

General Help and Advice

Portage

A service for children aged 0-3 which supports families whose children have additional special needs.

<https://www.portage.org.uk/southampton-portage-service>

Health Visitor

All children under 5 are open to Health Visitors, there are also specialist Health Visitors for more complex needs.

<https://www.solent.nhs.uk/our-services/services-listings/health-visiting-southampton/>

Children's Therapy Services

This service offers, Physiotherapy, Speech and Language Therapy, Occupational Therapy, Podiatry and is available through a GP referral or by calling.
(Info below)

<https://www.solent.nhs.uk/our-services/services-listings/childrens-therapy-service/>

Sure Start

Sure Start are in different location across the city and deliver a wide variety of services which support children and their families with their learning skills, health and well-being, and social and emotional development.

<https://sid.southampton.gov.uk/kb5/southampton/directory/family.page?familychannel=2>

No Limits

A charity offering free and confidential information, advice, counselling, advocacy and support for children and young people under the age of 26.

<https://nolimitshelp.org.uk>

Local Offer

Find out about what support there is for parents/carers in Southampton from Southampton City Council.

<https://sid.southampton.gov.uk/kb5/southampton/directory/localoffer.page?localofferchannel=0>

Early Help

You can self-refer for Early Help if you feel your family would benefit from a team of professionals around them to support and advise.

<https://www.southampton.gov.uk/health-social-care/children/child-social-care/early-help.aspx>

Max Card

This can be applied for through Short Breaks and gives access to play schemes and other additional benefits.

<https://sid.southampton.gov.uk/kb5/southampton/directory/advice.page?id=0hIPQQzxo5w>

Short Breaks

You can apply for Short Breaks if your child has a disability or additional needs. This can be access to leisure activities or respite. The amount of support you can receive is dependant on need.

<https://sid.southampton.gov.uk/kb5/southampton/directory/localoffer.page?localofferchannel=6-1>

CAMHS

You can self-refer to CAMHS if your child has consistent mental health difficulties which impact on their life.

To see if you are eligible for CAMHS check the information on their website.

<https://www.solent.nhs.uk/media/2159/camhs-west-referral-criteria-feb-2020.pdf>

Choices Advocacy

Choices offer advocacy for people with a range of disabilities including autism and mental health issues.

<http://www.choices-advocacy.org.uk/our-work/southampton/>

Southampton Parent Carer Forum

A group which represents parents whose children have disabilities with services across the city.

<https://www.facebook.com/southamptonparentcarerforum/>

Support Buddies

Personal support service for vulnerable young people (8 years +) and adults in Southampton

<https://www.supportbuddies.org>

Youth Options

Supporting vulnerable young people across the city.

<https://www.youthoptions.co.uk/about-us>

Carers in Southampton

A free sign-posting and advice service to adults who care for someone with additional needs/ disabilities. You can also apply for a Carer's Card here.

<https://www.carersinsouthampton.co.uk>

Re:Minds Advice Clinics

Re:Minds link with Southampton CAMHS to offer advice on mental health issues. You can book a private 10 minute appointment about any issues you have.

www.reminds.org.uk

<u>Mencap</u> Mencap helps people with a learning disability &/or autism in all areas of their life. https://www.mencap.org.uk	<u>Re:Minds Borrowing Library</u> Re:Minds has a library of books recommended by CAMHS which are available to borrow. There is also a growing Sensory library of resources to borrow. www.reminds.org.uk		

Education Advice & Support

<u>Southampton Mental Health Support Team</u> Ask your school if it has the mental health in schools teams. They offer support in school for children with mild- moderate difficulties around low mood and anxiety for children not under CAMHS. Please be aware that at this point the service is not fully 'live' so the full offer may not yet be represented in all schools across the City	<u>SENDIASS -</u> The SENDIASS aims to empower children and young people with special educational needs/disabilities and their parents/carers to make informed decisions about education, health and social care. Tel - 03003032677 https://www.southamptonsendiass.info	<u>IPSEA - Independent Provider of Special Education Advice</u> IPSEA Offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). https://www.ipsea.org.uk

