

Support groups for Parent Carers of children/young people.

Umbrella Derby & Derbyshire – Parent carer support groups/Men's group, siblings groups, helpline and social activities for children young adults with disabilities – [http:// www.umbrella.uk.net](http://www.umbrella.uk.net) or 01332 521229 for more details (**Amber valley, Erewash and Derby City area**)

Cartoon Heroes- Parent carer support group for carers of children 0-24 years old. Regular support groups with specialist free speech and language, audiology and holistic workers attending – <http://www.cartoonheroes.co.uk> for more details (**Derbyshire and Derby City area**)

Sunshine support – Parent Carer support group, training and advice from specialist services for Carers of children up to 25 years old - <https://www.sunshine-support.org/> (**Derbyshire and Derby City areas**)

NAS Derby and District branch - Autism support and information for children and adults – 07500089571 or email DerbyandDistrict@nas.org.uk (**Derbyshire and Derby City**)

DASG (Derbyshire Autism Service) - Parent Carer support, siblings support, care provider service for children and adults with Autism spectrum conditions – <http://www.derbyshireautismservices.org> or 01773 741221. (**Derbyshire area including Buxton**)

CROAK Carers – Parent carer support groups/activities for children/young people on the autistic spectrum/ADHD - 07568196968 and facebook group (**Erewash area**)

Special Needs Circle – support groups, workshops/training sessions for parent carers of children and young adults 0-25 years old – <http://www.specialneedscircle.co.uk> (**Amber Valley and Erewash areas**)

Fairplay – Parent carer support and care provider service for children and adults with disabilities - <https://www.fair-play.co.uk/> or 01246 203963 - (**Chesterfield and North County area**)

PAN – Support and advocacy for parent carers of children – <http://www.parentingadditionalneeds.org.uk> (**Chesterfield/North and Derbyshire Dales area**)

Autism, Aspergers and ADHD support group – support group – 01298 79539 Peter (**Buxton area**)

Derbyshire Carers Association - Parent Carer support for those with children and adults over the age of 17 years old and over across the whole County – <https://www.derbyshirecarers.co.uk/> or 01773 833833 – (**County and Derby City**)

Mental Health support

QWELL Digital Counselling for Parent Carers & Young People - confidential way for Parents and Carers of young people under the age of 18 to access emotional wellbeing - <https://www.carersinderbyshire.org.uk/derby-derbyshire-ccg-new-service-qwell>

Bridge the Gap – early intervention child mental health support organisation (non profit) includes, phone line for Parents, webinars, training, resources and therapy for children - <https://www.jwbridgethegap.com/>

Education support

Derbyshire information advice and support service for SEND - advocacy, information and support with any education support issues for children aged 0-25 years old – <http://www.derbyshireiass.co.uk> (Derbyshire area)