



# Help and Support for all Additional Needs

**Advice for parents/carers of children  
with special needs**

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# Where can I find help for ADHD?

## ADHD Foundation

[Home - ADHD Foundation : ADHD Foundation](#)

## NHS

This guide can help if you or someone you care has ADHD or might have ADHD.

<https://www.hacw.nhs.uk/community-paeds-adhd>

## ADHD Parenting Tips

Learn what you can do to manage their behaviour and deal with common ADHD challenges. [ADHD Parenting Tips: How to Help a Child with ADHD \(helpguide.org\)](#)

## Young Minds

The UK's leading charity fighting for children and young people's mental health. [ADHD Support For Your Child | Parents Advice Guide | YoungMinds](#)

## UKAP

recognises ADHD as a complex but treatable condition, which can have a profound impact on individuals, families and society. [ADHD - What is it? | The UK ADHD Partnership](#)

# Where can I find help for Autism?

## NHS

This guide can help if you or someone you care about is autistic or might be autistic.

[Autism - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## The National Autistic Society

The National Autistic Society is here to help the 700,000 autistic people in the UK and their families. Be it running specialist schools, campaigning for improved rights or training companies on being more autism-friendly, they are dedicated to transforming lives and changing attitudes.

[Family support \(autism.org.uk\)](http://autism.org.uk)

## Autism West Midlands

The leading charity in the West Midlands for people on the autism spectrum. They use their expertise to enrich the lives of autistic people and those who love and care for them. Their passionate, expert staff and volunteers work across all age groups and abilities, providing direct support.

[Family Information Downloads | Autism West Midlands](#)

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# Where can I find help for Dyslexia?

## The British Dyslexia Association

The British Dyslexia Association can help If your child is, or may be, dyslexic, providing information, resources and training to help you to ensure that your child is able to reach their full potential. [Child - British Dyslexia Association \(bdadyslexia.org.uk\)](https://bdadyslexia.org.uk)

## NHS

This guide can help if you think your child may have dyslexia. [Dyslexia - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## The Dyslexia-SpLD Trust

The Dyslexia-SpLD Trust aims to ensure that in order for children with Dyslexia SpLD to succeed in school there is:

- A focus on high quality teaching practices by all teachers
- Access to specialist teachers and resources
- Early intervention and early action for those at greatest risk of failing
- Acceptance of the importance of Dyslexia/SpLD as a major contributor to educational under achievement and a strong risk factor for limited life opportunities

[The Dyslexia-SpLD Trust - Home](#)

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# Where can I find help for Dyspraxia?



## Dyslexia Help

Dyslexia Help is a charity that provides specialist advice about dyspraxia and support for families, schools and professionals through our helpline. Face to face support for local families and schools. Self-help workshops for parent/carers.

[Parents - Dyspraxia Help](#)

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# EHCPs - Education Health and Care Assessment?

## SEND Services

If your child's school or setting can't meet your child's needs using the support they usually offer to children who need extra help, the County Council may carry out a needs assessment for your child. This is called an Education Health and Care Assessment or EHC assessment. When your child's needs have been assessed a plan for meeting them may be drawn up. This plan is called an Education Health and Care Plan (EHCP).

[SEND Services | Worcestershire County Council](#)

[EHCP - Education, Health and Care plans | Worcestershire County Council](#)

- ▶ Call the helpline: [01905 845579](tel:01905845579)
- ▶ Email: [sen@worcestershire.gov.uk](mailto:sen@worcestershire.gov.uk)





# Parenting Help



## NHS

[Parenting workshops and courses \(ADHD\) | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](https://www.hacw.nhs.uk/)

## The Starting Well Partnership

Supports parents, families, children and young people across Worcestershire. We have 6 teams working out of our Family Hubs located in districts across the county. Families in each of the districts are supported by Health Visitors, Parenting Support Workers, Community Nursery Nurses, School Health Nurses, Health Care Assistants, Volunteer Coordinators, Community Health Connectors, Business Support Officers and Administrators. They provide support, advice and clinics from our Family Hubs, community spaces, schools and GP surgeries.

[Services to support Children, Young People and Families within Worcestershire. | Starting Well \(startingwellworcs.nhs.uk\)](https://startingwellworcs.nhs.uk/)

## Harmony at Home

Worcestershire's approach to the Reducing Parental Conflict (RPC) initiative in partnership with the Department for Work and Pensions (DWP) and organisations from our multiagency Reference group.

[Harmony at Home | Worcestershire County Council](#)

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# Where can I find help for Physical and Sensory Needs?

## NHS

The Paediatric Occupational Therapy Service provides assessment and intervention for children and young people with significant difficulties participating in and completing daily occupations at home, in an education placement, and in the community.

