A graphic of a rainbow with seven distinct bands of color: red, orange, yellow, green, blue, cyan, and purple. It is positioned to the left of the title text.

RAINBOW Guide

SOUTH TYNESIDE'S GUIDE TO SEND SUPPORT
BY PARENT CARERS FOR PARENT CARERS

2024/2025

Hello!

Hello and welcome to the Rainbow Guide, our go-to guide for parent carers by parent carers!

Firstly, we know how difficult it may be for you right now, so we wanted to say, we get it, and although we don't know you yet, we hope our paths cross in the future.

Secondly, South Tyneside is full of lovely little groups, organisations, and support services that offer a wonderful network to support people like you and I. Whether these are commissioned services, passionate people, or parent carers who have set out to help others.

We wanted this booklet to be at hand, to be a light in a possibly dark time, and a reminder that we, among others are here.

With Love & understanding,

Another parent carer

"You'll never find a rainbow if you're looking down." - Charlie Chaplin



All information within this booklet was correct at the time of printing.



South Tyneside
Parent Carer Forum
Uniting voices in the SEND Community

South Tyneside Parent Carer Forum are a group of volunteer parent carers. We all live in South Tyneside and care for children who have Special Educational Needs and Disabilities (SEND). Each of us has lived experience and first hand knowledge of the challenges parent carers face.

We are an independent group and not part of any statutory service. We receive a grant from the Department of Education to enable participation of parent carers in the development and monitoring of services.

We work alongside strategic bodies, service providers and commissioners to ensure that the needs of children and young people with SEND and their families are met. Our overall mission is to work with these groups to represent the views and experiences of children, young people and families and help work towards a brighter future. The work we do only has meaning if we are a collective. We want to be a platform to raise the challenges we face as a community!

Join us!

Sign up to be a member for free today



Contact us:

info@stpcf.org

www.facebook.com/stparentcarerforum





SEND
LOCAL OFFER

The SEND Local Offer is designed to help you find the best support for children and young people aged 0 to 25 who have Special Education Needs and Disabilities (SEND). It has information about the support and services available in South Tyneside.

Six Priorities

Get involved

The experience and expertise of children and families is heard and respected, shaping how services and education settings work.

Education

Every child is included in their school and community, and with education support tailored to their unique learning needs, all our children will learn, grow and achieve.

Health and Wellbeing

Children and young people get the bespoke health support they need to reach their potential and enjoy an active, positive life.

Support and Care

Families will get the support they need to grow their knowledge, and care to build strong connections.

Preparing for Adulthood

Every young person grows into their own independence, achieves their goals and lives a full healthy life in their community.

Information and Advice

Families and young people get good information and advice at every step of their journey and can make informed choices, they can connect with others to enjoy and learn.

Contact us at:

Email: sendlocaloffer@southtyneside.gov.uk

Telephone: 0191 424 7299 / 0191 424 6730





SEND
LOCAL OFFER

Portage & Pre-School Service

The Portage and Pre-School Service offers a portage home visiting service and a monitoring and advice service to settings and families with children who have special educational needs and disabilities (SEND).

The service is available at home and in: Who can access the service

- private, voluntary or independent (PVI) centres
- Children's centres
- Council owned nursery schools

The service work with with:

- Speech and Language Therapy
- Physiotherapy
- Occupational Therapy
- Paediatricians
- Health visitors
- Teachers

Support available

'Portage Home Visitors' support young children with SEND with their:

- development
- play
- communication
- relationships

Reasons for a referral include:

- concerns identified regarding the child's development
- if a child has a diagnosis
- if a child is going through assessment

The Portage and Pre-School Service works with early years children aged 0 to 4 years of age.

How to access the service

All children must be referred by either the child's:

- health visitor
- teacher
- early years (SENCo)
- early years setting

Parents can also self-refer.

The service deliver Early Bird and Early Bird Plus programmes for families who have children with a diagnosis of autism. They set and review individualised targets and action plans in the home and in the setting, with other services' advice, to provide a holistic approach to support.

Contact us at:

Email: pps@southtyneside.gov.uk

Telephone: 0191 424 6102





SEND
LOCAL OFFER

Seahorse's group Portage & Pre-School Service

The Seahorses group is a group for families with children who are referred to South Tyneside Portage and Pre-School Services.

The group is aimed at children aged 0 to 4 years old who have additional / complex needs.