Schools which have Mental Health Teams

<u>Infants</u>	<u>Primary/Junior</u>	<u>Secondary</u>	<u>Colleges</u>
Ludlow Infant Academy	Bassett Green Primary	Cantell School	Itchen college
Maytree Nursery & Infants School	Harefield Primary	Chamberlayne College	Richard Tauntons College
Townhill Infants	Highfield CoE Primary	Compass School	
Weston Shore Infants	Hightown Primary	Oasis Mayfield	
	Kanes Hill Primary	Polygon School	
	Ludlow Junior	Redbridge Community School	
	Mansbridge Primary	Woodlands Community College	
	Mansel Park Primary		
	Mason Moor Primary		
	Mount Pleasant Primary		
	Newlands Primary		
	Portswood Primary		
	Redbridge Primary		
	St Mary's CoE Primary		
	Swaythling Primary		
	Thornhill Primary		
	Tanner's Brook Primary		
	Valentine Primary		
	Vermont School		
	Weston Park Primary School		

Autism Specific Support

<u>Autism Hampshire</u> A charity which supports those with autism and their families. An autism diagnosis is not needed to access this support https:// www.autismhampshire.org.uk	<u>National Autistic Society</u> There is a South Hampshire Branch An charity supporting people with autism and their families An autism diagnosis is not needed to access support https://www.shantsnas.org.uk	<u>Autism Alert Card & App</u> A card and app for any autistic person to show to emergency services if they find themselves in difficulty. An autism diagnosis is needed for this. https:// www.autismhampshire.org.uk/ how-we-can-help/information- advice/	<u>Workshops with Autism Hampshire</u> Autism Hampshire offer a range of workshops for families whose children are on the autistic spectrum. https://www.autism.org.uk/ what-we-do/support-in-the- community/family-support
<u>ReMinds Advice Clinics</u> Re:Minds link with Solent Autism Assessment Pathway to offer advice on autism. You can book a private 10 minute appointment about any issues you have. An autism diagnosis is not needed to access this support www.reminds.org.uk	<u>Re:Minds Videos</u> Re:Minds have a number of videos on their You Tube Channel which relate to autism. https://www.youtube.com/ channel/ UCICevsVsDcNDqeQKhwd4fFA		

Books recommended by Autism Assessment Service about Autism

The Parents' Guide to Managing Anxiety in Children with Autism - Raelene Dundon

https://www.amazon.co.uk/gp/product/1785926551/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1>

Aspergirls: Empowering Females with Asperger Syndrome - Simone, Rudy

https://www.amazon.co.uk/gp/product/1849058261/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1>

The Guide to Good Mental Health on the Autism Spectrum - Jeanette Purkis, Emma Goodall
and Jane Nugent

https://www.amazon.co.uk/gp/product/1849056706/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1>

Exploring Depression, and Beating the Blues - Tony Attwood, Colin Thompson [https://
www.amazon.co.uk/gp/product/1849055025/ref=ppx_yo_dt_b_search_asin_title?
ie=UTF8&psc=1](https://www.amazon.co.uk/gp/product/1849055025/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1)>

ADHD Specific Advice

<u>New Forest Parenting Programme</u> NFPP is a course for parents/ carers whose children have been diagnosed with ADHD. Speak to your ADHD clinician for more details. An ADHD diagnosis is needed to attend this.	<u>ADHD Advice Clinic</u> Re:Minds link with ADHD expert Cathy Laver-Bradbury to offer advice on ADHD. You can book a private 10 minute appointment about any issues you have. An ADHD diagnosis is not needed to access this support www.reminds.org.uk	<u>ADHD videos</u> Re:Minds have a number of videos on their You Tube Channel which relate to ADHD. https://www.youtube.com/channel/UCICevsVsDcNDqeQKhwd4fFA	<u>The ADHD Foundation</u> The ADHD Foundation offers a range of advice and support for families https://www.adhdfoundation.org.uk
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Useful Courses

<u>NVR course (Non Violent Resistance)</u> This course gives parents the skills to help manage behaviour issues. You can self refer via Youth Options https://www.youthoptions.co.uk/what-we-do/parent-carer-support/non-violent-resistance	<u>EPEC</u> Empowering Parents, Empowering Children run a variety of courses for those whose children have additional needs https://slam.nhs.uk/national-services/child-and-adolescent-services/cpcs/empowering-parents-empowering-communities/	<u>The N.A.P. Course</u> A course run by Re:Minds for parents/ carers to think about their own well-being whilst caring for a child/children with additional needs. www.reminds.org.uk
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Other things to think about

