

### Support & Guidance for Parent Carers

#### Financial Support

##### Family Fund



<https://www.familyfund.org.uk/>

This charity supports families with disabled children and those with additional needs. Family Funds offer a range of services and grants.

##### Turn2us



<https://www.turn2us.org.uk/About-Us>

Turn2us helps people in financial need, gain access to welfare benefits, charitable grants and other financial help. Support can be either online, phone or face to face through our partner organisations. They have a grant checker on their website too.

#### Advice

##### Sunshine support



<https://sunshine-support.org/advice-and-support/>

We empower and advocate for parents, Carers, and professionals who support children and young people with SEND.  
(Derby and Derbyshire)

##### Contact



<https://contact.org.uk/help-for-families/listening-ear/>

Contact offer 1:1 or telephone appointments with a Family Support Advisor who specialises in supporting children with disabilities.

### Mobilise



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

Looking after a family member or friend, who has a disability, long-term illness or is elderly? Well you might be struggling to find support with anything from finances to practical help, from mealtimes to continence, from hospital discharge to finding time for yourself.

### Sibs



<https://www.familyfund.org.uk/>

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister. It is the only UK charity representing the needs of over half a million young siblings and over one and a half million adult siblings. They offer support, advice, and training.

### Mencap



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

Information and advice to support people with a learning disability. Whether you're a parent, healthcare professional, or someone with a learning disability, our easy to use advice and information hub will help guide you to the information you're looking for.

### Gingerbread



<https://www.gingerbread.org.uk/>

Gingerbread provide information to help single parents support themselves and their family. And we campaign and influence policy to reduce stigma against single parents, and make services more accessible to all families – whatever their shape or size. The link to their website is below.

### Zink



<https://zink.org.uk>

Zink empowers people and families to build a better future no matter what they've been through. When a crisis happens, we provide emergency food and advice to sort out the cause and plan a future. Our work coaches help into work, education or training alongside a range of activities and interests that enable people to grow, learn and mix.

### Caudwell Children



<https://www.caudwellchildren.com/>

Caudwell Children has always been shaped by listening to the people we support; the children and families who face incredible challenges just to get the same opportunities as everyone else. This service offers support with ASD assessments, Sensory Equipment, short breaks, and workshops. There is a cost to this service.

## Breaks & Respite

### The 3H Foundation



<https://the3hfoundation.org.uk/>

The 3H Foundation helps people with disabilities and Carers have a period of respite. The 3H Foundation was formed in 1975 to provide holiday opportunities for families who faced similar needs.

### Beyond Respite



<https://www.gobeyond.org.uk/>

We are a small charity that makes a huge difference to children in the UK who desperately need a break. On breaks under wide open skies in the countryside, Go Beyond's expert staff and committed volunteers give children and young people who have been bereaved, abused or bullied, who are living in poverty or caring for loved ones the chance to escape their worries and pressures. To have the moments and experiences they need to believe in themselves and think beyond the day-to-day for a bigger, brighter future.

### Wishes just 4 you



<https://wishesjust4you.co.uk/>

We collaborate closely with families, healthcare providers, and community members to identify and fulfil the wishes of children and young people with life-limiting illnesses. Whether it's a visit to a farm park, an exhilarating paragliding adventure, or a peaceful sailing trip, we go above and beyond to make these wishes come true. Each wish we grant is carefully tailored to the individual child or young person's choice, ensuring a personalised and unforgettable experience.

### Youth Matters



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

Our aim is to provide a range of services and opportunities for young people in our community who are socially excluded due to social, emotional or financial disadvantage. We do this by working closely with other community groups in our area to take make best use of skills and resources and also with local services.

Our not for profit organisation offers free activities and support for young people and their families who are subject to deprivation and poverty in our town and surrounding villages. We achieve this by offering a range of free activities and services such as 3 youth clubs for different age groups and SEN, Family Support service, food waste redistribution service with Co-op, drop in facility for advice and information, The Bike Shed, the Men's Repair Shed and holiday clubs.

We also run Boxing and Mentoring schemes for young people at risk of entering or actually in the Criminal Justice System in Schools across the county.

## Mental Health

### Compass



<https://www.compass-uk.org/services/compass-changing-lives/>

Compass Changing Lives provides prevention and early intervention emotional wellbeing and mental health support to Children, Young People and Families (CYPFs) across Derby & Derbyshire.

They will also offer support to Parent Carers

### Talking Mental Health Derbyshire



<https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire>

Talking Mental Health Derbyshire may be able to help people over the age of 16 who have the following problems:

Depression, anxiety, PTSD, phobias, and low self-esteem. They don't support with

Eating disorder, addiction, memory impairments, and anger management

### Bridge the Gap



<https://www.jwbridgethegap.com/>

We have a large variety of adult and child workshops, parent empowerment sessions and small groups for children as it can feel overwhelming sometimes. Bridge the Gap can support with anxious children, Child Mental Health: an in- depth approach, Parent and Child Anger Course, Time for You: adult wellbeing FREE online course for parents.

