent Travel Training.
- Students must have access to a smartphone with mobile data.
- The programme is designed for students in Year 9 and above. Support for younger students is considered on a case-by-case basis.



Contact us here:

ITT@northumberland.gov.uk



Early Help Team

If you're a parent or carer of a child who may benefit from additional support, please ask your child's education provider or another professional involved with your family to make a request into Early Help First Contact (previously the Early Intervention Hub). Alternatively, you can make a referral yourself using the Multi-agency referral form (MARF).

We also encourage parents and carers to take advantage of the free Solihull Online resource, available to all Northumberland families.

The password is: HADRIAN

Use the QR code for more information, and to sign up.



What we offer:

- Co-ordinate support for families when they do not have a Family Help Worker or Social Worker
- Accept self referrals and referrals from professionals
- Accept requests where there is any additional support need for a child or young person
- Liaise with other services to identify the right support at the right time
- Speak to families over the phone when needed

What we can't offer:

- Become involved when you have a Family Help Worker or Social Worker
- Work directly with families to offer support
- Attend meetings with families
- Meet with families face to face
- Stay involved for long periods of time

For more information, please contact us at:
earlyhelp@northumberland.gov.uk





Family Hubs are spaces to meet, learn, take part in fun activities and access help and information. We provide support to parents and carers at our network of Family Hubs across Northumberland.

If you are a parent or carer of children or young people between 0-19 years old, or up to 25 for young adults with additional needs - we are here to support you.

Our hubs are buzzing with activities. Now we also have free online resources where you can learn at your own speed, at a time that suits you. Even your one-to-one meetings with our experts can be done online.

To use a Family Hub you'll need become a member. Membership is free and only takes a few minutes. You can find out more and join our membership online here, or in person at a local Family Hub.

What we offer:

A Family Hub is a place where children, young people and their families can go when in need of help and support.

The team working in the Family Hub work inclusively and partnership with families and different services in the community. They will be able to provide information, advice and guidance. Family Hubs are here to support you, your child(ren) or young person as they are growing up and our services are here for the whole family



We have workers within the service who are **SEND Champions** who are a source of support for families, team members and wider professionals.

Contact them by email:

South East – Dorothy.Mills@northumberland.gov.uk

North – helen.ross-bell@northumberland.gov.uk

Central – michelle.black@northumberland.gov.uk

West – joanne.lintin@northumberland.gov.uk





SEND local offer NORTHUMBERLAND

We also support and promote the local offer, which can be found using the QR code. It is designed to help you find the very best advice, support and next steps for your child or young person (from birth to 25 years) with Special Educational Needs and/or Disabilities (SEND).



As a child grows and develops, parents and carers sometimes find they have questions about their progress, the way their child is communicating and numerous other emerging developments. We're here to answer those questions and provide information, advice, support and signposting for children and their families.

We want to make it as easy as possible for you to find the information and support you need. The SEND Local Offer aims to explain and signpost all the services that are available across Northumberland to ensure that you can access the information, guidance and support that you and your family need.



**Use the QR to watch a
video on the local offer**

What we can't offer:

We do not offer a short break service or direct payment workers or funding for those.

However a lot of our hubs can offer a free room for direct payment workers and personal assistants to use to carry out activities with their clients. We have outdoor and indoor facilities, toilet and changing facilities and in some hubs we have sensory areas.

Dorothy.mills@northumberland.gov.uk





We work in partnership with lots of organisations to work together to bring the best offer to Northumberland Families. We are currently working in partnership with The Twisting Ducks Theatre company and have ran 2x DJ Academy sessions for 16 and over with Autism and/or a learning disability.

We offer various groups and courses:

Empowering Parents and Carers

Coffee mornings – For parents/carers with a child/ren who have any type of additional need or disability of any age between 0-25yrs. come along and meet other parent/carers who are share similar experiences. Family hub staff will be available to share our family hub offer and answer any questions.

Our 6-week programme – suitable for those who have been told by a health professional that their child/young person/young adult is likely to need an assessment/is going through assessment/has gone through the assessment process aged 0-25 years It is light and informal and covers topics such as behaviour, sleep and looking after yourself. Please contact your local family hub for the date of your next programme.

Course for parents and carers of children with learning disability (All Northumberland)

- Understand what a learning disability is and what can cause learning disabilities
- Understand the history of care and support of individuals with a learning disability throughout the ages up to the present day
- Understand the role of family, friends and the community in the lives of individuals
- Understand current concepts in care including Person Centred Approaches
- Understand the therapies, treatments and other professionals which may be used by individuals, including medical
- and holistic health model

Positive Behaviour Workshops – The workshops are about understanding and supporting your child's behaviour, particularly if their behaviour can be more challenging at times. We help parents and carers to think about strategies and to come up with a plan that focuses on a good quality of life for your child and your family. For families who have a child who has Autism and/or a Learning Disability

If you would like to come to the workshop, please contact Jillian or Kerry at Skills for People Tel: 0191 281 8737

Autism drop-in sessions (All Northumberland) – Come along to access free support and advice in your local area. 0-19 years. No diagnosis needed!

For more information, please contact Robyn via telephone 07517553426 or via email robyn.mcgregor@northumberland.gov.uk





PEEP AND 0-5 (Learning Together Through Play Additional Needs and/or Disability) All Northumberland – PEEP AND is a group for families with a child under 5 with an additional need or waiting for assessment. The sessions are lead by Family Hub Practitioners and offer a safe space for families to come together to: Have fun, play and have time for you and your child/children. Gain support and give support to other parents in the group. Feel confident and empowered in you parenting, gain information about services that could support your family's journey.

AND Sensory Chill Out Southeast/Central/West – Drop-in session for the whole family, parents, carers & siblings welcome. For children of any age with an additional need, learning or physical disability. An opportunity to come along after school, meet other children, young people and their families. Social interactions in a safe and positive environment.

Parents and carers are required to stay at the session, refreshments provided and a space to meet with other parents and carers to know you are not alone. Siblings very welcome (any age). This session is a drop in but booking would help us to ensure we have enough resources and refreshments for everyone.

AND Calm Events (All Northumberland) – Large scale family hub events such as Halloween parties, Christmas and Easter fayres etc will have an event the day before which will be a version of the event adapted for children and young people with additional needs and/or disabilities. This event will follow sensory principles and be a calmer version with a limit of the number of families attending so that it is not too busy. There is a blueprint for running these events. This will be decided by localities.

Sensory Boxes (All Northumberland) – Sensory boxes are available at all family hubs to support a person's visit to the centre. The specific items in the box are to support sensory needs that individuals may have. For neurodiverse individuals having these items may help them to cope with the challenges they may face in attending an appointment/group. It is a way to help regulate the nerves and release excess energy. It may help an individual to be able to focus on what they need to at the time they need to do it using sensory regulation.

Separate waiting areas may be available on request for those who are in a busy reception area would prove challenging, contact

Dorothy.mills@northumberland.gov.uk





Northumberland Information Advice & Support Service

We are a free, confidential and impartial service for children and young people (up to 25 years) with special educational needs or disabilities (SEND), and their parents and carers.

The information, advice and support provided by the service covers the full range of education, health and social care as defined in the SEND Code of Practice 2015. The service is run at arms length; from the Local Authority.

What we offer:

- A listening ear and practical advice and support with understanding the SEND system.
- Information on a range of SEND topics and signposting to other services and groups.
- Support with preparing for meetings.
- Support which empowers children, young people and their parents to express their views and wishes and helps them to understand and exercise their rights in matters including SEN processes, exclusion, complaints and SEND appeals.
- Training for parents, children and young people, and professionals to increase their knowledge of SEND law, guidance, local policy, issues and participation.

What we can't offer:

- We are unable to make decisions for you or advise which option would be best.
- We are unable to assess your child or write reports about their SEND needs.
- We are a self-referral service for parents/carers and young people. Referrals cannot be taken from other professionals.
- We do not offer ongoing support, but families can self-refer as many times as necessary.
- We work at arms-length from the Local Authority and do not have access to your child's records.

Contact Details

iass@northumberland.gov.uk

T: 01670 623555 / 01670 620350

Mon - Thurs 9.00am-5.00pm • Fri 9.00am-4.30pm

TogetherNESS is the NHS emotional health team sharing evidence-based teaching and learning about emotional wellbeing and preventative mental health in the UK and around the world. TogetherNESS is home to the Solihull Approach model which equips people with lifelong skills that build emotional resilience and wellbeing.

Through a range of accessible online learning pathways TogetherNESS is here to help everyone understand more about brain development, emotional wellbeing and parenting for healthier relationships and happier lives. We help foster robust relationships and connections that transform how we communicate and interact with others.

What we offer:

Online learning pathways: A range of bitesize learning opportunities to help support the parenting journey from birth through to adolescence and adult mental health. Created by psychologists and health practitioners alongside parents, the pathways provide evidence-based ideas to raise emotionally healthy children who can thrive with confidence, resilience and kindness.

Antenatal education: Designed with midwives, TogetherNESS online antenatal pathways include practical information to prepare for labour, birth and your baby with confidence SEND: The online pathway Understanding your child with additional needs is designed to help parents tune into their child's unique emotional health needs and build confidence and connected relationships.

Resources for teenagers: To complement online learning options for parents about adolescence and raising teenagers, TogetherNESS also offers learning pathways for teens and preteens to reflect on the impact of significant brain changes in adolescence and the big feelings they bring with them.

Adult mental health support: Because TogetherNESS knows that we're better parents when we're emotionally well ourselves, our psychologists have created supportive online pathways on the topics of trauma and relationships: The TogetherNESS pathway, Understanding your own trauma, has been reviewed by parents as helpful in understanding and processing trauma for improved wellbeing.

A wealth of short videos, easy-read blogs and easy-to-follow structured learning to support common parent issues such as sleep, school transitions, adolescence and parental relationships.

What we can't offer:

While online learning pathways are personalised by the learner throughout we do not offer direct access or engagement with professional expertise. They are self guided. We do not currently coordinate community or peer support, though our partners may deliver face-to-face versions of our parent pathways or courses.

We do not offer UK-wide free access: Northumberland residents have free access thanks to the local authority sponsor and should enter their access code or use the fee access checker





Northumberland
County Council

Northumberland Emotional Wellbeing Support Team (NEWST)

The Northumberland Emotional Wellbeing Support Team (NEWST) are a multi-disciplinary team of clinical mental health specialists employed by Cumbria, Northumbria, Tyne & Wear (CNTW) NHS Foundation Trust.

Our team works collaboratively across Northumberland County Councils, Children's Social Care services to support the coordination, integration, and delivery of trauma-informed care.

The service aims to help systems understand and meet the emotional and mental health needs of the child or young person; provide an integrated approach to supporting vulnerable young people and their families; promote stability, resilience, and confidence in the system around a young person and enable young people with complex needs to thrive.

The team consists of highly skilled nurses, psychological therapists, social workers, and managers with experience of working across a range of children's mental health and social care services.

What we offer:

- Clinical Consultation for NCC Children Social Workers
- Multi-agency formulation
- Direct work with NCC Foster Carers and connected carers who live in Northumberland
- Offer specialist training
- Promote Trauma Informed Care

What we can't offer:

- Support systems around children who are not activity engaged with Northumberland Children's Social Care.
- Direct work with children and young people
- Decide if a referral should be accepted by other clinical services (PMHT/CYPS)
- Give a Diagnosis

Referral details:

NEWST is only accessible by Northumberland's Allocated and supervising Social Workers within Children's Social Care.

