

Useful websites for SEND support



1. Autism Central

[Autism Central - England's Peer Education Programme | 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. SPACE

Supporting Parents and Carers in Essex. SPACE is a free parent to parent service, offering 1 to 1 support and online group sessions, run by peer educators. All the Peer Educators are parent and carers with lived experience of having a child with SEND. You will be able to find out more by visiting [SPACE](#).

3. 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. Please click on the link above for the latest drop in information.

4. Talk, listen and cuddle Home - TLC

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.

5. **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

Health Advice Drop In for 5-19 year olds

You can go along to drop-in sessions at your local Family Hubs in Witham and Silver End to get advice and support for your school aged child with a member of our school health team, where you can discuss things which may be concerning you.

Areas of support

- 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

t: 0300 247 0014

w: essexfamilywellbeing.co.uk

1st Wednesday of the Month

Location: Silver End Family Hub, Broadway, CM8 3RQ
Time: 3.00pm - 4.30pm

2nd Monday of the Month

Location: Howbridge Infant School CM8 1DJ. For families from all schools.
Time: 3.00pm - 4.30pm

4th Thursday of the month

Location: Harlequin Family Hub, Spa Road, CM8 1NA
Time: 9am - 11am (For Parents)

Commissioned by



6. **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](#)

7. **SNAP SNAP Charity - Registered Charity No.1077787**

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.

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

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

9. **Essex Young Carers** [young-carers-leaflet \(1\).pdf](#)

10. Barnados Young Carers [Barnardos get support for young carers](#)

11. Kids inspire A children's mental health charity offering free trauma support to families who otherwise could not afford it.

12. Zones of Regulation - At Hatfield Peverel Infant and Nursery School we have adopted The Zones of Regulation Curriculum as a whole school approach to developing our awareness of emotions and our emotional regulation skills. Please see our school website for more information under PSHE.

13. 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.

14. 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

15. Education Psychology Parent Helpline [EP-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-5pm
- 25-minute appointments bookable via MS Teams
- No more waiting – instant booking confirmation

For booking details and further information, please click on the link above.

16. 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.

[SEND tips and advice - BBC Parents' Toolkit - BBC Bitesize](#)

[POP Essex • SEN Stay & Play And Respite In Braintree, Essex](#)

POP (The Power of Play) offer Stay & play and respite sessions in Braintree, Essex for 0-19 year olds with SEND, their parents, carers and loved ones.

17. Other support activities

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

Please click the link in order to visit the Active Essex website for more information.

[Air Hop Adventure Park: 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.