<u>Speak to your school</u> Talk to your Pre-school/School SENCO/teacher/ - talking to them about your concerns and ask about available within school. Schools have access to specialist advice.	<u>Carers Allowance</u> You may be able to claim Carers Allowance if you care for someone who has a disability. https://www.gov.uk/carers-allowance	<u>DLA</u> Disability Living Allowance is for children under 16 who have difficulties walking or need much more looking after than a child of the same age who does not have a disability. https://www.gov.uk/disability-living-allowance-children	<u>PIP</u> Personal Living Allowance is for people from the age of 16 who have a long term health condition or disability which causes difficulties with daily living or getting around. https://www.gov.uk/pip
<u>Register as a carer with GP</u> Don't forget to register as carer with your GP as this entitles you to things such as an annual flu jab.	<u>Family Fund</u> A charity which offers grants to families who have disabled children aged 0-18. https://www.familyfund.org.uk	<u>Young Carers</u> A group for children who have a caring role within a family. https://www.southampton.gov.uk/health-social-care/carers/young-carers.aspx	<u>Sib Support</u> A group for children who have a brother or sister with a disability https://www.sibs.org.uk

Activities

<u>Active Nation</u> A charity for all abilities to encourage people to get more active. https://activenation.org.uk	<u>The Saints Foundation</u> Supporting all ages and abilities to take part in football https://www.southamptonfc.com/saints-foundation	<u>Hamble Pan Disability Football</u> An inclusive football team for children and young people https://www.facebook.com/ClubHamble

Schools & Colleges with Autism Units & Supported Internships

An EHCP is needed to access specialist placements

<u>Bitterne Park ARB</u> https://www.bitterneparkschool.org.uk/our-school/autism-resource-base-(arb)	<u>Romsey Secondary</u> https://www.romsey.hants.sch.uk	<u>City College</u> https://www.southampton-city.ac.uk	<u>Eastleigh College</u> https://www.eastleigh.ac.uk
<u>Totton College</u> https://www.totton.ac.uk	<u>Fareham College</u> https://www.fareham.ac.uk	<u>Oarsome Chance</u> Based in Gosport, with a focus for 9 -19 years old who are disengaged from mainstream education and are at risk of exclusion and suffering disadvantage. https://oarsomechance.org	

Support after education

<u>Enham Trust</u> A disability charity that provides services to over 6500 disabled people each year that focus on an individual's abilities, enabling them to live a life of independence, choice and control. https://www.enhamtrust.org.uk	<u>Princes Trust</u> Help and support for young people https://www.princes-trust.org.uk	<u>Hampshire Futures</u> Advice and support for apprenticeships, training and education for 19-24 year olds https://www.hampshirefutures.co.uk	<u>Access Southampton</u> Southampton City Council's free and impartial guide to support your decision making at the key times in your education and career http://access-southampton.co.uk
<u>Solent Mind</u> Hampshire's leading mental health charity for those over 18 https://www.solentmind.org.uk	<u>Leonard Cheshire</u> Can Do is a skills development programme for individuals aged 16-35 with a disability or long term health condition. https://www.leonardcheshire.org	<u>Steps to Wellbeing</u> Courses and information about maintaining your mental health https://www.steps2wellbeing.co.uk/southampton_city/	<u>Re:Minds Adult Mental Health Clinics</u> Re:Minds link with Community Adult Mental Health to offer advice on ADHD. You can book a private 10 minute appointment about any issues your young person might have. www.reminds.org.uk

Useful Websites

<u>Young Minds</u> Advice and support for parents, professionals and children living with mental health issues https://youngminds.org.uk/	<u>Time to Change</u> Supporting mental health issues https://www.time-to-change.org.uk	<u>anxietyuk.org.uk</u> A national charity supporting those with anxiety https://www.anxietyuk.org.uk	<u>place2be.org.uk</u> Improving children's mental health ins schools https://www.place2be.org.uk
<u>mentalhealth.org.uk</u> A national charity offering advice and support with mental health issues https://www.mentalhealth.org.uk	<u>Challenging Behaviour Foundation</u> A charity for those with severe learning disabilities whose behaviour challenges https://www.challengingbehaviour.org.uk	<u>OCD UK</u> A national charity run by and for those living with OCD https://www.ocduk.org	