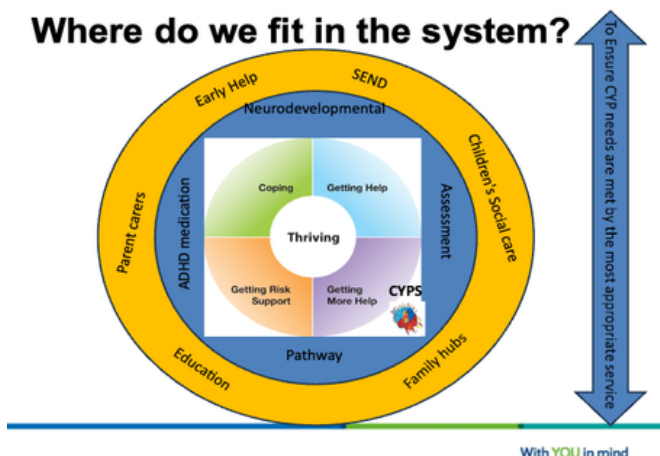


Children and Young people's service (CYPS)

Northumberland CYPS offer mental health provision for children and young people presenting with significant mental health difficulties, which require a high level of support, provided by a range of mental health professionals including, doctor, nurses, psychology, Occupational therapist, speech and language therapist etc. The geographical patch covers the whole of Northumberland for a child/young person with a Northumberland G.P. Mental health provision is offered to all children/young people with a significant need inclusive of all existing diagnosis including Learning Disability, ADHD (Attention hyperactivity disorder) and Autism.

Autism and ADHD assessments can be undertaken as part of a child/young person's assessment/treatment where there is a clinical impact on the child/young person's daily functioning.

Northumberland CYPS is part of the graduated response in the "getting more help section" see below :



What we offer:

- Multidisciplinary Approach
- Assessment of Need
- Treatment for significant mental health need
- Specialist therapeutic interventions (Cognitive behaviour therapy (CBT), Dialectical behaviour therapy (DBT), Eye movement desensitisation and reprocessing therapy (EMDR), Positive behaviour support (PBS) etc.
- Consultation/Advice/Signposting

What we can't offer:

- Requests for assessment in the absence of a mental health need
- Accept referrals for children/young people who have not been seen by the referrer
- Accept referral for requests for medication only or in the absence of a significant mental health need
- We are unable to offer support with Sleeping issues in the absence a significant mental health need
- We are unable to accept a referral to Northumberland CYPS to access other provisions ie: EHCP, EOTAS etc. We can only do this for children/young people who require our service.

Please note there may be occasions the above may not apply and each circumstance can be reviewed individually

Contact Details:

NorthumberlandCYPS@cntw.nhs.uk

Alternatively, Telephone number 01670 502700



Joint Equipment Loans Service (JELS)

We provide equipment to meet both social and health needs through our Community Equipment Service. This service delivers over 58,000 pieces of community equipment to people in Northumberland each year. The stores/delivery arm of this service is known as JELS (the Joint Equipment Loan Service). The equipment we provide is loaned. It should be returned to the service when it is no longer required. There is no charge for the use of this service.

What we offer:

The service only provides equipment when a health or social care professional has confirmed that it is needed. All the equipment held in stock has been approved by a technical panel which vets it for suitability. Types of equipment provided include:

Alarms and door entry systems
Personal aids
Beds and accessories
Walking aids, grab rails and
wheelchairs
Bathing and showering equipment
Pressure relief equipment
Toileting aids

Moving and handling equipment
Chairs and accessories
Equipment specifically for
children
Hoisting equipment
Equipment for visual and hearing
impairment
Kitchen aids

How to get equipment

Many different health and social care professionals can order equipment from the service. This includes care managers, physiotherapists, occupational therapists, specialist social workers, district nurses and health visitors. If you think you would benefit from equipment, you should ask your care manager or any of these other professionals who you see.

Contact us by calling

01670 730595 (Monday to Friday 8:30am to 4:30pm).



Northumbria Wheelchair Centre services

We offer a one-stop shop for assessing, prescribing and loaning wheelchairs including powered and manual wheelchairs for a minimum of six months. This includes accessories such as cushions and specialist seating equipment. Typically you will be referred to us by a healthcare professional e.g. your GP, physiotherapist, occupational therapist etc.

Who is it for?

We primarily provide equipment for people with a permanent long-term condition who need a wheelchair as part of their mobility within their own home, and have either significantly reduced or no walking ability. We have a range of wheelchairs available to us for residents in our area and can support Personal Wheelchair Budgets (PWBs).

How do you get one?

Typically you will be referred to us by a healthcare professional e.g. your GP, physiotherapist, occupational therapist etc. Once you are registered with us and use our services you can request a re-assessment directly if your needs change.

We provide services to children aged 30 months and above, and adults who are registered with a North Tyneside or Northumberland GP.

Wheelchairs are provided on the basis of clinical need set against a regionally-agreed criteria.

How to contact us

Telephone: 0191 282 8958 (Phonelines are open 8.30am – 3.30pm but are closed on the second Wednesday of each month for staff training)

Email: WheelchairServices.NLD@northumbria-healthcare.nhs.uk

Opening hours: 8am to 4pm, Monday to Friday.



Children's Occupational Therapy Sensory Processing Service

Our overall aim is to support parents, carers, education staff and other professional groups to understand how sensory processing can impact on daily life.

The service will provide information on how to modify activities and the environment to support participation in activities of daily life for children and young people with sensory processing challenges.

Who is this service for?

Children and young people who are experiencing day-to-day difficulties with processing sensory information can access Northumberland's Sensory Processing website for support, strategies, and information.

If additional support is required a referral can be made to the Occupational Therapy service where parents / carers will be offered an initial telephone consultation. Referrals to the service must be completed by an approved professional and meet the following service criteria:

- The Service for any child or young person aged 0-18 years, or up to 19 years if still in full time education and living in Northumberland.
- Registered with a Northumberland General Practitioner.
- Parent/Carer consent has been obtained for the Referral.
- Sensory Processing strategies have been trialled to help improve engagement in daily living activities but have not been fully successful and further support is required.
- Sensory Processing challenges continue to have a significant and ongoing impact on mental health and/or physical wellbeing in relation to participating in daily living activities.
- Children / young people who are receiving support from the Children and Young People's service (CYPS) who require sensory support may be redirected to CYPS to receive support around their sensory processing need

Contact us here:
01670 564050



Your Growing Healthy Team are here for all children and young people, providing support, encouraging healthy lifestyles and protecting those who are most vulnerable.

The 0-19 Service is a Universal service open to all children and families in Northumberland.

0-5 years –Health Visitors offer 5 mandated contacts to all families. This allows us to assess children throughout their preschool years. We will offer additional intervention from our Early Years Practitioners as necessary. We will refer to partner agencies if further assessment or diagnosis is required

5-19 Years –School Nurses. Referrals are accepted from parents, schools and partner agencies for intervention from our school nurse service. As part of our school nurse team, we have a small team who work specifically with Children and Young People with SEND needs.

We will refer to partner agencies if needed

What we can support you with:

- Toileting issues
- Behaviour including sensory worries
- Emotional dysregulation
- Sleep issues

Our SEND Team deliver Health Promotion into the Special Schools offering 1-1 support as well as classroom-based Health Promotion

We also deliver Virtual workshops for Sleep and Toileting

For more information, please download our APP Scan the QR code or search for 'Children's Health Service HDFT App' www.hdftchildrenshealthservice.co.uk





CHOICES COLLEGE
STEPS TO SUCCESS



Welcome to Choices College. A college like no other. We are a specialist provision college helping young people between the ages of 16–24 with learning difficulties, learning disabilities and/or autism, into work. We offer a one year supported internship with genuine work experience and we support young people to transition into work.

Within the NHS we have over 350 different roles and we can offer a caring and supportive environment in which your young person can grow. We also work closely with Northumberland County Council, local businesses, charities and enterprises within the Northumberland area to offer contrasting placements within non-NHS settings. Providing your young person with a varied range of experience and helping them determine their next steps, in their future careers. We offer young people supported internships with the aim of transitioning them into work at the end of the academic year. Students have the opportunity to work and learn in up to three genuine work experience environments, developing skills and helping them start their career. We also have one day in college supporting them with maths and English up to level 4 and they work towards an accredited Employability qualification. They develop experience but also obtain employer references, updated CVs and support in applying for jobs.

We offer a vast array of work placements, but a few of our more popular placements are:

Porter · Administration · Catering · Receptionist
Domestic · Retail · Hospitality · Social Media Marketing
Animal Care · IT · Childcare

If your young person joins our college, they receive bespoke, tailored support to help them reach their goals. We also support with pathways to adulthood such as learning money management, professional behaviours etc. The course is adjusted to each individual student so we can help individuals from a range of academic abilities, from P levels to degree level. There is not academic requirement to join the course. Students just need a current EHCP and a willingness to work.

What we offer:

- Qualifications in Functional Skills English and maths and NCFE certified Employability.
- Up to three genuine work experience opportunities across the academic year with the possibility of work references.
- A supported course tailored to the individual needs of the student. The course looks different for each student.
- A specifically trained mentor in the work placement who will train and support the student whilst on placement.
- Pathways to adulthood training including professional behaviours, money management, work travel planning and much more.

What we can't offer:

- Other courses. We only provide supported internships.
- We are unable to offer support to students who do not have a current Education Healthcare Plan.
- Large classes. Due to the high level of support offered, we can only offer this provision to small groups of 12 students or less.
- If the student is not interested in working or gaining, there is no other alternative and this provision may not be suitable for them.
- Guaranteed employment at the end of the course. We will do everything we can to support the young person into work including CV development, interview practice and support applying for jobs. We can also request reasonable adjustments from application through to interview. Whilst many of our young people have been successful in gaining employment, there is not guarantee of a job. But we do everything in our power to support with this process.

Contact or referral details

For further information about the course please contact
Carmel Murray-Cooper at
carmel.murraycooper@nhs.net,
Telephone: 07872816315
Website: www.england.nhs.uk

Address: Dobson House, Regent Centre,
Newcastle upon Tyne, NE3 3PF



Carers Northumberland are a charity dedicated to improving the lives of unpaid carers by responding to their needs, informing them of their rights and entitlements. We can support them in accessing help for the person they are caring for, reduce their feelings of social isolation and empowering them to have a voice.



We support carers of all ages including Young Carers, Parent Carers and Adult Carers. We provide information and advice to support them in their caring role alongside a range of activities, events and community services.

What we offer:

- Provide information, advice and support on topics such as benefits (including some form filling), grants, housing, social care, travel, employment and more.
- Run carer groups where you can access peer support from other unpaid carers
- Offer a range of workshops that can help with wellbeing, learning about services and key issues such as lasting power of attorney and social care charging.
- Provide every registered carer with an identification card, regular newsletter and updates via social media, email and post.
- Work in partnership with other organisations to offer the best possible support to carers, raise awareness and influence change
- Be a single point of contact for all of your caring needs.

What we can't offer:

- We are not a care provider, we do not offer home care, respite or sitting services. We are a charity that supports unpaid carers, we can support you find appropriate care and assessments.
- We cannot fill in universal credit, PIP or DLA forms, but we can provide generalist advice around this and signpost to appropriate services
- We cannot visit you in your home, but can meet carers in their local community or support via phone, email or video call.
- We don't do carers assessments, these are done by the local authority in Northumberland, but we can make referrals into the service.
- We can't make recommendations, we have to stay impartial as an advice provider. We can provide you with all of your options so that you can make an informed decision.

Contact info:

Carers Northumberland
107-109 Station Road, Northumberland, NE63 8RS
Tel: 01670 320025

www.carersnorthumberland.org.uk
<https://www.facebook.com/CarersNland/>
<https://www.instagram.com/carersnorthumberland/>





Changing childhoods.
Changing lives.

About Us

We offer a FREE 8-week online course for parents and carers of children/young people aged up to 16 years old with ADHD, living in Northumberland. This involves independent learning and group-based support, in a friendly supportive, and informative environment.

What we are able to offer

- An online learning platform that you can access at home,
- Ongoing technical support,
- 121 sessions on request,
- Safe, confidential, and non-judgemental group-based sessions,
- Friendly, knowledgeable facilitators with lived experience.

