**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)**

**Caudwell Children –** Providing access to the services, equipment, grants and therapies. <https://www.caudwellchildren.com/>

**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)**

**Autism East Midlands – Support and activities for Families – 01909 506678** [**https://www.autismeastmidlands.org.uk/about-autism-east-midlands/**](https://www.autismeastmidlands.org.uk/about-autism-east-midlands/) **(County Wide)**

**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)**

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

**Autism Information & Advice - offers training, resources and support groups County Wide – 01332 228790** [**https://www.autisminformationservice.org.uk/**](https://www.autisminformationservice.org.uk/) **(County Wide)**

**Derbyshire Parent Carer Forum – offers support for Families and helps to change services in Derbyshire - 01629 533666** [**https://derbyshireparentforums.co.uk/**](https://derbyshireparentforums.co.uk/) **(County Wide)**

**Derbyshire All Age Carers Support Service -** 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 Wide not 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, Support for Parents, webinars, training, resources and therapy for children - 01332 600827 <https://www.jwbridgethegap.com/>

**Action for Children –** Mental health support and services for children and families **-** [**https://services.actionforchildren.org.uk/derbyshire/contact-us/**](https://services.actionforchildren.org.uk/derbyshire/contact-us/) **(County Wide)**

**Living Well with Autism -** Specialist counselling and support and those age 18 yrs and above with Autism (diagnosis can be pending) and their families – 01332 301350[**https://www.livingwellwithautism.org.uk/**](https://www.livingwellwithautism.org.uk/) **(South Derbyshire & City)**

**Thinking Mental Health** – Website with self referral access for anyone in Derbyshire over 16 yrs old to access counselling and therapies **-** [**https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire**](https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire) **(County Wide)**

**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)

**IPSEA**  - **free and independent legally based**[**information, advice and support**](https://www.ipsea.org.uk/Pages/Category/service-overview/)**to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). We also provide**[**training**](https://www.ipsea.org.uk/Pages/Category/training)**on the SEND legal framework to parents and carers, professionals and other organisations.**

[**https://www.ipsea.org.uk/**](https://www.ipsea.org.uk/)