Re:Minds You Tube Channel

New videos are added regularly, check the you Tube Channel for the latest videos

<u>Topic</u>	<u>Speaker</u>	<u>Link</u>
Self Harm	Natascha Eden CAMHS Psychiatric Nurse	https://www.youtube.com/watch?v=7X0WjbStrnw
Coping & Resilience Plans	Chantal Homan CAMHS Service Manager	https://www.youtube.com/watch?v=2Yq2WtK8MZQ&t=4s
Mindfulness for young people	Beth Conduct from The Embodiment Company	https://www.youtube.com/watch?v=7Ft-mqUuxa8&t=46s
Adult Mental Health Services in Southampton	Head of Nursing for Community Psychiatric Care Sarah Leonard	https://www.youtube.com/watch?v=vmOlCaozn9E
Anxiety in Schools Workshop	Nadine Joseph School's Mental Health Practitioner	https://www.youtube.com/watch?v=PmjrzUaBc9Y
Eating Disorders	The team from the Eating Disorders Service	https://www.youtube.com/watch?v=Ms2qKTWe-nE&t=4140s
ADHD Medication	Consultant Psychiatric Nurse Cathy Laver-Bradbury	https://www.youtube.com/watch?v=27M5mHbEts8
ADHD Q&A	Consultant Psychiatric Nurse Cathy Laver-Bradbury	https://www.youtube.com/watch?v=4H1VEydV4QU https://www.youtube.com/watch?v=qLj_mh7bNXY&t=1149s
ADHD in school	Consultant Psychiatric Nurse Cathy Laver-Bradbury	https://www.youtube.com/watch?v=rcWIIG_JK70&t=1612s

Re:Minds You Tube Channel - Autism focus talks

New videos are added regularly, check the you Tube Channel for the latest videos

<u>Topic</u>	<u>Speaker</u>	<u>Link</u>
Supporting Social Skills in Autism	Chantal Homan - CAMHS & Autism Assessment Service Manager	https://www.youtube.com/watch?v=M9EXEHam0T8&t=3s
Sleep Issues in Autism	Consultant Clinical Psychologist Laura Roughan	https://www.youtube.com/watch?v=LF03bxfo_50&t=395s
Anxiety in Autism	Consultant Clinical Psychologist Laura Roughan	https://www.youtube.com/watch?v=xpwzmdGQsIE&t=3199s
All about Autism Hampshire	Jane Morse from Autism Hampshire	https://www.youtube.com/watch?v=y8GXNhwo-y0
Temporary closure of the Autism Assessment Service	CAMHS Service Manager Chantal Homan	https://www.youtube.com/watch?v=-E9oxxHXiLM

Children's Therapy Service



Are you concerned about your child's development?

**Please call our Advice Line if you
have noticed a difference in
the way your child walks,
plays, learns or speaks**

0300 300 2019

Ages
0-19

**Our
Advice
Line
can:**

- offer reassurance
- give you tips on ways to help
- give you activities to improve your child's skills
- decide if your child needs to be referred to us for a more detailed assessment
- suggest others who can offer you more advice

Email: **SNHS.SolentChildrensTherapyService@nhs.net**

Visit: **www.what0-18.nhs.uk/solent**

Incredible Babies

Looks at a range of issues around the care and support that babies require. Includes emotional, social and language development. How to observe and read your babies cues as well as learning ways to provide nurturing and responsive care including physical, tactile, and visual stimulation together with verbal communication

For more information & to book your place: Contact Lorraine Ashleigh

Tel: 02380 437866

Email:

lorraine.ashleigh@southampton.gov.uk

Course information & how to book your place, including venue

NVR (Non Violent Resistance)

For parents/ carers with a child over 7 years of age who exhibits controlling or violent behaviours. This can include withdrawing from the relationship, isolating or hurting themselves as well as becoming outwardly angry and verbally and physically aggressive. The course may be especially helpful for families who have tried other parenting methods and find they need a different approach. The course will teach specific strategies using the concept of peaceful protest.

For more information & to book your place: Contact Denise Olsen

Tel: 02380 917633

Email:

denise.olsen@southampton.gov.uk

Living With Teenagers

The Living with Teenagers Course is aimed at parents in Southampton who have one or more children between the ages of 11- 16 years.