What we are unable to offer

- Face to face sessions (at this time),
- Prescribe or request medication,
- Complete paperwork – however support and signposting can be offered,
- Offer courses to specifically address ADHD in adults– although this is often discussed in the group,
- Financial support

Contact us:
diass@barnardos.org.uk
07881834429





Northumberland **SKILLS**

About us

Northumberland Skills provides a suite of supported education and training pathways for young people with Special Educational Needs and/or Disabilities (SEND) – or those who need extra support to progress – to help bridge the transition into adulthood.

Our aim is to provide flexible, inclusive and meaningful opportunities so that each young person can grow in independence, confidence and skills, and access further education, volunteering, internships or employment.

Led by our experienced lecturers, we deliver these SEND programmes at our Alnwick Campus, tailoring support to individual needs and offering clear pathways toward life skills, vocational training and supported internships.

Explore our learning pathways at www.northumberlandskills.co.uk/local-offer

What we offer

1. Pathway programmes tailored to needs

We have several 'Pathways to Adulthood' routes, including:

- Pathway to Personal Progress (Foundation Life Skills)
- Promoting Independence (Developing Life Skills)
- Foundation in Occupational Pathways (Securing Life Skills)

2. Pre-Internships and Supported Internships

For young people aged 16–25 with an Education, Health & Care Plan (EHCP), we offer both a Pre-Internships and a Supported Internship programme – designed as a bridge between education and employment, building confidence, skills and real workplace experience.

3. Progression into further education, apprenticeships or employment

We provide tailored support to help learners transition where appropriate into apprenticeships, further education or work placements once they are ready.

4. Individualised support and campus visits

Our SEND team works closely with each learner to adapt programmes to their needs, and we offer campus visits so that students and families can experience the learning environment and see how support will work in practice.

5. Specialist provision at our Alnwick Campus

Our SEND curriculum is delivered at our Alnwick Campus, providing an accessible, supportive and inclusive environment where learners can thrive.



What we are not able to offer

To set expectations, here are five things we are currently not able to do (or where limits may apply):

1. Full mainstream curriculum without adaptations

We are not generally able to deliver the full breadth of mainstream academic qualifications at standard pace for all students; our focus is on supported, adapted pathways suited to individual readiness.

2. Support beyond age limits

Our Supported Internships are aimed at 16–25 year olds (with an EHCP) – we cannot extend that beyond this age range.

3. Automatic guarantee of employment

While we support transitions into employment, Supported Internships, apprenticeships or further education, we cannot guarantee a paid job placement for every learner.

4. Unsupervised or unstructured volunteering placements

We may support volunteering as part of pathways or work experience, but we cannot guarantee open-ended unsupervised or volunteering placements outside programme structure.

5. Every specialist therapy or medical service

Our remit is educational, training and transition support. We are not able to provide specialist clinical therapies (e.g. speech & language therapy, occupational therapy, mental health therapy).

How to contact us / referral information

Apply : find out more: Use our 'Apply Now' link via our website to express an interest in our SEND pathways, or visit www.northumberlandskills.co.uk/apply-now

SEND enquiries team: Contact the Northumberland Skills SEND team at learn@northumberland.gov.uk to discuss your circumstances, ask for a campus visit or arrange an assessment of suitability.

Campus locations: Our SEND programmes run at our Alnwick Campus (Lindisfarne Road, Alnwick NE66 1AX).



Northumberland Recovery College (NRC) is funded by the NHS as part of a national initiative to provide free sessions and workshops to adults in their own communities that support mental health and wellbeing. NRC is co-ordinated by Everyturn Mental Health charity, and is open to anyone 18+ who lives or works in Northumberland. Sessions are delivered in community venues across the county and online, ranging from social and support groups, to physical or creative activities, as well as courses and workshops that build knowledge and skills in supporting our mental health.

What we offer:

- Support groups for men, women, and neurodivergent communities
- Social groups to meet new people and build connections
- Courses and workshops relating to mental health and wellbeing
- Creative sessions (arts/crafts, creative writing etc.)
- Physical activities that mental wellbeing, such as yoga, gardening, non-contact boxing and men's football

What we can't offer:

- 1:1 support or advice – we only provide group based support
- Therapy, counselling or other clinical interventions
- Support to people in a mental health crisis
- Support to children and young people under 18
- Educational qualifications – we are not a traditional college

Contact:

Tel: 07866 053717 / Email: nrc@everyturn.org
Office hours are Monday – Friday, 9am–5pm.



**Please use the QR code
to access website**



What is a Wizzybug?

Wizzybug is a powered wheelchair for young disabled children under 5. It offers children fun, independence and freedom of movement, often for the first time in their lives.

Suitable for children aged 14 months – around 5 years (a maximum weight of 20kg) to explore indoors, outdoors and off-road.

Wizzybug helps children with any condition or developmental delay that affects their ability to walk, including those who do not yet have a diagnosis.

About the Wizzybug Loan Scheme

We provide Wizzybugs free of charge to families in the UK. They are fully funded by donations which enables us to give them to young children to use until they outgrow it.

You can complete an online application today, or request a paper version if you prefer. Your application will be reviewed by our in-house clinical team and someone will be in touch to arrange your handover appointment.

We have handover locations in Bath, Leeds and Northern Ireland.

What to know before applying for your Wizzybug

Take a look at the User Requirements to ensure Wizzybug is suitable and if you have any questions our friendly team are available to offer advice. Before starting your application please read the How to measure your child guide via the QR below, so you have everything you need for your application.



The Toby Henderson Trust

The Doorway to Early Action in Autism

The Toby Henderson Trust (TTHT) is an independently funded charity supporting autistic children, young people and adults, their families and carers in the North East of England.

We provide relevant, appropriate and accessible support for autistic young people from two years into adulthood, whilst also empowering parents, families and carers by sharing knowledge, experience and understanding. We acknowledge that yours or your child's situation is unique and we encourage you to contact us to discuss how we can offer individual support.

Things we do:

- Private Assessment and diagnosis of autism for children , Young People & Adults
- Specialist autism family support service for parents/carers
- Specialist online and face to face support groups for parents/carers
- Rolling programme of free webinars covering a range of topics specific to autism for parents/carers
- Private hire of Toby's magical Garden

Things we don't do:

- Outreach and enabling
- Respite services
- Home visits
- Assessment and diagnosis of ADHD
- We are not a mental health care provider



**Toby House, Earth Balance,
Bedlington, Northumberland,
NE22 7AD**

**Telephone: 03003653055
Website: www.ttht.co.uk**



**Northumberland Autism
Post Diagnostic Support
Service**

Specialist Post Diagnostic Support for families, offering practical advice, guidance and provision of information.

Direct specialist support for children and young people diagnosed autistic in Northumberland, this being a recent or historic diagnosis, to help them understand and embrace their autistic identity.

What we offer:

- Specialist Family Support Sessions for parents/carers
- Direct support for children up to 5 years through Intensive Interaction. 2 sessions designed to work with the family and child to support verbal and social communication and manage behaviours through this effective and practical approach
- Direct support for children aged 5 – 7 through Neuro Cubs. A 4 week course delivered flexibly by our staff to help children understand, express and embrace their autistic identity
- Direct support for children aged 8–14 through Neuro Bears. A 4 week course delivered flexibly by our staff to help children understand, express and embrace their autistic identity
- Direct support for Young People aged 15 – 17 years “Who am I?”. 2 sessions “Understanding my autistic identity”, delivered on a 1:1 basis either in person or remotely to meet the needs of the individual family situation

What we can't offer:

- We are not a mental health care provider
- Respite services
- Home visits
- offer EHCP support
- out of hours support

Easy self-referral process for parents/carers –
just email or call.
northumberlandpds@ttht.co.uk 0300 365 305



The Chronicle Sunshine Fund is a local North East charity that provides specialist and adapted equipment to children aged 0-19 living with disabilities, additional needs, chronic and terminal illness. The types of equipment we can fund are not available through statutory services like the Local Authority or NHS; yet they are vital to the daily life of our Sunshine kids. These specific pieces of equipment enrich quality of life for not only the children, but their wider families and communities.

We are immensely proud to make a difference to the lives of local disabled children and their families through funding life-changing, specialist and adapted equipment; however, our support and service goes far beyond this.

What we offer:

- We can help you apply for equipment that otherwise could not be funded by the NHS
- We create multiple events throughout the year for families to get involved in.
- We have the junior and mini GNR that is ran every year to raise vital funds for Sunshine Fund
- We offer opportunities to get involved and volunteer!

What we can't offer:

- We do not means test or ask for any financial information on our application forms.
- We don't support individuals outside of the Tyne and Wear, Northumberland. and County Durham area.
- We do not deny individuals, charities, and community groups from making applications with us.

For more information go to:
www.thesunshinefund.org

or Call us on:

Families and Applications line

07593 298541

Main Office

0191 201 6289



Education Partnership North East is one of the largest college groups in the region, uniting Sunderland College, Northumberland College, and Hartlepool Sixth Form. It delivers high-quality academic, vocational, technical, and specialist education, supporting school leavers, apprentices, adults, and higher education learners with inclusive pathways into employment and further study.

Here's a snapshot of what Northumberland College offers, and how SEND / inclusive provision is integrated:

What Our Service Offers:

Individualised support planning & assessments – We assess learners' needs (learning, physical, sensory, social) and co-produce Individual Support Plans, in consultation with staff, families and learners themselves.

Reasonable adjustments & accommodations – This may include assistive technology, extra time, modified resources, alternative formats, specialist materials, tailored delivery, or adaptations to facilities or timetables.

Liaison and advocacy within the College – We act as a link between learners, academic staff, support services, and external agencies (e.g. health, social care) to ensure coordination of support.

Training, awareness & staff development – We provide guidance, training and resources to lecturers, tutors and support staff to improve inclusive teaching practices, differentiation, SEND awareness and classroom adjustments.

Transition support, progress monitoring, and review – We support learners through transitions (school → college, between courses, or onto employment), monitor progress, adjust support as needed, and review outcomes with learners.

What Our Service Doesn't Provide:

- Medical or therapeutic interventions
- One-to-one full-time tutoring for entire courses
- High-cost specialist equipment beyond what the College can reasonably fund
- Guaranteed unlimited staffing / support across all classes
- Guarantee of academic success or specific grades

For more information contact:

Peter Monaghan – Associate Principal
peter.monaghan@northumberland.ac.uk





Family Fund

Helping disabled children

Family Fund is the UK's largest grant-making charity. We support families raising a disabled or seriously ill child or young person, and living on a low income, with grants and practical services alongside providing ways for them to share their experiences.

What we offer:

- We give grants for of essential items such as kitchen appliances, furniture, bedding, tablets and more
- We provide eligible families raising a child under three years old with a car-leasing package.
- We support young adults with grants to enhance their life and increase their independence
- We offer services and practical workshops and e-courses to parents and carers

What we can't offer:

- Help with the cost of energy bills
- Support with home improvements
- Grants for boiler replacement
- Driving lessons for parents



Find out more:
www.familyfund.org.uk
www.facebook.com/familyfund

Get in touch:
01904 550055





ERIC (Education and Resources for Improving Childhood Continence), also known as ERIC, is a national charity in the UK that focuses on improving children's bowel and bladder health. We offer information, support, and resources to children, young people, families, and professionals, addressing various continence issues like bedwetting, soiling, constipation, and daytime wetting.

What we offer:

- A helpline service for families to talk to an expertly trained childhood continence advisor.
- A website with information on potty training, childhood bowel problems (constipation and soiling), daytime bladder problems, bedwetting and downloadable resources.
- An online shop supplying a comprehensive range of life-transforming continence products.
- Paediatric continence training courses for health professionals across the UK to raise standards of continence care.
- Potty training workshops for parents, carers and those working with pre-schoolers to help the child achieve independent toileting skills.
- Campaigns to raise awareness of the causes and treatment of children's bowel and bladder problems, to improve national paediatric continence services and the support available to children in education settings and the NHS.

