



## SIGNPOSTplus Support groups for parents/carers



### Contact - Listening Ear

You might be struggling emotionally and looking for strategies to help you cope. Or maybe you just need to talk to someone who understands the

extra challenges you face and who can point you in the right direction to get the support you need for your family.

To help, Contact offer 1-1 telephone appointments with a family support adviser for parent carers looking for a listening ear, reassurance and practical and emotional support.

Making an appointment is simple: [Visit our Eventbrite page](#), choose the day (morning, afternoon or evening), and when you register choose the time slot you want. Appointments are regularly updated and are subject to availability.

[BOOK A FREE APPOINTMENT](#)



### Action for Children - Parent Talk

Down-to-earth parenting advice you can trust. Action for Children are on hand to

support

parents, when you need them. Browse articles on the most common parenting questions from their experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing. For more details go to: [Here](#)



### Cerebra Factsheet - Emotional Wellbeing

for Parents and Carers of Children with a Learning

Disability. This factsheet highlights the importance of your own emotional wellbeing as a parent or carer. It provides information about factors that may affect you and help you access the information, support and resources that are available. Download a free copy here:

<https://cerebra.org.uk/download/factsheet-emotional-well-being/>



### Asperations

A weekly, term time group for children with Autism, Aspergers or ADHD aged 5 to 18 years and their families.

Covers the Teignbridge, Torbay and South Hams areas email: [admin@asperations.co.uk](mailto:admin@asperations.co.uk) or Tel: 07719 414729



### South Devon Autism Forum

A newly developing Autism forum to develop support for parents, links for professionals and opportunities to share and gain information. For more details contact

[positivelyautistic@gmail.com](mailto:positivelyautistic@gmail.com)

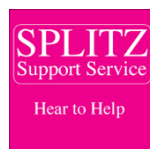


### NAS Exeter and East Devon Branch

A monthly parent support group

for mutual support, the group has bi-monthly speakers. For more details contact: Penny Palmer or Ursula Easton-Pool by email:

[exeter@nas.org.uk](mailto:exeter@nas.org.uk)



### Domestic Abuse services

Splitz Support Services

Tel: 0345 155 1074

Email: [admin@splitzdevon.org](mailto:admin@splitzdevon.org)

[www.splitz.org](http://www.splitz.org)

Buckland House, Park 5, Harrier Way, Exeter EX2 7HU



### Mencap

Join the community, Mencap's online community is a safe and supportive place to meet others,

ask questions about learning disability, share experiences and offer support.

For more details go to:

<https://www.mencap.org.uk/onlinecommunity>

# YOUNGMINDS

YoungMinds - are proud to launch their

Parents Webchat service. If you need support looking after your child's mental health, use YoungMinds Parents Webchat to speak directly to an advisor, who will help direct you to the advice and information you may need.

The webchat is open from 09:30am to 4pm, Monday to Friday.

For more details go to: [Here](#)



## The National Autistic Society (NAS)

Parent to Parent service, this is a confidential telephone

support service provided by trained volunteers from their own homes: 0808 800 4106.

## Ilfracombe Parent/Carer Support Group

A support group run by and for parents and carers of children with additional needs

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



## North Devon Forum for Autistic Spectrum Conditions and ADHD

A parent/carer led support group for parents, carers and people with ASC/ADHD, although diagnosis is not essential. Membership is free and you will receive a regular newsletter, access to events and use of their specialist ASC library, 07923 481332, email: [info@ndfautism.co.uk](mailto:info@ndfautism.co.uk)  
<http://ndfautism.co.uk/>



## Early Help

Early Help is the extra support your family can get if you need it. It may be that you want to prevent a problem, or change things for your family before the problem becomes more serious.

It is not a specific service or team, it's an approach that brings together people from a range of services and teams who will work together with your whole family to help improve the situation for everyone.

It can offer support to families from pre-birth to adolescents with all sorts of issues from parenting, employment and school attendance to emotional wellbeing or anti-social behaviour.

To find out more go to:

<https://www.dcfp.org.uk/early-help/>



### \*\*NEW ONLINE SUPPORT FOR FAMILIES\*\*



The CBF is offering free online support for family carers from their own homes via video call during the Coronavirus pandemic.

**Carer Catch-ups** are informal chat groups with other families.

Chat with others who understand the ups and downs of caring for and about someone with a severe learning disability.

Celebrate successes, share tips, have a moan with others who 'get it'.