The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication styles
- Expressing and acknowledging feelings
- Privilege removal
- Household rules
- Discipline

For more information & to book your place: Contact: Sarah Newman

Tel: 02380 540135

Email:

sarah.newman@southampton.gov.uk

Incredible Years

Incredible Years Programme aims to:

- Promote positive parenting
- Support parent-child relationships
- Increase use of positive strategies to enhance children's positive behaviors, including play, praise and rewards.

For more information & to book your place: Contact Lorraine Ashleigh

Tel: 02380 437866

Email:

lorraine.ashleigh@southampton.gov.uk

Understanding Behavior

The aim of this short workshop is to provide a safe, non-judgmental environment for parents to discuss & explore their children's behavior.

- Understand why our children behave the way they do.
- Helps to empower parents to understand behavior's & feel motivated to respond in a more positive way.

For more information & to book your place:

Contact Lorraine Ashleigh:

Tel: 02380 437866

Email: lorraine.ashleigh@southampton.gov.uk

Voluntary Parent Group Leader

This course offers parents the opportunity to participate in a 12 week training programme.

Successful parents will receive a Certification from the EPEC national team, and an AQA accreditation enabling them the opportunity to facilitate Parenting programmes within the community on a voluntary basis.

Support and Supervision will be maintained throughout the delivery of the BAP (Being A Parent) & LWT (Living With Teenagers Programmes) Ongoing training and developmental workshops will be offered.

For more information & to book your place:

Contact Amy Reid

Tel: 0792 008 8499

Email: amy.reid@southampton.gov.uk

Venue Address

Ashby Centre: Stratton Road, Shirley, SO15 5QZ

Mount Pleasant School, Mount Pleasant Road, SO14 0WZ

Pickles Coppice: 65 Windermere Ave, SO16 9QX

Sure Start Clovelly: 60-68 Clovelly Road, SO14 0AU

Sure Start Thornhill: Byron Road, Thornhill, SO19 6FH

Sure Start Northam: Northam Community Centre, Kent Street, SO14 5SP

Sure Start Swaythling: Honeysuckle Road, SO16 3BZ

Sure Start Weston: Foxcott Close, SO19 9JQ

Happy Baby

Whether you are a new parent, or you want to update your knowledge this course is perfect for you!

Learn useful tips on the best way to give your babies the very best start in life.

For more information & to book your place: Contact Lorraine Ashleigh

Tel: 02380 437866

Email:

lorraine.ashleigh@southampton.gov.uk

Further Information,

& Bookings

For more information on the course and how to book a place please contact:

Sarah Newman (Early Help Team)

T: 023 80540135

M: 07919880957

Email referrals to:

Sarah.newman@southampton.gov.uk

Hub Co-coordinator

Amy Reid 07920088499

Email: amy.reid@southampton.gov.uk



We will be in touch to confirm places on the course



Living with Teenagers

A FREE 9 week course

For parents of young people aged 11-16 years

Bring up happy and self-confident Young people.



Venue: Northam Community Centre

Kent Street

S014 5SP

Day: Tuesday's

Dates: 11th May – 13th July

Times: 10.00-12.30

Who is the course for?

The Living with Teenagers Course is aimed at parents in Southampton who have one or more children between the ages of 11- 16 years. The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication styles
- Expressing and acknowledging feelings
- Privilege removal
- Household rules
- Discipline

This evidence based course is recognised nationwide and is written by the Centre for Parent and Child Support in South London and Maudsley Hospital, which is funded by the NHS.



What is the EPEC Living with Teenagers Course?

The Empowering Parents Empowering Communities (EPEC) 9 week Living with Teenagers course offers accessible and effective community based parenting support for parents of adolescents aged 11-16 years. It creates a trusting group ethos, where parents are encouraged and supported to explore strategies to:

- Improve young people's social, emotional and behavioural development
- Improve young people's well being
- Reduce adolescent and family difficulties
- Improve parent confidence
- Improve parenting skills and satisfaction
- Improve social and community connectedness

Why is it different?

The Living with Teenagers course is completely free and is co-facilitated by certificated volunteer parent group leaders who have completed EPEC training. Their experiences, backgrounds, skills and qualities make each session inviting and engaging.