For helpful resources and information for children with additional needs, use the QR code to visit the website



Contact us:
Helpline - 0845 370 8008
email info@eric.org.uk
<https://www.facebook.com/ERIC.UK1>



North East Sight Matters objectives are charitable and combine a level of independent and life skills training, to sight impaired children and young people, whilst encouraging social interaction and exciting activities to promote independence, challenges, and confidence-building.

We organise family events and activities to encourage support networks and friendships plus opportunities that may not otherwise be accessible or available to this group.

What we offer:

- Offer a range of exciting activities to children and their families affected by sight loss
- Develop ongoing programmes of skills and social activities to improve self-confidence, increase support networks, form friendships and provide opportunities for young sight impaired people
- Plan, develop and deliver informative and practical competence training so that children and young people can learn appropriate, safe, and adapted methods of valuable life skills
- Arranging social and informative events for parents/carers and professionals
- Provide training to a range of organisations and individuals

To access our services, children and young people can be referred by a parent/carer or a professional. If you are over 16, you can refer yourself.

All children and young people wishing to access our services must meet the following criteria:

A child or young person must be registered
Severely Sight Impaired/Blind or Sight
Impaired/Partially Sighted or be Registrable

The child or young person must reside in the area
covered by North East Sight Matters.
(Northumberland, Tyne & Wear, Co. Durham and
Tees Valley)

Contact Us:

Tel: 07811956381

Email:

team@northeastsightmattersltd.co.uk



Brightside is the leading and largest provider of specialist, high quality day provision for 18-35 year olds with a wide range of additional needs in Northumberland and Gateshead. We recognise the importance of continued education, development and social engagement in a fun, inclusive and structured environment, alongside peers of a similar age, needs and interests.

We support individuals with autism, ADHD, sensory needs, speech and language needs, mild to profound learning disabilities, sensory needs and behaviour that challenges across our 8 distinct services. We are driven for excellence by both personal and professional experience of supporting those with additional needs, with a strong commitment to promoting full inclusion and community participation.

What we offer:

- Independent living skills, travel training, money management, social skills training, engaging and enriching activities and visits
- Highly qualified and experienced professionals, many of whom have an education background
- A structured yet fun approach, utilising many educational strategies
- Wrap around services from 7.30am to 6pm
- Modern, clean and fantastically resourced environments with specialist and interactive resources and equipment

What we can't offer:

Due to the nature of our premises and our area of expertise, we are unable to support young people with significant physical needs. All group members must be weight bearing and ambulant, however we can support the use of wheelchairs to assist with mobility during community-based activities.



**Please call 01670 857484 or
email [info@brightsideadultservice
s.co.uk](mailto:info@brightsideadultservices.co.uk) to find out more about our
services or to arrange a visit.**



JohnJasper Care

Compassion · Integrity · Respect

We are a CQC registered care provider with a Good rating. We can also be found on homecare.co.uk and our website is www.johnjaspercare.co.uk. We manage full care packages for clients in their own home with a range of needs as well as providing care staff to people's homes to support them to live within their own home for longer. We work with children with various needs and learning disabilities as well adults with similar needs as well as elderly clients.

What we offer:

- Enabling - enabling people to access their community for things such as appointments, shopping, leisure activities, etc. This also includes supporting children into the community as well as offering parents respite from full time care or behaviour which challenges.
- Personal care - helping people to transition from various times during the day - supporting people to maintain their own morning and evening routine
- Respite/Short Breaks - Similar to enabling but this can simply occur in their own home.
- Moving & Handling support - assisting parents, carers and guardians to support those with mobility issues who may struggle to do this on their own.
- Independent Living - we support people with learning disabilities to live independently

What we can't offer:

- Residential - We do not offer a place where people can stay overnight. We only offer support in their own homes, holiday accommodation, etc
- Registered Nurses - We do not provide nursing staff...yet.
- Complex medical requirements - Injections, suppositories, bloods, enemas, etc
- Nail Care - we do not offer support with fingernails or toenails.
- Providing continence aids or specialist equipment



Contact:

Kennedy Halliday - 0191 265 8807

Please use the QR code to visit our website



We are the North East's first dedicated disability surf school. We offer adaptive surf lessons to anybody with a cognitive or physical disability, mental health condition, learning disability, or neurodivergent people.

Our head coach has over 10 years experience in disability support and we have a range of adaptive equipment. We're always happy to jump on the phone and chat about support needs before participants book their sessions, and we ask for a PEN portrait so we can do some research and prepare the appropriate support and equipment.



What we offer:

- Adaptable and understanding coaches, who use both pre assessment information and participant cues to produce an individual lesson, based on the participants needs and goals.
- Adaptive equipment, including seated and prone boards, and adjustable wetsuits- which help both people with sensory difficulties and restricted mobility.
- Operate from an accessible location at Blyth Beach, which has lots of disabled parking bays, flat access to the promenade, beach accessible wheelchairs, disabled toilets, and ramped access to the beach. Blyth is also one of the quieter Northumberland beaches, which improve access for people who experience sensory overload.
- Our adaptive surf competition, which has categories for people with cognitive disabilities, and the traditional para surfing categories (Blind and VIs, Prone and Stand). People with cognitive disabilities are often left out of competitive sports, it is important to us to be a fully inclusive provider at all levels.
- Progressive adaptive coaching to encourage participants to go on to compete at higher levels.

What we can't offer:

- Paddle boarding - we're focussed on surfing specifically.
- Unsupervised water access for children-all of our sessions are coach-led for safety. Equipment can be hired but an adult needs to be present in the water and we are present to lifeguard.
- Drop-ins-all of our lessons are booked at least 24 hours in advance so we can prepare appropriate equipment and support.
- Guaranteed surf conditions. We understand this is difficult for participants who rely on routine for their wellbeing and we will always run lessons where it is safe to do so but in the event of unsuitable surf conditions we will rearrange the lesson.
- Sessions to people who don't want to take part. We will encourage people and offer positive messaging around their ability to participate in surfing but we will never force anybody to take part as it is important to us that it remains a positive experience for all involved.

Website: www.adaptiveoceanacademy.com
Phone: (+44) 7460 672476
Director: Brittany Culverwell





We are a vibrant community centre in the heart of Cowpen, Blyth with a wide range of activities, groups and services available to everyone. We have a low cost, 5-star rated community cafe on-site and a team waiting to greet you with a smile. Whether you're looking for fitness; mental health support; training or something creative, we have something for you

We have sessions for babies, toddlers and a youth service for 7-13 year olds; groups for older people and everyone in between. We also now have our very own sensory garden and enclosed, secure dog field on site. Along with our community allotment, there is lots to do here at Briardale House.

We also run a fantastic meals on wheels service from our 5-star cafe, delivering home cooked, good value meals to your door. Please contact us for details.

What we offer:

- Secure and enclosed sensory garden offering children a safe environment to explore
- A 5-star on site cafe in our accessible building
- Weekly Briardale House youth club for ages 7-13
- Many various groups & activities held in our centre every week - from dance to acro to social groups

What we can't offer:

- Unsupervised play
- Specific advice on additional needs

Contact:

Briardale House Youth & Community Projects Ltd
Briardale Road, Blyth, NE24 5AN
01670 359135



About the scheme

Through this scheme, we provide affordable door-to-door service to aid individuals who have transport challenges get out and access vital appointments, services, and shops. The emphasis of the project is to help people maintain their independence, by giving them the support, time and assistance needed to be as self-sufficient as possible.

In 2025 we purchased two accessible caddies which provide single wheelchair transport.

There is a charge for this service and cost are calculated on booking. For more information about WATBus and the services we provide please contact our office on 01670 522999, email admin@watbus.org.uk or scan the QR code which directs you to WATBus website.

WATBus community transport is a charity based in Ashington. Our mission is to provide friendly professional community transport to enhance the connectedness, social inclusion and mental and physical well-being of the people and communities we serve.

We operate a fleet of vehicles which seat up to 16 passengers, with some having been specially adapted to carry wheelchair passengers. We also have a few smaller wheelchair-accessible vehicles.

WATBus also provides projects that can benefit families, these include:

- **WATBreak** – WATBreak is a new project that launched in 2024, supporting people to have an affordable break at our caravan at Amble Links.

Do you know an individual, couple or family who could benefit from getting away?

This includes individuals with health conditions, people on low income, carers, the elderly or anyone who deserves a break.

The caravan sleeps up to 6 people and can be booked for a minimum of 2 nights.

Unfortunately, we do not allow pets, unless they are an assistance animal.

The site has free leisure facilities including a gym and swimming pool for people staying at the caravan and a discount card for the onsite pub/restaurant.

Referrals for the caravan can be made via charitable organisations, GPs, social services and schools.





Spectrum Holidays is an award winning charity that provides highly subsidised short respite breaks for neurodivergent children and their families/carers. We currently have 2 holiday homes in Northumberland which have been adapted to meet the needs of disabled children and include a sensory area, sensory equipment and communication resources. To help children feel more at home during their break, we also offer a choice of themed bedrooms.

What we offer:

- Subsidised Respite breaks in sensory adapted accommodation on a Haven site in Northumberland
- Preparation for your stay using personalised visual stories and calendars
- Safe Space Bed (Voyager compact) available on request
- Our team is available before, during, and after your holiday to ensure everything goes smoothly.
- Free park passes which offer discounts across the park

What we can't offer:

- Medical care support
- Funding/financial support while on holiday
- Therapeutic or clinical services
- Emergency or crisis response support
- Carers/1:1 support

Contact:

info@spectrum-holidays.co.uk



Active Future is committed to creating inclusive, uplifting experiences for children with Special Educational Needs and Disabilities (SEND). We provide safe, welcoming environments where every child can play, learn, and thrive at their own pace. Our sessions are designed to build confidence, support emotional wellbeing, and encourage physical activity through fun, adaptable activities. We work closely with families to understand each child's unique needs, ensuring that every young person feels valued, included, and empowered to enjoy positive, active experiences.

What we offer:

- A Safe, Supportive Environment – Families can trust that their children are welcomed into a calm, understanding space
- Personalised, Inclusive Activities – Every activity is adapted so children can take part at their own pace, helping them feel successful, included, and confident
- Improved Wellbeing & Social Development – Sessions are designed to build confidence, reduce anxiety, support emotional regulation, and encourage positive social interaction with peers.
- Respite & Support for Families – Parents and caregivers receive valuable breathing space knowing their children are safe, happy, and actively engaged.
- Consistent Communication & Collaboration – Families are kept informed and involved, with staff listening carefully to each child's needs

What we can't offer:

- It Is Not a Drop-Off Service – Parents or carers must remain on site throughout the session
- No One-to-One Support as Standard – unless previously agreed and resourced.
- No Specialist Medical or Therapeutic Intervention
- No Guarantee of Meeting All Complex Needs – Although activities are adapted where possible, the service may not be able to meet every high or complex support need.
- Not a Replacement for Professional Childcare or Education – Sessions are designed for enrichment, social interaction, and physical activity

Contact

07854 190807

dan@activefuture.info





Seb and Olivias Den offers fun, active, and creative sessions for children & young people with SEND and their families at Northburn Sports & Community Centre in Cramlington. Activities are designed to be engaging, inclusive, and safe, giving children opportunities to play, learn, and enjoy new experiences in a supportive environment.

