

Support for parents/carers of children with additional needs.

### **SENDIAS**

West Sussex SENDIAS, provides impartial information, advice and support to children and young people who have SEND (special educational needs and/ or disabilities) for those aged 0-25 and their parent carers.

<https://westsussexsendias.org/>

### **Reaching Families Umbrellas Parent Support Group**

Reaching Families help parents build networks of mutual support. They run seven parent support groups in Burgess Hill, Chichester, Horsham (relocated from Billingshurst), Littlehampton, Shoreham, Worthing, and online via Zoom. Known as Umbrellas, their groups provide an informative, supportive, relaxed and non-judgemental environment within which parents can swap life experiences, share hints and tips, seek advice and share information and resources.

<https://www.reachingfamilies.org.uk/umbrellas.html>

### **NDP Navigation Service (Neurodiversity Pathway)**

Reaching Families have been commissioned by NHS Sussex to pilot and develop a new support service for parent-carers of children undergoing assessment on the West Sussex Neurodevelopmental Pathway. Their new service is now available to parent-carers via referral from a professional working with their child.

<https://reachingfamilies.org.uk/ndp.html>

### **West Sussex Parent Carer Forum**

The Parent Carer Forum is a group of parent/carers of children with special educational needs or disabilities (SEND) who work with local authorities, education settings, health providers and other providers to make sure that the services they commission, plan and deliver meet the needs of children and families. They provide a range of information, support and training that include chances for you to meet up with other parent carers, attend workshops to get information and they are also there to answer any questions or signpost you to the right place.

<https://www.wspcf.org.uk/>

### **Early Help Services**

Early Help can provide support for parents/carers and professionals working with families. They can provide advice and guidance such as parental support, advice on money worries, local services, events for children with additional needs etc.

<https://www.westsussex.gov.uk/social-care-and-health/social-care-and-health-information-for-professionals/children/early-help/early-help-services/>

### **Adur East Family Hub**

Family hubs offer a range of support, information and guidance to parents, carers and young people as part of Early Help.

Hubs are open for parents/carers to drop in and speak to staff Monday to Friday during opening times on a whole range of issues affecting you and your family. They also have public access computers to use, free of charge, as well as social spaces available to meet other parents.

<https://www.westsussex.gov.uk/education-children-and-families/find-a-family-hub/adur-east-family-hub-shoreham/>

### **Dedicated Schools Team**

There is a dedicated schools team in each of the six family hub district areas. All schools are provided with a link worker who can meet regularly with schools based on need and request work to ensure they know what support is available through Early Help and in the community. They work collaboratively to help families early and connect them with the right support at the right time, provide, information, advice and guidance and crisis support and help support schools.

<https://www.westsussex.gov.uk/social-care-and-health/social-care-and-health-information-for-professionals/children/early-help/early-help-services/>

### **SPoA (Single Point of Access)**

The West Sussex Single Point of Access (SPoA) is a dedicated service of CAMHS, which provides a simplified single route to access specialist emotional wellbeing and mental health support. The SPoA helps direct you to the right service, eliminating the need to refer to multiple services. Parents/carers or professionals can refer to the service.

<https://www.sussexcamhs.nhs.uk/our-services/service-finder/west-sussex-single-point-advice-spoa>

### **HAF programme**

The HAF programme is fully funded by the Department for Education and offers children who are entitled to benefits related free school meals the opportunity to attend participating holiday activity clubs and have a free meal.

<https://www.westsussex.gov.uk/education-children-and-families/support-for-families/holiday-activities-and-food-programme/>

### **Thriving in Education**

Offers the Family Information Service to find the right support for children and young people.

<https://www.westsussex.gov.uk/education-children-and-families/childrens-mental-health-and-emotional-wellbeing/information-for-parents-carers-and-families/>

### **Right to Choose**

The NHS Right to Choose pathway takes referrals from GPs for ASC and ADHD assessments through independent providers.

<https://www.sussex.ics.nhs.uk/our-work/cyp/special-educational-needs-and-disability-send/waiting-neurodevelopmental/nhs-rtc-framework/>