Join our email network to find out more: <https://bit.ly/cbfnetwork>



**CBF Behaviour Chat** to help with urgent/crisis behaviour at home.

Share your "right here, right now" concern about challenging behaviour with a small group including a trained family carer & a volunteer expert.



For more information and to apply to join email us at: [cbfbehaviourchat@theccbf.org.uk](mailto:cbfbehaviourchat@theccbf.org.uk)

Contact the [Family Support service](#)

9am-5pm Mon-Thu, 9am-3pm Fri

Email [support@theccbf.org.uk](mailto:support@theccbf.org.uk)

or telephone 0300 666 0126



Our support is confidential and non-judgmental. Calls cost the local rate from landlines.

The [Family Carers' Email Network](#) puts

you in touch with families around the UK, to share experiences, get information and peer support.



See our [information](#) on behaviour support and related topics.

The Challenging Behaviour Foundation aims to support families who have a child or adult with severe learning disabilities who display behaviour that challenges.

A severe learning disability means a person has very limited or no verbal communication, and requires a lot of support to complete everyday tasks.

Please note as a small charity with limited resources we are unable to offer support to those who are experiencing challenging behaviour associated with mild/moderate learning disabilities.

© The Challenging Behaviour Foundation. Registered charity no. 1000714 (England and Wales). Registered office: The Old Courthouse, New Road Avenue, Chatham, ME4 5DE. [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk) Tel. 01634 838733



## Side by Side Taw & Torridge

Side by side is a

welcoming, informal support group for parent carers who care for children, young people and adults with additional needs.

The group meet weekly to offer peer support in a friendly, relaxed, non-judgemental environment giving the opportunity to exchange similar experiences from our caring roles.

To find out more contact Tracey Phillips on 07921 220840 or email:

[sidebysidebarnstaple@outlook.com](mailto:sidebysidebarnstaple@outlook.com)



## Hi-5 Talktime - Supporting and enhancing the wellbeing of families

and carers of children with additional needs in Cornwall and Devon (based near Bude).

Open to all Parents, Grandparents and Carers of Children with Additional Needs for some precious 'Me Time'. Chat and share over a Cuppa and delicious Cake whilst your children are at school. Pre-school Children are welcome and can have fun with a range of sensory play equipment and enjoy Makaton singing and signing!

No diagnosis or referral required.

Find out more about Hi-5 Talktime here:

<https://www.hi-5talktime.org.uk/>

Or for further details email: [info@hi-5talktime.org](mailto:info@hi-5talktime.org)

Updated 9<sup>th</sup> January 2022



## Kinship

Kinship care is when a child lives full-time or most of the time with a relative or friend who isn't their parent, usually because their

parents aren't able to care for them. It is estimated that around half of kinship carers are grandparents, but many other relatives including older siblings, aunts, uncles, as well as family friends and neighbours can also be kinship carers.

For more details about what Kinship can help with go to: <https://kinship.org.uk/for-kinship-carers/what-is-kinship-care/>



*Disclaimer: The information on this information sheet is for general information purposes only and is provided by various*

*organisations. Whilst we endeavour to keep the information up to date and correct, we make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the information, products, services or otherwise included in this publication for any purpose. Any reliance you place on such information is therefore strictly at your own risk.*

**CRANBROOK COMMUNITY SEND PROJECT**  
**CRANBROOK COMMUNITY SEND SUPPORT PROJECT**

Drop in Every other Friday  
9.15-11.15am  
The Community Bus  
St Martins School

Pop in and find out what SEND support is in Cranbrook and stay (or not) for a cuppa.

All family members and children welcome. No diagnosis necessary.

Cranbrook Community Support Project for families with additional needs children aim to provide a support group in a safe place where parents can meet other parents, share their experiences, and talk with others in a similar situation.

Together we can support each other, offer emotional support, and learn strategies to help with the challenges faced in everyday life.

We want you to feel valued and included in the lovely Community of Cranbrook and surrounding villages.

- Regular Cafe Style Meetings
- Meet Like Minded People
- Friendship, Emotional & Peer Support
- Information, Resources and Advice
- Activities and Social Events
- Guest Speakers to Educate and Inform
- Receive Signposting to Local, National Services, Organisations and Groups
- Participate in Shaping Local Services

Sam Wells Ambassador Volunteer / Nurse Naomi Cranbrook Medical Practice

@ cranbrooksendproject@btinternet.com  
f Cranbrook Community Support Project  
WhatsApp Cranbrook Community SEND 07359 067788  
Arrange a call back by leaving a message with 01392 462013