What we offer:

- Freestyle play sessions – safe, active sessions with sensory room, outdoor safe space, gaming room, ball pit, climbing activities for children & young people with SEND.
- Supportive sessions – We support a football team, children not in education group and stay and play sessions.
- Holiday activities during school breaks, we run a range of different accessible activities
- Seasonal Trips and activities across the year

What we can't offer:

- Drop-in sessions – all activities must be booked in advance due to limited capacity.
- Childcare – a parent carer must attend all of our sessions
- Unlimited spaces – places are capped and filled on a first come, first served basis.
- Not an education setting
- Proof of disability or diagnosis

Contact:

sebandoliviasden@gmail.com

NeuroNest Psychology is a specialist, neurodiversity-affirming service offering high-quality autism, ADHD and cognitive assessments for children, adolescents and adults. The service is grounded in compassion, clarity and collaboration, with every assessment tailored to the individual rather than delivered as a “one-size-fits-all” package. Families are supported through the full journey – from initial concerns to understanding strengths, differences and next steps – in a way that feels containing, respectful and genuinely helpful. Our approach is narrative-rich, strengths-focused and designed to feel therapeutic, not clinical or transactional.



What we offer:

- Assessments for children, young people and adults (autism, ADHD and cognitive – dyslexia & dyscalculia)
- Consultation
- Post-diagnostic support
- Liaison with schools
- Advice & signposting.

What we can't offer:

- Therapy (at the moment)
- Right to Choose assessments
- Medication
- Assessments for children under 6 years of age.

Contact:

info@neuronestpsychology.co.uk,
www.neuronestpsychology.co.uk,
07946283716





understand communicate connect

Complex Connexions is a community interest company offering support to ADHD/ Autistic parents and children, focusing on understanding behaviour and communication through a nervous system lens. We aim to help parents be curious and compassionate about their children's needs, and their own responses, and create ways to grow stronger connections in their family, which supports everyone's mental wellbeing .

What we offer:

- 1-2-1 sessions for parents – to discuss how they can better understand their child's needs and ways to support them– sensory needs, executive function and emotion regulation skills
- The Safe and Sound Protocol (SSP) – music listening therapy, for adults and children, to support anxiety, sensory sensitivities and social engagement difficulties
- The Rest and Restore Protocol (RRP) – music listening therapy for adults and children, to support sleep difficulties, digestive problems and nervous system regulation
- Neurodevelopment support for children – reflex integration through a rhythmic movement programme
- A free monthly meet up for parents/ carers at Ponteland Library

What we can't offer:

- Assessments for ADHD/ Autism
- Behaviour modification workshops for parents or children
- A helpline for moments of crisis in a family
- Support with EHCPs or SEND law
- Support at meetings with schools

Contact details:

Shelley Farnham, Founder of Complex Connexions;
shelley@complexconnexions.co.uk;
www.complexconnexions.co.uk



Our registered charity was founded in 2019 to offer inclusive activities to children and young people aged up to 25 who have special educational needs and disabilities (SEND), and support for parents and carers. Siblings and friends are also catered for. We are based in Hexham, but have hundreds of members from all over the region and are not geographically limited. We run activities aimed towards the whole family both in Hexham and outside the area and place our focus on inclusiveness and acceptance, supporting families to navigate the pressures of daily life. We are managed by a team of people who have lived and professional experience. All of our services are either part or fully funded. We do not ask for referral or diagnosis to join!



What we offer:

- Regular activities for SEND and non-SEND children (weekly social and youth group; adapted forest schools; quiet sessions; sessions for children unable to access school etc.)
- School holiday and weekend activities (SEND swimming sessions, trips out of the area, special events etc)
- Parent & carer meet ups, retreats and workshops
- Annual weekend away to Center Parcs
- Help with EHCPs, disability related benefits, social care and other aspects of caring for children with additional needs

What we can't offer:

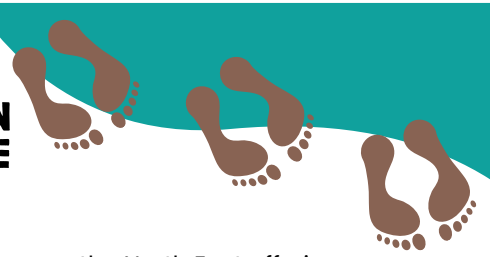
- Services for adults over 25
- Individual funding
- Long term respite

Contact:

Email info@tangafamily.co.uk and
our website is
www.tangafamily.network



STOMPING GROUNDS NE



We are a lived experience charity working across the North East offering Therapeutic, trauma informed and neuro-affirming forest school for children and young people. We work from woodlands and wild spaces, in groups and 1-1, and with children of all ages. We offer alternative provision throughout the week for those who are struggling to access formal education. We have holiday clubs throughout the school holidays. We have a Kindergarten for children aged 2-5. And we offer family sessions so that parents and carers can get involved too. Our sessions are based on the forest school model so often include den building, campfire cooking, greenwoodwork and nature exploration.

What we offer:

- 1-1 and group sessions for children and young people who are unable to access formal education
- Family sessions with play therapists and occupational therapists as part of our ReFraming Autism project
- A safe and nurturing space where children and families can connect with each other, nature, and themselves.
- Full time Early Years Funded spaces for 2-5 year olds at our Kindergarten at Gibside
- Holiday clubs for children aged 5+ to explore nature during the school holidays

What we can't offer:

- We can't offer overnight camps
- We can't provide transport
- We can't provide home visits, although we can support with transitions
- We can't single handedly change the system, but we can be a part of it that actually works!

Contact us here:
[admin@stomping-](mailto:admin@stomping-grounds.org)
[grounds.org](mailto:admin@stomping-grounds.org)
01915402680
stomping-grounds.org



Sibs

For brothers and sisters

of disabled children and adults

Sibs – For brothers and sisters of disabled children and adults
(www.sibs.org.uk)

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings.

How we can help

Sibs provides support for young siblings, aged 7–17 years old, adult siblings, parents/carers and professionals.

What we offer:

- Information about disabilities or conditions
- Online advisors
- News and top tips
- Online and face to face adult sibling support groups
- Events such as workshops, training sessions and courses
- guides and eBooks

What we can't offer:

- Legal advice

Our contact details are as follows:

Email: info@sibs.org.uk

Tel no: 01535 645453

Facebook:

www.facebook.com/SibsCharity



The group was started by a group of friends who had shared similar experiences in trying to become independent and included. Frustrated by the lack of opportunities available, we got together to try to change things for the better and run things ourselves. Now we run social activities, have a say with policies, and support each other in our lives.

The group is user-led and for anyone from the age of 16+ and have support workers who give us guidance and support when required. We get funding to cover most of the costs of activities including transport costs for people who are less confident about using public transport. Occasionally we may ask for a small contribution to a trip.

PROJECTS

SpLinter Sisters is a project run for female Splinter members with which helps members explore relationships and staying safe and true to yourself. Alternate Thursdays in Alnwick and first Monday of the month in Blyth.

Point A Support - We meet 1-to-1 with young people who might need help to take part in group meetings, and offer advice and support on housing, benefits, living independently, and looking for work.

Waffling On Trailer team - takes the trailer to fairs and festivals, make crepes and waffles and talk to people about learning differences. We run training days for new members usually on Saturdays and pay for online learning to complete food hygiene and enterprise skills.

Safe Places - We run training for staff in cafes, shops and community venues to offer a safe haven if people are feeling vulnerable when they are out and about. www.safeplaces.org.uk We run training sessions with venues online and support sessions for new members of the team at times by arrangement.

Gaming project - we are designing our own game and running autism- friendly gaming events and conventions to help make gaming more social. The volunteer team meets on Fridays on Zoom and runs Sunday games night at 6.30pm - all welcome.

FUN

We organise free social activities for ourselves such as meals out and bowling and plan to carry on with a monthly activity programme.

CAMPAIGNS

We have been trying to make sure that all young people get the support they need when they need it - whatever their age-as they set out into adulthood and try out living independently.

We organise conferences for young people, parents, carers, service providers and voluntary organisations to give people a chance to have a say. We have completed video projects to influence the way that services are designed around what people actually want and need and are developing a peer advocacy project.

PARTNERSHIP

We share our experiences with other people at events like a Mental Health Youth Conference and at the Learning Disability Partnership Board for Northumberland. We have joined up with other groups to see how we can help make the community safe against hate crime. We have taken part in youth democracy sessions meeting councillors and sharing

How to Join

Monthly Friday get-togethers around the county and on Sunday nights on Zoom from 6.30pm.

For more information please contact Andrew or Julia 07775 817544



We are Little Learners Playspace Ashington – a one of a kind indoor learning and play venue. We make learning to write fun through mark making activities and messy play classes, catering for children from birth to 5 years (and beyond for our extra special events!). At Playspace, every child can be helped to make their mark through our play sessions, parties, private hire, events and a range of educational resources in our shop. Our aim is to make writing fun for your little ones, so all the activities on offer are specifically designed to develop your child's fine and gross motor skills and learn the basics of writing through PLAY!

What we offer:

- Innovative, educational classes that help children to write using our unique mark making programme 'The Mark Makers'.
- Award Winning parties and classes. Events and Private Hire.
- Free Sessions as part of the HAF scheme and through local sponsorship, meaning every child gets the chance to make their mark.
- Dedicated sensory spaces, physical activity equipment, soft play and of course lots of messy play. Baby change and WC.
- Allergen Safe and classes can be tailored to fit the medical needs of our learners.

What we can't offer:

- Dedicated site parking, all parking is on street.
- No cafe or restaurant (but plenty of our messy play activities are edible!)
- Step Free Access – we have a small front step that requires the use of a ramp for wheelchair users.
- Training or medical guidance for parents.
- One on one/private tutoring.



Contact: playspace@littlearnersuk.com
or phillip@littlearnersuk.com



Solidarity Farm CIC is a social enterprise dedicated to helping young people reconnect with nature, community, and themselves. We create hands-on outdoor learning experiences that build confidence, practical skills, and a sense of belonging. Our programmes bring together schools, families, and organisations to support young people who may be struggling to thrive in traditional settings. Rooted in care, creativity, and collaboration, Solidarity Farm offers a space where everyone can contribute, feel valued, and discover their potential.



What we offer:

- 1:1 and Group Sessions – Supportive outdoor sessions for children and young people who are unable to access formal education, helping them build confidence, connection, and a sense of belonging.
- Family Sessions – Relaxed, nature-based sessions designed to strengthen relationships and help families connect through shared experiences in a calm and nurturing environment.
- Holiday Clubs – Engaging and adventurous programmes for children aged 6+ in the school holidays, encouraging exploration, creativity, and play during the school holidays.
- Community and School Partnerships – Collaborations with schools, councils, and community organisations to deliver alternative education programmes and wellbeing-focused outdoor learning.
- Nature-Based Learning and Wellbeing – A safe and inclusive space where children, young people, and families can connect with nature and themselves through hands-on, meaningful experiences.

What we can't offer:

- Formal Schooling – We're not a school— our focus is on hands-on learning, confidence, and connection.
- Therapy or Medical Support – While our environment is therapeutic, we're not able to provide clinical, counselling, or crisis mental health services.
- Specialist Behaviour Support – We welcome children with a wide range of needs, but we can't offer intensive or one-to-one behavioural interventions.
- Childcare or Drop-Off Sessions – Our sessions are designed to be shared experiences, not childcare – we focus on learning, wellbeing, and connection rather than supervision alone.
- Overnight or Residential Stays – All of our programmes take place during the day – we don't currently offer sleepovers or residential stays.

Contact:

john@solidarityfarm.org.uk
07514139432





The Cocoon Therapy Space

4 Beech Road, Durham, DH1 5JE

The Cocoon is a nurturing sensory integration space co-owned by experienced occupational therapists Rachel Ineson and Laura Elliott.

What we offer:

Sensory and Occupational Therapy assessments + 1:1 therapy intervention sessions at the Cocoon

Our values:

Neuroaffirming, strengths-based, trauma-informed, prioritising collaboration with families

And:

We are both Mams to neurodivergent children – we “live it” & we “get it”

Please see our individual websites for all our details & to book.