This group has access to:

- a soft play area
- a sensory room
- activities / resources around encouraging joint attention / communication
- creative activities to cover and encourage all areas of development

Support available

The group benefits:

- children to develop their skills
- the child's family as they have somewhere to go weekly, to link with other families

Who can access the service

Children aged 0 to 4 years old.

The group has a very relaxed approach and there is limited structure to the session.

How to access the service

Children must be referred to the service.

Professionals, or parents already referred to the Portage and Pre-School Service can contact the Pre-School SEND Monitoring Officer, to discuss.

If appropriate and when a place becomes available, parents will be contacted and given further information and a start date.

The group supports parents with advice and allows them to have the opportunity to network with other families with children with additional needs.





SEND
LOCAL OFFER

Wheelchair Services

The South Tyneside Wheelchair Service aims to increase the mobility, independence, and quality of life of people with physical and mental disabilities. They will carry out a specialist assessment to find out about the individuals needs and any other medical conditions to decide the most appropriate equipment for them.

This might be:

- a buggy
- a wheelchair
- specialist seating

They work closely with special schools and hold regular clinics at Bamburgh and Keelmans.

Support available

Many of the people the service meets have special educational needs and disabilities.

They will work with you to understand your / your child's needs to make sure that they are as comfortable as possible throughout the assessment / reviews. If you / they need support from a parent / carer or someone that works with you, they are welcome to come.

The service will arrange home visits if you're unable to attend clinics or need to be seen at home.

When you are offered an appointment, you can contact the service to discuss any additional support that might be needed.

Who can access the service

The service is for children and adults who have a permanent disability affecting their mobility.

How to access the service

An initial referral can come from any health or social care professional.

This could be a:

- district nurse
- social worker
- GP
- physiotherapist

When you have been accepted onto the service, no further referrals are needed for any further reviews.





SEND
LOCAL OFFER

Children's Disability Team

The Children's Disabilities Team is a small specialist team working in Children and Families Social Care at South Tyneside Council.

The team will work with families and children whose disability is impacting on their ability to:

- have opportunities to get the best start in life
- remain healthy, and
- aspire to a brighter future

The team supports children and young people with disabilities, and their families, by:

- Assessing needs and finding services and support to meet them (see referrals and assessments)
- Reviewing and monitoring the support in place
- Providing support for children in need, looked after children, those in need of protection, and those subject to public law proceedings

The Team is lead by a Practice Manager who is a qualified social worker.

The team includes:

- Social workers - who carry out assessments, and develop plans to support families with disabled children who have a more complex level of need
- Family workers and social work assistants - who provide support and advice to children with disabilities and their families, where universal services and community resources will meet their needs.





SEND
LOCAL OFFER

Who can access the service

The team supports children and young people with a broad range of needs, up to the age of 17.

This includes children / young people with:

- Cerebral Palsy, Muscular Dystrophy and other physical disabilities that significantly impact on the child's wellbeing
- Learning disabilities
- Autistic Spectrum Disorder, which has a significant impact on their communication needs, social and behavioural development
- Multiple or severe disability
- Global development delay
- Severe sensory impairment
- Complex physical disability and health needs

The team will look at the severity of the disability and the level of need.

If your child is entitled to Disability Living Allowance at the higher rate, it is likely that the Children's Disability Team would become involved.

The team does not usually provide services to support children / young people with Attention Deficit (Hyperactive) Disorder alone, or those whose primary needs are emotional, social or behavioural.

The team does not offer targeted or specialist mental health support.

How to access the service

Phone the Contact and Referral Team on 0191 424 5010.





SEND
LOCAL OFFER

Personal Budgets for support and care

A Personal Budget is an agreed amount of money that is allocated to your family from the Council, and in some cases, from other services.

After you have had an assessment, the Children's Disability Team Resource Panel will agree a care plan and the right level of funding for your child / young person's needs.

Your Personal Budget will be the overall cost of the care and support the Council provides or arranges for you.

You will be able to decide how the money is spent to support your child / young person to achieve the outcomes in their care plan.

It means you can choose specific services for your child / young person, which suit your family and make sense to you.

It puts you and your child / young person in control, with the Council helping to organise support.

What you can use a Personal Budget for

You can use a Personal Budget to:

- Employ a support worker for your child / young person to support them to access activities
- Buy a service from the Council or another agency
- Employ support for personal care
- Access overnight short breaks





SEND
LOCAL OFFER

Who can get a Personal Budget

The Council will normally agree to a Personal Budget if:

- the outcomes of the child's plan will be met
- when your plan is reviewed, you continue to need support

Payment options

There are different ways you can choose to manage a Personal Budget:

- as a direct payment, paid straight into your bank account
- in an account managed by the Council, but to be spent as you wish
- paid directly to a care service provider or other organisation, as directed by you

You can also choose to arrange some of the care yourself using a direct payment, and ask the Council to arrange other aspects of your care.