## Support

### Young Carers



<https://derbyshirecarers.co.uk/young-carers-service>

Derbyshire Young Carers Service provide support to Young Carers across the county (Not Derby City). We believe Young Carers should have the same opportunities as everyone else. Following visits with the Young Carer and their family, our team will make a support plan designed to the Young Carer and their family's needs.

### Derbyshire County Council ASD Support



<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/disability-support/autism/autism.aspx>

Derbyshire County Council Autism support services. On this webpage you will find links to autism support services, such as Derbyshire Autism Services, and Autism East Midlands.

### Autism Information Service



<https://www.autisminformationservice.org.uk/>

This service is operated by Citizens Advice Mid Mercia, with the support of Derbyshire County Council and Derby City Council. They offer a free information and advice service for Derbyshire County's and Derby City Autistic community.

### Youth Matters



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

Our aim is to provide a range of services and opportunities for young people in our community who are socially excluded due to social, emotional or financial disadvantage. We do this by working closely with other community groups in our area to take make best use of skills and resources and also with local services.

Our not for profit organization offers free activities and support for young people and their families who are subject to deprivation and poverty in our town and surrounding villages. We achieve this by offering a range of free activities and services such as 3 youth clubs for different age groups and SEN, Family Support service, food waste redistribution service with Co-op, drop in facility for advice and information, The Bike Shed, the Men's Repair Shed and holiday clubs.

We also run Boxing and Mentoring schemes for young people at risk of entering or actually in the Criminal Justice System in Schools across the county.

**Derbyshire Carers Association**



<https://derbyshirecarers.co.uk>

Derbyshire Carers Association can offer Parent Carers in transition support You can register as a Carer through the online referral form and sign up to the newsletter or/speak to a support worker. Please be aware this is only for Parent Carers who are caring for a child who is 17.5 years and older.

**Derbyshire Parent Carer Forum**



<https://derbyshireparentforums.co.uk/>

We are a registered charity which is run by parent/Carer volunteers with children/young people with Special Educational Needs and/or Disabilities. We organise parent participation, providing the opportunity to talk about all the services they receive in Derbyshire.

Derbyshire Parent Carer Voice has been set up to help parents have a forum for change within Derbyshire services.

**Action for Children**



<https://service.actionforchildren.org.uk/derbyshire/contactus/>

If you or a young person in your care needs support, there are many local and national organisations who are here to help.

(Nationwide charity, but Derby and Derbyshire offer local support)

**Special Needs Circle**



<https://www.communitydirectoryderbyshire.org.uk/view/5654/swadlincote-special-needs-circle>

Special Needs Circle is a registered charity providing support, friendship training and advice for parents and Carers with children with special or additional needs including those undergoing diagnosis. We are based in Swadlincote, South Derbyshire but welcome anyone with a child / children with SEND.

**Fairplay**



<https://fair-play.co.uk/>

Fairplay offers a wide range of services to meet the needs of families. We offer support to children and young people, aged 0-25, and to parents and siblings. Fairplay runs play schemes and Saturday clubs for children, youth clubs, activity days, themed groups, and independent living groups for young people, and parent support groups and family trips for parents and siblings.

**PAN (Parenting  
Additional Needs)**



**<https://councilfordisabledchildren.org.uk/work-us/cdc-membership/meet-our-cdc-members/parenting-additional-needs>**

PAN are a support group based in Derbyshire for parents and Carers of disabled children. PAN supports families throughout Derbyshire and provide information all in one place so they don't have to search for it themselves.

**Umbrella**



**<https://umbrella.uk.net/>**

Supporting disabled children, young adults and their families in Derby. Umbrella is a local charity with centres at Umbrella House Mackworth and The Annie Hall Centre in Derby. We have been running since 1986 and we are currently supporting over 1,700 families in Derby and Derbyshire.

**Derbyshire iass for  
SEND**



**<https://www.derbyshireiass.co.uk/home.aspx>**

Derbyshire Information, Advice and Support Service (DIASS) provides independent information, advice and support to children and young people with special educational needs and disabilities (SEND), as well as their parents and Carers.

## Planning Support

### Emergency Carers Card



<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/caring-for-someone/emergency-card/carers-emergency-card.aspx>

Derbyshire County Council provide an Emergency Carers Card, which can be completed online. The card is a contingency plan should anything happen to yourself and the person you care for will need support in your absence.

### ASD passport



<https://www.autisminformationservice.org.uk/autism-passport/>

The Derbyshire Autism Spectrum Condition Passport is intended to assist hospital and medical staff to provide you with the best possible healthcare whenever you visit hospital, either as an outpatient or inpatient, or have a medical appointment. The form and guidance can be downloaded for the above website