Rachel Ineson
Occupational Therapy and Sensory Integration

www.rachelsensoryot.co.uk



LAURA ELLIOTT
*Independent Occupational
Therapist*

www.laurasensoryot.co.uk



**Specialist Occupational Therapy
And Sensory Integration Services**





Welcome to The SEN Support Space!

We are a registered charity that offers inclusive recreation for children with additional needs.

We privately hire venues such as soft plays, swimming pools and community centres and make them SEN-friendly.

We do not post code restrict, or require a diagnosis for your child to attend, siblings are welcome too!

We are a registered charity and provide children with SEND and their siblings opportunities to:

- learn through play
- socialise with others
- fulfil their sensory needs

We want siblings to find friends in the same position and welcome parents and carers to do the same. No diagnosis is necessary to access our events.



What we offer:

- Recreational Activities
- Parent/Carer Activities
- Coffee Mornings

What we can't offer:

- Events for over 18's
- Advice Services

**No referral needed, just visit
www.thesensupportspace.com and sign up to
the mailing list to receive event notifications!**



Smile Through Sport is a disability sport charity, founded by Paralympian Stephen Miller MBE, to provide events, sessions and education to improve the health and wellbeing of people with Special Educational Needs and Disabilities throughout the North East of England. We provide a range of services for organisations, individuals and families. We endeavour to ensure disabled people can participate in sport and physical activity in a safe and non-judgmental environment.



What we do:

- We deliver weekly activity sessions during term-time and holiday activity session during school holidays for children and young people.
- We deliver weekly activity sessions for adults generally during the weekday.
- We work in partnership with other groups, charities, and organisations to provide specific sessions or events for their members. For example, SEN schools, day centres, support groups, and care homes.
- We offer training courses and CPD to businesses, charities, and organisations to engage disabled people into their sessions or services.
- We continue to develop our services and create new opportunities, follow us across our social media channels to keep up to date with our latest provision.

What we don't do:

- There is no expectation for individuals to join in with the activities if they're not ready or don't feel up to it. We are happy if individuals need their own space to use the equipment and space until they are comfortable to join in with others.
- We are unable to offer any personal care or 1:1 support in our sessions.
- No one will be turn away from our sessions.
- We don't need any proof of diagnosis; we welcome those who wouldn't fit or feel comfortable in mainstream settings and sessions.



Contact details:

Email –

info@smilethroughsport.com

Phone number – 01670 457 757

Website –

www.smilethroughsport.com

Facebook –

[@smilethroughsport](https://www.facebook.com/smilethroughsport)

Instagram – [@smiletsport](https://www.instagram.com/smiletsport)





Inner Power Play and Therapeutic Intervention provides supportive, child-centered therapeutic play designed to nurture emotional wellbeing and personal growth. We offer one-to-one therapeutic play sessions in a variety of environments, as well as rebound therapy, sensory play, and group play opportunities. Our service also supports children who are out of school, helping them build confidence, resilience, and emotional regulation through creative and therapeutic play experiences.

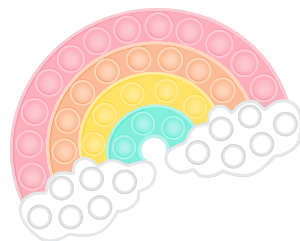


What we offer:

- Therapeutic play
- Rebound therapy
- Sensory room within Blyth Isabella Centre
- Sensory play
- Play groups within Blyth Isabella centre
- Reports & pre therapy assessment

What we can't offer:

- Group work
- Play therapy (starts October 2026. currently a student)
- Psychiatric assessment
- Diagnoses
- Clinical counselling service



Referrals can be made via schools or direct.
Email - innerpowertherapist@gmail.com
Phone: 07469928710





DAISY CHAIN

Autism & Neurodiversity

Daisy Chain are able to offer family members, carers and personal assistants of autistic children and adults a variety of group and individual sessions. These focus on meeting the needs of autistic people and on signposting to access to local and national services. Sessions will be offered in person and online. These sessions will be facilitated by Peer Educators who are experts by experience and have a good understanding of autism.

Daisy Chain are the Regional Hub for North East and Yorkshire for Autism Central. The programme designed and developed to deliver high-quality and accessible autism information, education and coaching for families, parents, carers, and personal assistants.

Autism Central has been commissioned by NHS England's Workforce, Training and Education Team and is delivered by nine not-for-profit organisations.

What we offer?

- Bespoke 1:1 support in a format that works for you e.g. telephone, online, in-person
- Peer support sessions
- Multi-agency drop-ins
- Sessions for children and young people
- Free learning workshops for parents/carers



How can I access support?

call 01642 531248 (option 1)
www.daisychain.co.uk



Debbi's Doodles

Debbi's Doodles is a unique alternative provision designed for children who are unable to attend mainstream education for whatever reason. Our mission is to foster creativity and nurture positive relationships through child-led activities in a safe and supportive environment. We offer a variety of after-school clubs, including comic club, craft club, and art club, as well as a sewing group for older teens and adults. On Saturdays, we host Arts Awards, and we also provide private one-on-one sessions after school and on weekends. Additionally, we cater to birthday parties and pre-booked adult groups, ensuring a creative and engaging experience for all.

What we offer:

- EOTAS provision & 1:1 sessions
- After school clubs
- Arts Awards
- Birthday parties
- Holiday clubs

What we can't offer:

- Group sessions during the school day
- Administration of medicine/ personal care
- formal education/ GCSEs

Contact details

Phone: 07932 035700

Email:

debbisdoodles@gmail.com

Website:

www.debbisdoodles.com





THE
**CHARLIE
& CARTER**
FOUNDATION

Financial Support for the Parents of Seriously ill Children
IN MEMORY OF THE COOKS & OTHERS

The Charlie & Carter Foundation (CCF) provides financial support to parents of seriously ill children with life limiting conditions that require 24 hour nursing care or specialist nursing facilities. We understand how difficult life can become when you have had to reduce your working hours or in fact leave your employment as your child requires 24 hour care.

What we offer:

- Financial support up to £3,000 for bills, rent or utilities
- Providing a further financial grant to the parents previously supported upon bereavement of their sick child, addressing their financial burdens at this time
- Raising public awareness of the difficulties faced by parents and carers in these families
- Working with professionals in local hospitals to help establish and meet the needs of these families
- Fundraising events for the community to get involved with!



Contact us:
Laura Forbes –
laura@ccfemail.co.uk
0191 466 1428
or use the QR code to see
our application process



As the leading medical negligence firm in the UK, we understand that if your child lives with a disability or has suffered from a serious injury or illness, the emotional and physical impact can be life changing. We can

help you access the best medical care, rehabilitation and compensation. All families should have access to the right legal and financial support to ensure their child's needs are addressed – we can offer help and advice every step of the way.

Our expert legal and financial teams can offer guidance and advice on;

- Medical negligence including birth injuries, cerebral palsy and maternal injuries
- Education and healthcare plans
- Family law
- Welfare benefits guidance and advice
- Future planning including financial assessments, deputyships and trusts

We'll never:

- Turn you away, without giving you advice – if you don't have grounds for a legal claim, we will still do our best to sign post you to alternative services that can support you
- Need you to visit our offices if you don't wish to – we're happy to arrange home visits or appointments via telephone or video call, if this is what you find most comfortable
- Speak to you in legal jargon – we'll explain everything in plain English and be transparent throughout your journey with us

Contact us for a free no obligation chat, to find out how we can help you and your family.

Our client, Zach and his mum, Claire



Sarah Coles
Partner

**Phone: 0370 1500 100 Extension:
6894**

Sarah.Coles@IrwinMitchell.com



Newcastle Wheelchair Rugby Club Juniors- The Berserkers!

Who Can Play Wheelchair Rugby?

Anyone who has a permanent physical disability, aged between 8 and 17 years old, can play junior wheelchair rugby! Your child does not need to be a wheelchair user to play.

It is a mixed gender sport and has two versions, catering for different levels of impairments. All abilities are welcome at our club.

Why Play Junior Wheelchair Rugby?

Junior wheelchair rugby is an exciting contact sport which is great fun to play! It gives children and teenagers who have a physical disability the opportunity to be part of a team sport.

It improves their physical fitness, teamwork skills and confidence. Whether your child has their sights set on the Paralympics, or if they would just like to take part in an inclusive, friendly and enjoyable game, junior wheelchair rugby is a perfect fit!

When do the Berserkers Train?

We train on Tuesdays 6.30pm-8pm.

At Gateshead Leisure Centre, Alexandra Road, Gateshead NE8 4JA

All equipment is provided.

How Can My Child Get Involved?

Please email us to register your interest and ask any questions you may have.

We will arrange a time with you to discuss individual needs prior to your child's first session.



**For more information please visit:
www.newcastlewheelchairrugby.co.uk/play-junior-wheelchair-rugby
Email: nebarbarians@gmail.com**



North East Berserkers





We Enable Children, Young People and Adults with Additional Needs

What we do

We provide support for children, young people and adults by taking part in local leisure activities and events based in the community, whilst providing short break respite for parents and carers. Within these sessions we support independence skills, social skills, travel training opportunities, life skills and ensuring all have a choice.

The children, young people and adults we support have learning and physical disabilities, autistic spectrum disorders, challenging behaviour and other complex needs. We also support children, young people and adults with health care needs such as; specialist feeding requirements, epilepsy, medication needs and personal care. We support parents at review meetings for their child, as we believe working with all professionals builds stronger bonds and enhances the support we provide.

What we offer:

- Wecan Explore: 0-6 years with parents
- Working alongside the family hubs within the local areas
- Children Service: 6-13 years, short break
- Term time Saturday Clubs 11am-2pm
- Holiday Schemes (days/times vary)
- Teens Service: 13-18 years, short break
- Term time Saturday Clubs 11am-2pm
- Holiday Schemes (days/times vary)
- Adult Service: 18 years plus, short break
- Term time Saturday Clubs 2.30pm-5.30pm/3pm-6pm
- Day Service, Thursday and Friday 10am-3pm

What we can't offer:

- Overnight respite
- Care in the home
- Training for other agencies

How to make a referral

Initial enquiries please contact:

Phone: 01434214001 (voicemail option if no one available)

Email: info@wecanenable.co.uk

We will provide our referral options once contact has been made, due to different pathways which are available.



Control and Move Fitness CIC is dedicated to providing acrobatic and circus provisions to communities in Northern England, with a special focus on engaging young people aged 3 and above. Our mission is to foster creativity, physical fitness, and confidence through our diverse range of classes and activities. We currently operate in Alnwick, Cramlington, and Blyth, with plans to expand to Seaton Valley in September.

What we offer:

Acrobatics – Engaging classes that develop strength, flexibility, and coordination.

Circus Skills – A fun and dynamic way for young people to learn various circus arts.

SENSational Circus – Tailored programs for individuals with additional and neurodivergent needs.

Sit & Get Fit – A seated fitness program for adults with mobility challenges.

Holiday Camps and Workshops – Exciting opportunities for children to explore circus and acrobatics during school breaks.

After school clubs & enrichment classes – we work with schools in our offer of improving physical activity and wellbeing through access to a wide range of activities.

What we can't offer:

Day trips out currently,
Classes for children aged 3 and under,
Classes outside of our current operational areas.
Ballet, tap, and modern dance classes.
Examinations or formal assessments.

Contact:

Catherine Muckle,

Email:

info.controlandmove@gmail.com

WhatsApp:

07740170132

Facebook:

Control & Move Fitness CIC

Instagram:

[@controlandmovefitnesscic](https://www.instagram.com/controlandmovefitnesscic)



MORTAL FOOLS

Mortal Fools is an award-winning creative learning charity based in Ashington, Northumberland supporting young people aged 5–25. We support their mental health & wellbeing, personal skills, and creativity, and run creative interventions and projects in school, youth and community settings.

Our regular programmes of activity, events, groups and performances provide high quality, exciting, socially relevant arts experiences where children and young people co-create theatre, film, audio and events with professional practitioners.

