

Useful websites for SEND support

1) Autism Central

[Autism Central](#)

Sometimes, talking to people who share similar experiences to yours means you're more likely to feel understood and get the help you need. The programme is a free, all age service. You do not need a diagnosis to access the support. The programme offers support in three ways:

- The Autism Central website which has an ever-growing range of information and guidance on a broad range of autism related topics
- Weekly, online group sessions for parents - anything autism related can be discussed
- 1:1 support for parents/carers via a telephone or Teams call

The programme is run by families for families. Each session is facilitated by Peer Educators who are themselves parents and carers of autistic people. They listen, offer guidance and signpost to services available in your local area.

2) Communication stations

[Children's Speech & Language Therapy](#)

Communication Stations are 15-minute appointments that involve meeting a Speech and Language Therapist to assess or review your child's speech, language and communication through listening to your current concerns, observation and play. We will then offer advice and/or ensure that your child is put on the correct care pathway.

3) Talk, listen and cuddle

Talk, Listen, Cuddle is an Essex campaign helping parents, carers and families give their young children the best start in life, developing their communication skills through playful learning at home.

[Home - TLC](#)

4) Essex family and well-being services

<http://www.essexfamilywellbeing.co/uk>

Areas of support include: Managing worries, low mood, stress or anger issues
Bullying and friendship issues Diet / Nutritional support Improving sleep Day and night wetting Behavioural concerns Personal hygiene Sexual health Information and signposting regarding medical conditions.

Drop ins

2nd & 4th Mon 3pm-4.30pm

Location: Harlequin Family
Hub, CM8 1NA

Every Tues 3pm-4.30pm

Location: Carousel Family Hub,
CM3 5ZX

Every Weds 3pm-4.30pm

Location: Acorn Family Hub,
Halsted, C09 1JH

1st, 3rd & 5th Weds

3pm-4.30pm

Location: Silver End Family
Hub, CM8 3RQ

5) The Essex Local Offer

The Essex Local Offer shares a wealth of information including a list of support, groups and activities available in the local area.

[Essex County Council: Special Educational Needs and Disabilities \(SEND\) | Essex Local Offer](#)

6) SNAP

If you have a child between 0 - 25 years who has any additional need or disability and you live under Essex County Council, Thurrock or Southend local authorities then SNAP can help you and your family.

No formal diagnosis or professional referral is necessary to access SNAP services.

[SNAP Charity - Registered Charity No.1077787](#)

Support for when returning from the school holidays

The start of a new school year can be difficult for those with additional needs. To help families cope, we have several resources available:

- Helpline – 01277 211300 / familyteam@snapcharity.org is available 9:00am until 4:00pm Monday to Thursday and 9:00am until 3:00pm on Friday.

- [Online Directory](#) - has lots of trusted contacts/services all organised by specialism
- [Information Network](#) - has details of local social and support opportunities, relaxed performances, events and useful articles.

If you are interested in working together and getting your students involved, please reply to this email or call 01277 245 345.

7) [The Trouble with Dragons \(A story about ADHD\)](#)

The ADHD Foundation has a free book for very young children which explains ADHD. Please follow the link below to download the story.

8) Barnados Young Carers – [Barnados get support for young carers](#)

9) **Other support activities:**

[Active Essex: Free holiday clubs for Pupil Premium children](#)

[Jump Steet: Support Sessions](#) These sessions are designed for children and adults over the age of 4 years old with additional needs. For more information and a timetable of sessions follow this link.

[Essex County Football Association](#) For young people with any disability who would like to take part in inclusive and adaptive sporting opportunities. Follow the link for more information.

10) [Kids inspire](#) A children's mental health charity offering free trauma support to families who otherwise couldn't afford it.

11) [Families In Focus](#) are a leading independent parent led registered charity providing holistic support to families of children with disabilities and special needs (aged 0 to 25) across Essex, who require advice, information and support, particularly at times of change, challenge and crisis. The service is accessible to all families from Essex whatever their background, as long as at least one child or young person in the family between the age of 0 to 25 has a disability or special need.

12) [Home Start Essex](#)

Home start can help with:

PRACTICAL SUPPORT

A volunteer or attendance at a group can help with practical skills including:

- Routines and boundaries
- Playing and engaging with your children

- Household task management
- Budget and finance management
- Accessing local services within your community

EMOTIONAL SUPPORT

A volunteer or attendance at a group can help with emotional support including:

- A listening ear
- Accessing mental health services
- Managing anxiety
- Managing depression
- Dealing with family conflict
- Coping strategies
- Peer Support
- Meeting new people

13) Other useful websites

- [ACL Essex](#) ACL Essex is the largest provider of adult education in the county. There are a huge range of courses available across training centres in Essex as well as number of free online courses.
- [Young Minds](#) A Parents Survival Guide that includes helpful tips to support your child if you are worried about their emotional health, as well as ways you can look after yourself.
- [Anna Freud National Centre for children and families](#) A children's mental health charity that provides information, support and guidance for young people and their parents.

Educational Psychology Parent Helpline

This helpline is here to give advice, support and signposting. It is a confidential, private, and safe service for parents and carers. No referral is needed - just a pre-booked appointment.

The booking is designed to provide an easier and more convenient experience:

- Available on alternating Mondays and Tuesdays
- 1pm to 5pm
- 25-minute appointments bookable via MS Teams
- No more waiting – instant booking confirmation

For booking details and further information, please visit [EP-Parent-Helpline](#)

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