Support you will get from the Council

The Children with Disabilities Team will:

- Give you information about what funding may be available for your child or young person, so you can think about how it could be used, and whether you want to request a Personal Budget.
- Give you, and those supporting you, information about Personal Budgets, and give you the opportunity to have your questions answered.

Request a Personal Budget

Speak to your Social Worker in the first instance. They will help you with further information and how to apply.



FOR *every* FAMILY

SOUTH TYNESIDE FAMILY HUBS



South Tyneside Family Hubs, a place where all children, young people and parents/carers can access support, information, and help.

We are here for your whole family and will support you as your children grow, putting relationships at the heart of everything we do.

We are here to connect you to the right support, with the right person, at a time that suits you. Our 12 Family Hubs bring a range of professionals who work with families together. This means you can often get the support and advice you need on a range of services on your doorstep via local Hubs and/or virtually through our website.

Services are provided from conception through to 19 years and up to 25 years for young people with additional needs.

Pop into your local Family Hub to find out more about the activities, events and courses on offer or check out our updated Autumn What's on Guides.

**Talk to a member of our team on: 0800 783 4645 or
email us at: familyhubs@southtyneside.gov.uk**

**Follow us on Facebook - SouthTynesideFamilyHubs
Follow us on Instagram - @familyhubssouthtyneside**



**You can find what is on at your local
Family Hub Via
www.southtynesidefamilyhubs.co.uk**



WAVES

ADDITIONAL NEEDS SUPPORT GROUP

At WAVES, well-being is at the forefront of what we're working together towards

About Us

WAVES is an Additional Needs Support Group, run by a group of dedicated volunteers who are all parents of children with Additional Needs.

We are based at Bilton Hall CIO, Taunton Avenue in Jarrow, South Tyneside. We offer a wide range of activities to help build and promote social, emotional and physical skills among our children and young adults, as well as friendship, advice and support to parents and carers.

Weekly activities include a variety of:

- Arts and crafts
- Indoor and outdoor games/spots
- Makeup, hair and beauty
- Holistic Therapy
- Cookery
- Sensory play
- Music therapy
- Support and Advice

Regular Off-site activities include:

- Residential trips
- Day trips in school holidays
- Paddleability
- Swimming session
- Rock Climbing
- Bowling
- Surf school



**OPENING HOURS: Saturdays 12pm
till 4pm
Contact us on
info@waves-support-group.com**



Children's Occupational Therapy

We are a specialist service, who work with children and young people aged from birth to 18 years, who are unable to complete the daily occupations they need to, want to or are required to do.

Daily life is made up of many occupations such as:

- Self-care tasks such as feeding, dressing, bathing and brushing teeth.
- Productivity tasks such as handwriting, using scissors and using a ruler.
- Leisure activities such as riding a bike and enabling children and young people to be able to play with toys

We work with the child or young person and their family to identify meaningful goals. We complete a range of assessments to identify any barriers to a child's occupational performance and use graded meaningful activities to maintain, develop and maximise their independence in their daily occupations.

Support available

The service provides assessments to help understand why activities are difficult.

The service can:

- give advice
- offer a telephone or video consultation
- provide therapy to support the child or young person to work towards, or to be able to achieve their goal

The service may be asked to provide assessment information and recommendations as part of the Education, Health and Care Plan (EHCP) process.

They may also be involved in EHCP reviews and Early Help Plans. For information about specialist equipment for your home or adaptations, see Occupational Therapy Service on the next page.



Who can access the service

Children and young people from birth until their 18th birthday, who:

- live in South Tyneside
- are registered with a GP in South Tyneside
- may go to a mainstream, special school or resource base in South Tyneside

How to access the service

Initial referrals to the service must be made by a health professional.

Once a child / young person is known to the service, parents and carers can make a direct request for support.

Referrals can be completed using our referral form or through a clinic letter, following consent from parents / carers.

Once a referral is received, parents / carers will be contacted to discuss the main area of concern, and to decide the best approach.

Occupational Therapy

Overview

The Occupational Therapy Service supports children, adults and families to live their lives as independently and easily as possible.