We deliver Arts Award qualifications and creative employability skills development and distribute our digital content to schools and youth settings. Our 'Melva' digital package for primary schools supports early intervention and prevention for mental health and anxiety and reaches 1000s of children in the North East.

What we offer:

Free youth theatre groups in Ashington, Northumberland for young people 5–19years old: www.mortalfools.org.uk/register-with-mfyt

Free creative digital content and resource packs for folks to use at home/in youth settings: www.mortalfools.org.uk/experience-our-work

Drama workshops for young people, events for young people and community and theatre shows – sign up to mailing list to keep up to date: www.mortalfools.org.uk/mailling-list

Young people employability support and resources: www.mortalfools.org.uk/employability-resources

MELVA: Children's Wellbeing Education, through storytelling. MELVA is an award-winning, creative, digital media programme, which improves children and young people's knowledge and understanding of mental health and wellbeing, and teaches them practical self-management techniques: www.melva.org.uk



To find out more about our work or to refer a young person into one of groups email: young.people@mortalfools.org.uk





Places Leisure

Part of Places for People

We have a total of 10 Places Leisure centres in Northumberland, and we offer something for everyone to enjoy! Our centres in Northumberland have a variety of facilities to offer including use of our amazing swimming pools, swimming lessons, soft play, clip n climb, Ten Pin Bowling and so much more. You can find all of our services on our Places Leisure App and website, social media platforms such as Facebook, visit one of our Northumberland Leisure Centres or you can call us on 01670 620200.

What we offer (SEND related):

Swimming sessions

Swimming lessons

Clip n Climb sessions

Ten Pin Bowling sessions

Sports Hall activities

**For more
information,
please use the QR
to view our
website:**



Brightside is the leading and largest provider of specialist, high quality day provision for 18–35 year olds with a wide range of additional needs in Northumberland. We recognise the importance of continued education, development and social engagement in a fun, inclusive and structured environment, alongside peers of a similar age, needs and interests. We support individuals with autism, ADHD, sensory needs, speech and language needs, mild to profound learning disabilities, sensory needs and behaviour that challenges across our 8 distinct services. We are driven for excellence by both personal and professional experience of supporting those with additional needs, with a strong commitment to promoting full inclusion and community participation.

We are also taking expressions of interest for a monthly Saturday club for teenagers with additional needs. This will be open to teens aged 15–19 and will run from 10am–4pm once a month. We anticipate this to launch in March 2026.

What we offer:

- Independent living skills, travel training, money management, social skills training, engaging and enriching activities and visits
- Highly qualified and experienced professionals, many of whom have an education background
- A structured yet fun approach, utilising many educational strategies
- Wrap around services from 7.30am to 6pm
- Modern, clean and fantastically resourced environments with specialist and interactive resources and equipment

What we can't offer:

- Due to the nature of our premises and our area of expertise, we are unable to support young adults with significant physical needs. All group members must be weight bearing and ambulant, however we can support the use of wheelchairs to assist with mobility during community-based activities.

Contact:

Please call 01670 857484 or e mail info@brightsideadultservices.co.uk to find out more about our services or to arrange a visit.





*Equine assisted play
therapy and learning*

Turn About Pegasus CIC (TAP) alongside her sister company Nurtured in Nature CIC (NIN CIC) provides a therapeutic, non-judgmental environment using a relational model utilising the natural environment, to help individuals, specific identified groups, and families to make positive changes and work towards employability and good physical and mental health and contribute to the environment. Grounded in Eco Therapy we provide a range of services delivered by registered mental health professionals. We work closely in partnership with other Voluntary and statutory services.

What we Offer:

- Therapeutic alternative education both indoors and outdoors for people of all ages where formal education doesn't meet their needs.
- Specialising in Individual Systemic Family & group family sessions, utilising shared experiences to strengthen families connections either with tailored equine activities and or nature based group work grounded in play therapy.
- Themed day long workshops for specific groups in a nurturing inclusive environment aimed at providing safe spaces and learning through laughter
- Our services include Care farming, Outdoor play therapy, Family Play Therapy, Individual Play Therapy, Filial Therapy, Outdoor Life Story therapy, Animal Assisted Therapies, Foraging, Zoopharmacology, Outdoor education, skills training and certifications, social education, Nature Therapy, work based assessments for SEND, Own my Life courses, rural crafts and horsemanship

What we can't offer:

- Transport to and from sessions.
- Formal education- we are not teachers. Our focus is on practical learning tailored to meet the needs of the individual learners
- Riding lessons – we are not a riding school- the focus is on equine ethology and behaviour

Contact:

Tracie Faa-Thompson 077200 49585
info@turnaboutpegasus.co.uk





The SEND Learning Hub

EMPOWERING SEND LEARNERS...
AND THEIR FAMILY

The SEND Learning Hub provides families who have children with SEND tailored strategies to support them during dysregulation at home. These strategies promote maintenance of regulation and different ways to restore calm.

The Hub can also supply tailored visual supports using photographs relevant to the child, to assist with routines, or change of routines, and daily schedules, as well as tailored Now and Next boards.

If your child is homeschooled (EOTAS), or at home due to waiting for placement availability, The Hub can provide individualised tutoring focusing on needs, and long term targets from your EHCP (if you have one).

We cater for ANY family who have children with SEND, with or without diagnosis or EHCP

What we offer:

- Simple strategies to support regulation at home
- Parent consultations to give advice on specific issues
- Personalised visual supports to help with routines and schedules
- Emotional regulation tutoring, including regulation boards, and a programme to build sensory input
- 1:1 tutoring for homeschooled children with SEND by fully qualified and experienced SEND teachers

What we can't offer:

- Diagnosis of any conditions
- Emergency support during a crisis
- Sensory toys (although we can advise on the best ones for your child)
- More than 2 half days per week tutoring
- Tutoring on weekends

Contact Us:

Michelle Pinel

Tel: 07352 347062

Email: michelle@sendlh.co.uk

Web: www.sendlh.co.uk



Inspiring children to build their own emotional regulation toolkit.

"Be the boss of your brain"

Worley's World CIC is a North East-based social enterprise founded by Jodi Heyes, an emotional language specialist, author, and mum on a mission. We use playful storytelling, creative workshops, and therapeutic tools to help families and organisations strengthen emotional wellbeing. Our approach is built around Worley and his team of emotion monster mates — fun, relatable characters that help children and adults alike recognise, understand, and manage emotions in ways that are practical, engaging, and deeply meaningful.

What we offer:

Train the Trainer workshops (perfect for organisations working with families including schools, or nurseries)

Author visits bringing the 'When Worley' stories to life

Family learning sessions that spark connection and confidence

Adult workshops to support grown-ups navigating mental health and parenting challenges

Community family events that promote emotional wellbeing through play and creativity

What we can't offer:

Emergency or crisis mental health support

Clinical diagnoses or formal assessments

Long-term case management or social work services

24/7 helpline or on-demand response services

Medical or psychiatric interventions



Inspiring children to build their own emotional regulation toolkit.

"Be the boss of your brain"

Contact:

Jodi Heyes, Founder & Director

Website: www.worleysworld.co.uk

Email: Jodi.worleysworld@gmail.com

Instagram/Facebook:

[@worleysworldcic](https://www.instagram.com/worleysworldcic)



Ability2Play is a inclusive sports initiative supporting juniors and adults with SEND in Northumberland through year-round activities, camps, and community events. We help to promote physical wellbeing, confidence-building, and developing social skills, with pathways into volunteering and qualifications.

What we offer:

- Regular term-time activities tailored for children and young people with disabilities which include - Football, Youth Clubs, Bowling.
- Half Term programmes ran during school holidays out of Blyth, Ashington and Cramlington.
- Opportunity for participants to gain independence.
- Pathways into Volunteering and Qualifications - Opportunities for long-term participants to become volunteers or gain coaching experience.
- Confidence and Skills Development - Activities are designed not just for fun, but to build confidence, independence, and life skills.

What we can't offer:

- Long-Term One-to-One Supervision - While support is available, the programme cannot guarantee one-to-one supervision for every participant for the entire session.
- Transportation to and from Sessions - The service does not provide transport for participants.
- Staff are trained in inclusive sports, but cannot provide medical treatments, physiotherapy, or one-to-one nursing care.
- Toileting - Ability2Play staff are unable to offer support for toileting or dressing needs.

contact details

Bayley.milligan@northumberland.gov.uk or
Ability2Play on Facebook



kooth

Kooth is available in Northumberland for children and young people aged between 11-25 years old.

Kooth.com is fully funded by the NHS in Northumberland to provide anonymous and personalised mental health support for children and young people. With over 4000 logins per day, we provide end to end support whatever they need.

There are no waiting lists for support and no referral needed.
Access to these platforms is available instantly 24/7.

What we offer:

You can chat to our team live or via messages,
write in your own daily journal,
visit our discussion boards to start or join a conversation with our
friendly Kooth community,
read helpful articles, personal experiences, and tips from young
people and our Kooth team.

What we can't offer:

Due to Kooth being an online text based platform we are unable
to offer face to face or telephone support.

Kooth is an online service, a young person can
self refer with no thresholds to meet and will
need to create an account to access the
services available.

You can sign up to Kooth here:
kooth.com/signup
For more information visit
<https://connect.kooth.com/>





Qwell is available in Northumberland for adults aged over 18 years old.

Qwell.io is fully funded by the NHS in Northumberland to provide anonymous and personalised mental health support for adults.

Providing end to end support whatever they need.

There are no waiting lists for support and no referral needed. Access to these platforms is available instantly 24/7.

What we offer:

Qwell offers a variety of resources, including professional text based chats, therapeutic content, and a community forum, all accessible via an online platform.

Qwell is designed to be a supportive and accessible space for individuals to explore their mental wellbeing concerns and connect with others.

What we can't offer:

Due to Qwell being an online text based platform we are unable to offer face to face or telephone support.

Qwell is an online service, a young person can self refer with no thresholds to meet and will need to create an account to access the services available.

You can sign up to Qwell here: <https://www.qwell.io>
For more information visit <https://connect.kooth.com>





National
Autistic
Society | North
Northumberland
Branch

The North Northumberland Branch of the National Autistic Society was established in 2016 and aims to support parents and carers of autistic individuals and their families pre and post diagnosis. We are a charity run by fully trained parent volunteers all with a direct link to autism.

What we offer:

Support groups in Berwick (family Centre) every third Tuesday 9.30-11am and Alnwick (The Lindisfarne Centre) every second Wednesday 9.30-11am always with a guest speaker.
Occupational Therapy clinics and Neurobears training for families (Chatton Village hall) .Autism Friendly Forest School during the holiday. The Duke of Edinburgh Award.

What we can't offer:

Diagnosis,
Report writing,
Direct financial support,
Residentials and working with unsupervised children.

Contact Helen Sutherland
northnorthumberland.branch@nas.org.uk





EVERYTHING YOU EVER WANTED TO KNOW ABOUT FAMILY DAYS OUT

Family Explorers North East is a free service making it easier for families to plan days out. You can sign up to Family Explorers at familyexplorers.org.uk.

Family Explorers is run by a partnership of some of the North East's leading places to visit – museums, galleries, castles, performance venues and event providers.

All organisations who take part are committed to access and have signed up to the Family Arts Standards, promising a warm welcome to families

What we offer:

A regular e-newsletter with recommended, trustworthy events and days out
Access to a Facebook forum where you can have conversations with other families, ask questions about visiting places, see venue news and share visit recommendations and reviews

A familyexplorers.org.uk website giving clear information about great places to visit, their facilities (including access information) and how to get there.

Occasional Special offers, competitions and other opportunities provided by the cultural partners. Partnership opportunities for other like-minded organisations who would like to work with us to remove barriers so more families can access culture.

