Support for Parents

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

Scope upcoming workshops

Parents Connect are pleased to announce a series of workshops to support parents through Lockdown 3

Please email for a referral form:
parentsconnect@scope.org.uk

Tues 9th Feb	10am	Circles of support
Mon 22nd Feb	7pm	Surviving lockdown schooling
Wed 24th Feb	4pm	Surviving lockdown schooling
Mon 1st Mar	7pm	Well-being for parents
Wed 3rd Mar	10am	Benefits for families
Wed 10th Mar	4pm	Dealing with diagnosis
Mon 15th Mar	7pm	Dads' support
Wed 17th Mar	10am	Changing relationships
Mon 22nd Mar	7pm	Guide toEHCPs
Wed 24th Mar	4pm	Guide toEHCPs

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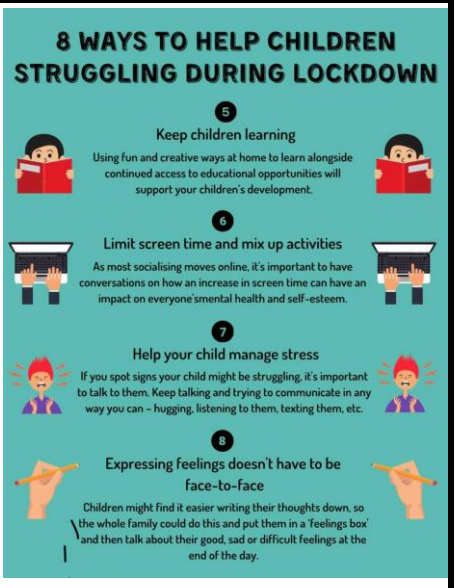
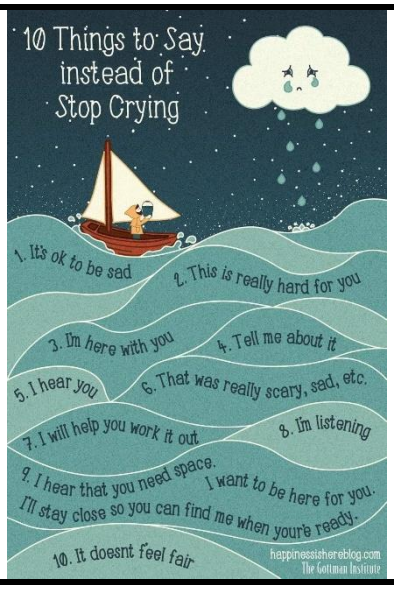
8 ways to support children struggling in lockdown

CAMHS NHS HIGHLAND



Top Tips to say instead of stop crying



NHS Every Mind Matters	www.nhs.uk/oneyou/every-mind-matters This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional and mental wellbeing.
Stem4	www.stem4.org.uk A charity that promotes positive mental health in teenagers as well as encouraging them to build resilience and manage difficult emotions via online resources
Samaritans	www.samaritans.org A charity that offers metal health support and information online for everyone. Their helpline is free and available to all ages. Call 115 123 or email jo@samaritans.org 24/7
Child Bereavement UK	https://www.childbereavementuk.org/ A site which has resources for young people who are grieving as well as providing information and advice to families/professionals on how to best support a young person who is bereaved. A helpline is also available on **0800028840**
Combined Minds	This app contains psycho-education for parents, families and friends with practical advice on how to provide mental health support to children and young people
Clear Fear	An app to help children and teenagers manage anxiety through distraction and helpful activities.
Calm	A mindfulness app that includes various relaxing sounds to listen to as well as 'sleep stories' and some guided meditations
Headspace	A mindfulness app that has more of a 'podcast feel' to it with various talks, guided meditations and helpful videos available.
Cove	A relaxing musical app that helps people try to capture their mood and express it by making music within the program and capturing it in a journal format. Note: you do not need to know how to play and instrument to use this app.
National Autistic Society	www.autism.org.uk For parents of children with autism, young people and adults with autism Call: **08088004104** (Monday to Thursday 10am to 4pm, Friday 9am to 3pm)
Zigzag Parent support group	https://www.facebook.com/zigzag.leeds.autism.support/ Zigzag Leeds is a parent led support group offering parents and carers advice, support and guidance for those who care for a child or young person with an Autistic Spectrum Condition or similar conditions.

	The group offers help and support for families with or without a diagnosis.
STARS TEAM	http://www.starsteam.org.uk/support-for-parents-of-children-with-autism Drop in service: This is currently running fortnightly and taking place via telephone consultations. If you would like to request an appointment please contact the STARS Team on starsteam@leeds.gov.uk or **0113 3789792**
Autism Education Trust	https://www.autismeducationtrust.org.uk/for-parents/ All children with autism are different. Our tools and resources – developed in collaboration with parents, practitioners and consultants with expertise in autism – are designed to explore and build on these differences to support every single child with autism to reach their full potential. Although our training materials and most of our resources are aimed at teaching professionals, you, as a parent, can help your child by recommending AET training to your child's teachers and SENCO.
Little Hiccups Parent and family support group	Little Hiccups parent and family support group: Tel: **0783 123 0741** Email: info@littlehiccups.co.uk Website: https://www.littlehiccups.co.uk/ Little Hiccups is a Leeds based support group that has been set up by parents who have children with additional needs and disabilities.
ABC Parent support Group Autism Specific	ABC Parent support group (Autism specific): We aim to provide help, support and advice about services, facilities education, care and welfare for parents and families of children displaying Autistic Spectrum Conditions including Asperger's Syndrome in the local community of residents in Leeds and surrounding areas. Contact: https://leedsabcgroup.wordpress.com/contact/
Hawthorn Nursery/family support	Hawthorn Nursery/family support Hawthorn is the only centre of its kind in Leeds and we provide support to families who have a very young child with additional needs. Hawthorn welcomes families to attend for one day per week. Up to nine families attend a group on a Monday, Tuesday or Friday. Tel: 0113 235 1331 email: kath.surtees@leedsmencap.org.uk or abigail.cunningham@leedsmencap.org.uk
Epic	Epic offer support and activities for families of children with additional needs Epic Leeds is a parent, carer and families participation forum in Leeds which aims to empower parents, carers and families to work in partnership with services, organisations and professionals. https://www.through-the-maze.org.uk/organisation/epic-leeds/
Scope	Scope offer Parent connect training We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most

	needed and campaign relentlessly to create a fairer society. Apply via: https://www.scope.org.uk/family-services/parents-connect/ Scope family services 'Activities: https://www.scope.org.uk/family-services/family-activities-leeds/parents-carers/
Rising for the disabled	RDA is an inclusive and diverse organisation. We welcome clients with physical and learning disabilities and autism, and there are no age restrictions. Through our network of member groups, RDA is at work in every corner of the UK, in our cities and remote rural areas, bringing the therapy, achievement and fun of horses to as many people as we can. Riding for the disabled has several groups in Leeds: Tel: **01926 492915**; website: https://www.rda.org.uk/about-us/