[Worcestershire Children's Occupational Therapy \(Paediatric\) Service | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

[Worcestershire Children's Therapy Services - YouTube](#)

## Worcestershire County Council

Sensory impairment and physical disabilities visual Impairment, visual impairment, deafness or hearing loss, deafblindness, physical disabilities.

[Physical and sensory | Worcestershire County Council](#)



# Where can I find help for Social, Emotional and Mental Health Needs?

Advice, tips and information on supporting students and their wellbeing.

[Social, emotional and mental health | Worcestershire County Council](#)

Anna Freud is a world leading mental health charity for children and families. They work in collaboration with children and young people, their families and communities and mental health professionals to transform children and families' mental health.

[For families | Anna Freud](#)

The Worcestershire CAMHS Reach4Wellbeing team supports and promotes the emotional wellbeing of young people and parent/carers through evidence based interactive online group programmes.

[5 - 11 Years | Herefordshire and Worcestershire CAMHS \(hacw.nhs.uk\)](#)

The CAST (Consultation, Advice, Supervision and Training) Team works directly with professionals who are working with young people experiencing or at risk of experiencing mental health difficulties.

[CAMHS CAST Service | Herefordshire and Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](#)

Happy Maps provide support, advice and information on young people's mental health, all in one place, from preschool to young adults. For Parents, Young People and Professionals.

[Home - HappyMaps: Help and Resources for Children's Mental Health](#)

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# Where can I find help with Speech, Language and Communication Needs?

Children's Speech and Language Therapy Resources.

[Resources for Children's Speech and Language | Herefordshire and  
Worcestershire Health and Care NHS Trust \(hacw.nhs.uk\)](https://www.hacw.nhs.uk/resources-for-childrens-speech-and-language-therapy-resources)

[The Communication Trust](#) - for 1.9 million children in the UK, learning to talk and understand words feels like an impossible hurdle. They give children and young people the skills they need so they aren't left behind, waiting to be understood.

[Help for families - Speech and Language UK: Changing young lives](#)

[BBC](#) Information about speech and language difficulties

[Speech and language difficulties - CBeebies \(bbc.co.uk\)](https://www.bbc.co.uk/1/health/speech_language_difficulties/2016/08/20160818_speech_language_difficulties_cbeebies)

[Tiny Happy People](#) can help you develop your child's language and communication skills, so they get the best start in life. Their ideas and activities are easy to build into your daily routine. They're quick and inspiring, but they're also based on expert advice and evidence, and are proven to help your child's development.

[What is Tiny Happy People? - BBC Tiny Happy People](#)

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# Where can I find help for Trauma, Loss and Bereavement?



The Primrose family support team can support a child who has experienced the bereavement of a special person, or if someone in the family is living with a life limiting illness.

[Children & Young People - Primrose Hospice | Family Support Service](#)

Touchstones is a small, local charity with one very simple aim - to be there for any bereaved child and young person in Northeast Worcestershire.

[Home - Touchstones Support \(touchstones-support.org.uk\)](#)

The Worcestershire Young Carers Team offers opportunities for young people to take a break from their care role, meet other Young Carers and have fun. Giving them vital respite breaks helps our young people to build their confidence and get involved in fun activities. A Young Carer is a person aged between 6 and 17 who supports a family member at home beyond what is typical for their age.

[Worcestershire Young Carers | YSS](#)

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.

[About Sibs - Sibs](#)

Beacon House is passionate about developing freely available resources so that knowledge about the healing of trauma and adversity is in the hands of those who need it.

[Resources \(beaconhouse.org.uk\)](#)

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# General Support and SEND Information

[SENDIASS Herefordshire and Worcestershire](#) - The Special Educational Needs and Disabilities (SEND) Information, Advice and Support Service (IASS) covering Herefordshire and Worcestershire.

[Welcome to SENDIASS Herefordshire and Worcestershire | Worcestershire County Council](#)

[Health services for children and young people with SEND](#) - Links to the relevant information on NHS websites, to help you understand who all the different professionals are.

[Health services for children and young people with SEND | Worcestershire County Council](#)

[SEND Local Offer](#) provides information about provision families can expect to be available across education, health and social care for children and young people who have a Special Educational Need (SEN) or are disabled, including those who do not have Education, Health and Care (EHC) plans.

[SEND Local Offer | Worcestershire County Council](#)

[The Graduated Response](#) tells you about this support, and what anyone can expect to receive if a child or young person needs more help to reach their full potential.

[SEND Graduated Response Within Worcestershire Report](#)

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# General Support and SEND Information continued...

The virtual family hub has been developed to give you a range of different types of resources to help to support you and your family.

[Virtual Family Hub | Worcestershire County Council](#)

Activities, advice and personal stories about parenting and special educational needs and disabilities to help you support your family.

[SEND tips and advice - BBC Parents' Toolkit - BBC Bitesize](#)

Information on children, young people and neurodivergence for families and professionals.

[Neurodivergence Zone | Worcestershire County Council](#)

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