What we can't offer:

We don't charge for our services – the newsletter, website and Facebook Group are all free to access,

As we're a small team, we can't answer direct requests for day out recommendations by email but you can ask for suggestions on our Facebook Group,

We don't provide recommendations for days out beyond North East England,

We don't recommend profit-making event providers through our platforms all our member organisations are publicly funded

We don't pass your contact details onto anyone else unless you ask us to. This includes our cultural members.



Superstar Soccer Community Group (SSCG) is a non profit organisation. We hold weekly football sessions for children with additional needs aged 4-14 at The Football Factory in Bedlington.

SSCG was founded by myself, and my partner Garry when we could not find a suitable group for our son Lewis who has AUDHD.

We have been running approximately 8 years.



The sessions are split into 2 groups that run alongside each other. One group is for younger children and those who struggle to play a competitive game of football, and the other group is for older children and those who have the ability to play a game of football.

Our coaches are all volunteers, and parents of children in the group.

We choose to keep our groups small so that every child can benefit from the sessions, and have fun in a safe, inclusive environment. We have a very supportive group of parents that come along with their children too. They are not only supportive of our group, but of each other too. We believe that our children should have the same opportunities as every other child, and our group is a non judgemental, caring and empathic place to come to.

While the group is primarily about playing football, it is also about our children learning social skills, empowerment, acceptance and appreciation for others.

There is a fee of £3.00 per session per child which covers the hire of the facility.

Any monies left over in the business account pays for a Christmas party, gifts for the children and trophies, and also to replace equipment as and when needed.

What we offer:

- A safe inclusive environment
- Supportive parents with a genuine understanding of our children and their families
- Amazing volunteer coaches
- Relevant DBS certificate holders

What we can't offer:

- Child drop off. Parents must stay for the sessions
- Unfortunately, we cannot safely offer support to children with physical disabilities/wheelchair users
- Drop in sessions, due to the vulnerabilities of the children in our group, we do not offer drop in sessions.
- Alternative days. We have one session only, each Wednesday 5-6pm
- Support (unless it is a quiet session and a coach is available to do so.)

Interested parents/carers should in the first instance contact the group via facebook messenger where we can advise whether we have a space available, or add their child to our waiting list.

Contact details
Marcia Forster (Chair,DSL)
07877293115



contact

*For families
with disabled children*

Contact a Family is a UK charity that provides information, advice, and support to families of disabled children. They also campaign for better support for families with disabled children.

What they offer

Support

- Help with issues like welfare rights, education, short breaks, and local services

Information

- Provide information about benefits, early years support, and health and medical information



Advice

- Offer advice on issues like money and debt, family life, work, and childcare

Campaigning

- Work to end poverty, disadvantage, and isolation for families with disabled children

Online communities

- Connect families with each other through online communities on Facebook, Twitter, and LinkedIn

Listening Ear

- Offer 1-1 telephone appointments for parents and carers looking for emotional support.

Call the free helpline on 0808 808 3555



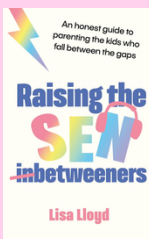
Here are some **Good Reads & Podcasts** you maybe interested in



Your Child is Not Broken:
Parent Your Neurodivergent
Child Without Losing Your
Marbles
By Heidi Mavir



Raising the SEN-Betweeners:
The Sunday Times bestselling
guide to parenting the kids
who fall between the gaps
By Lisa Lloyd



Dear Parent Carer: Things I
Know Now I Wish I Knew
Then
By Ali Jeffries



Day by Day: Emotional
Wellbeing in Parents of
Disabled Children
By Joanna Griffin



Charities your family can access



Rainbow Trust Children's Charity supports families who have a child aged 0-18 years with a life-threatening or terminal illness.

**RAINBOW
TRUST**
CHILDREN'S CHARITY



Cerebra are a national charity aiming to improve the lives of children with brain conditions by supporting families through every step of their child's journey.



The Toby Henderson Trust (TTHT) is an independently funded charity supporting autistic children, young people and adults, their families and carers in the North East of England.

 **The Toby Henderson Trust**
The Doorway to Early Action in Autism



They work to provide equipment to help improve the quality of life for children with disabilities and special needs irrespective of race or creed.





Offer a range of services and funding for children and families are designed to remove some of the barriers that children face, enabling them to reach their full potential.



CHIPS provides wheelchairs for children who would otherwise have no way of getting around on their own. CHIPS funds the wheelchairs that the NHS cannot or will not provide and that the parents cannot afford to buy.



Able Kidz works to make a disabled child's educational journey a fulfilling and positive experience, by provision of specialist equipment, computers and software to the children or school and also assist in funding extra tuition needs of a child.



An international children's charity dedicated to creating magical experiences for children who need them most. We do this in partnership with Merlin Entertainments, and through three programmes; Magical Days Out, Magic On Tour, Magic Spaces





They create opportunities for young wheelchair users to get the equipment, skills and confidence to go further by funding equipment.



Cash for Kids supports children and young people affected by poverty, abuse, neglect, life-limiting illness and those who have additional needs.

They are a grant-giving charity helping community groups, other charitable organisations, schools and individual causes.



Helping children with life-shortening illnesses, React works to give children comfort, dignity and where possible, greater independence. They offer a wide range of equipment, from specialist mobility and home care items to educational tools, holiday home access, and when necessary, funeral support.



SCOPE

Scope is a disability equality charity in England and Wales that provides support and campaigns for disabled people and their families.





Barnardo's is a UK-based children's charity that helps children and young people feel safe, healthy, and hopeful. They also support parents and carers.



YOUNGMINDS

We know that being a parent or carer isn't always easy. Although it's often amazing and rewarding to watch your children or young people grow up, it can also be really hard work. Things might feel especially difficult if your child or young person is struggling with their mental health at the moment. Or if their mood and behaviour seem different, and you're not sure why or what you can do to help. But you are not alone.



Support and advice for children and young people with special educational needs and disabilities (SEND) and mental health issues



A groundbreaking digital platform that empowers families to navigate anxiety, school avoidance and emotional challenges with tools that regulate emotions, bring you closer your child and offer clarity on next steps.





What are Changing Places?

They are larger toileting facilities that have equipment, including a changing bench and a hoist, to support people with disabilities who need assistance.

A 'Changing Places' must include:

- height-adjustable, adult-sized changing bench
- ceiling track hoist system
- adequate space for the disabled person and up to two assistants
- peninsular toilet with space both sides for assistants
- privacy screen
- wide paper roll
- large waste disposal bin
- washbasin, preferably height adjustable
- Back rest on toilet seat
- A shower is also recommended but not in every one

What is a RADAR key?

A RADAR key is a key that allows people with disabilities to access locked public toilets in the UK. RADAR stands for Royal Association for Disability and Rehabilitation.

More info on
RADAR keys here:



How it works:

The RADAR key is part of the National Key Scheme (NKS).

The key is large and silver-coloured.

The key is used to open over 10,000 disabled toilets in the UK.

The key can be found in many shopping centres, pubs, cafes, cinemas, bus and rail stations.

RADAR keys cannot always be used to access locked public toilets.

Some now require codes, which you are usually able to get by calling a number located near the keypad or by asking a member of staff.





Changing Places

Radar Key Required in most cases to access these changing facilities.

To find more changing places country wide, check out-

www.changing-places.org/find

**Belsay Hall, Castle and
Gardens, Belsay,
Northumberland
NE20 0DX**

**NCC County Hall,
Morpeth,
Northumberland
NE61 2EF**

**Ashington Leisure
Centre, Lintonville
Terrace, Ashington,
Northumberland
NE63 9JY**

**The Alnwick Garden,
Greenwell Lane, Alnwick,
Northumberland
NE66 1HB**

**Druridge Bay Visitor
Centre, Red Row,
Northumberland
NE61 5BX**

**Woodhorn Museum,
QEII country Park,
Ashington,
Northumberland
NE639YF**

**Newbiggin Maritime
Centre, Church Point,
Newbiggin-by-the-Sea,
Northumberland
NE64 6DT**

**Seahouses, Old Station
Yard, Public
Convenience, Seafield
Road, Seahouses
NE68 7SN**

**Bamburgh Walled
Garden Cafe, Radcliffe
Road, Bamburgh,
Northumberland
NE69 7AE**

**Northern View,
Eastcliffe, Spittal,
Northumberland
TD15 2JU**

**Holy Island, Public
Toilet Block, Green
Lane, Holy Island,
Northumberland
TD15 2SQ**

**Berwick Woolmarket,
Woolmarket, Berwick
Upon Tweed,
Northumberland
TD15 1AA**

**Tesco Berwick-upon-
Tweed Superstore,
Tweedside Trading
Estate, Berwick-Upon-
Tweed,
Northumberland
TD15 2XG**

**Tesco Hexham Extra,
Tynedale Retail Park,
Alemouth road,
Hexham,
Northumberland
NE46 3PJ**

**Cawfields Quarry
Picnic Site, Opposite
The Milecastle Inn,
off the B6318, Nr
Haltwhistle,
Northumberland
NE49 9NN**



Carers Concessions, Reduced Rates & More

Some local carer services have discount cards for carers registered with them that so they can get money off at local businesses. Multiple locations across the country offer different reduced rates, concessions, and passes to families who have individuals with additional needs.

We advise before your trip, check the locations website, and read their concession rates usually within the ticket info area. Some sites also offer access to sensory rooms, quiet spaces, and options to queue jump, so it is always worth contacting them before your visit.

Your local council may offer discounts for leisure activities, such as swimming.

How do I prove disability or that I am a carer?

Most sites and bookings that offer concessional tickets or bookings usually ask for proof of need upon admission. Usually, this would be a form of physical evidence that you can show to the check in/host.

We would advise you to have on hand a DLA award letter, Blue badge, Medical letter (hospital letterheaded) or an disability registered card available in some areas.

Keep these items in a safe space, in their own plastic wallet, as sometimes places offer discounted rates without advertisement. This will allow you to have them on hand for spontaneous visits/days out.

*When using blue badge as evidence, once checked, they do allow you to return it to your vehicle for parking.



What else can I do for discounted rates?

There are multiple sites that offer reduced rates on experiences such as Groupon or Wowcher. There is also multiple discounts available on websites such as www.discountsforcarers.co.uk.

You can also receive discounts on occasion when using your Max card, a discount card available to families who have children on the SEND register, cared and looked after children.



The CEA Card is a national card scheme developed for UK cinemas. The card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

There is also reduced rates through Kids Pass website. For just £1 you can access the discounts for a full 30 days, with apparently over 1000+ discounts across theme parks, zoos, cinemas, and more.



Grants and Funding

Guide Dogs -
www.guidedogs.org.uk/getting-support

Smile For Life -
www.smileforlife.org.uk

Carers Allowance -
www.gov.uk/carers-allowance

Disability Living Allowance -
<https://www.gov.uk/disability-living-allowance-children>

Disability Facilities Grant -
www.gov.uk/disabled-facilities-grants/what-youll-get

& Many more can be found at -
www.disability-grants.org

Also in the area

The Tim Lamb Centre -
www.pathways4all.co.uk/tim-lamb-centre

Alan Shearer Centre -
www.alanshearercentre.org.uk

Contact, for families with disabled children -
www.contact.org.uk

Fledglings -
www.fledglings.org.uk

Sunshine Support -
www.sunshine-support.org

We have more guides and information on our website at
www.choicewellbeingsservice.org

RAINBOW Guide

One Stop Guide to SEND Support By Parent Carers
for Parent Carers

"Try to be a rainbow in someone's cloud." - Maya Angelou

This copy was made in collaboration with:

Northumberland
Parent Carer Forum
A Voice For All



**Parent Carer Specific Mental Health
& Wellbeing Organisation**

**Get support today via our team by
using the QR code**



Download
The Rainbow Guide
app NOW via your
app store!



This booklet was created by Hayley Harrison & Tracey Huggins from team CVS