Children's Occupational Therapists work with children and young people between the ages of 0 to 18, who have specific difficulties taking part in daily activities in the home.

This service is delivered by South Tyneside Council.





South Tyneside and Sunderland

NHS Foundation Trust

Support available

Occupational Therapists can help children, parents and carers through completing assessments and offers advice and intervention to identify specific needs.

The service helps children take part in daily living activities as much as possible, including:

- bathing
- toileting
- accessing your home safely
- moving and handling.

Occupational Therapist can support you to access to specialist equipment.

If you need to make changes to your home to support daily living, the service can help you to apply for a Disabled Facilities Grant.

Occupational Therapy supports children and young people by talking to other people involved in your education, health or care.

Who can access the service

Children and young people aged 0 to 18 years.

Requests for advice, information or assessment can be made by parents, carers, professionals, or anyone already involved in supporting you.

How to access the service

Phone the Contact and Referral Team.

If you already receive support from the Childrens Disability Team, your Social Worker or Family Support Worker can refer you to an Occupational Therapist.

Children's Occupational Therapy
Department: 0191 402 8067





The SEND Information Advice and Support Service in South Tyneside provides free, impartial and confidential information advice and support on SEND matters relating to education, health or social care. Parents and carers, young people (0-25) and professionals can access the service.

A diagnosis is not required to access any part of the service. Information Advice and Support is offered in a range of ways including the service Advice Line which is available daily, through weekly SEND Surgery sessions in Family Hubs or through the free workshops provided as part of the service Training Offer.

The service does not:

- Make decisions for you. Instead it provides clarity on the options and possible next steps so that service users can make their own informed decisions.
- Take sides. The service is impartial, this means we do not favour one party/option over another.
- Accept referrals from professionals. Support can only be offered to those who make direct contact with the service, either through our in-person events, Advice Line or by making a referral via our website.

Contact Us:

www.southtynesidesendiass.co.uk

0191 424 6345

@STsendiass (Facebook/X)



About Us

CWS was established in February 2023 by parent carers, for parent carers. We were aware of the need for mental health care and support in the Sunderland area specifically post diagnosis. With this in mind, we wanted to ensure that all parents carers had access to an individually unique support service.

What We Do -

- Offer a non judgemental space for those caring for children with additional needs, with or without diagnosis.
- We want you, the parent carer, to be able to choose you.
- We offer a space for others, practitioners and more to gain a better insight.
- We aim to offer impartial advice and guidance where possible.
- A safe space for mental health support, including counselling and a holistic support service with our wellbeing practitioners.

What We Don't Do -

- We can't affect any decisions made by other organisations or services in the area.
- We can advocate, but we can't be YOUR voice.
- We do NOT pigeon hole, we want your experience here to be individual to you.
- We can't change the weather, and we don't hold a magic wand.

You can find more information about our service at -

www.choicewellbeingservice.org
or

Via Facebook @choicewellbeingservice





I Offer:

**Sensory and Developmental
Occupational Therapy Assessments**

Report writing

Family support

**Fine motor/handwriting assessment and
intervention packages**

LAURA ELLIOTT

*Independent Occupational
Therapist*

**Sensory Integration
Practitioner**

I am an Independent Occupational Therapist and Sensory Integration Practitioner with over 20 years of experience as an Occupational Therapist across a variety of settings. I am a parent carer to neurodivergent children. Passionate about conducting sensory and developmental assessments for children and young people, providing recommendations for educational settings and home environments. This helps adults around the child understand how sensory processing differences affect physical, social, and academic development.

Assessments involve home and/or education setting visits and a mixture of standardised, non standardised assessment tools as well as clinical observation. I cover all of County Durham and the surrounding counties.

Intervention packages are offered using Ayres Sensory Integration, and bespoke assessment packages are created to meet the needs of each family.

Contact Information:

- Email: info@laurasensoryot.co.uk
- Phone: 07548966360
- laurasensoryot.co.uk
- Instagram [laurasensoryot](https://www.instagram.com/laurasensoryot)
- Facebook page **Laura Elliott Independent Occupational Therapist**





Down's Syndrome North East
www.dsne.org.uk

We are a parent carer led charity supporting children and adults who have Down's syndrome and their families living in the North East of England. We run events from Teesside to Northumberland to enable families to get together, establish friendships, provide peer support, promote awareness of Down's syndrome and build a strong community. We provide antenatal peer support for expectant parents and new parents whose baby has a confirmed result of having Down's syndrome. All North East hospitals stock our new baby gift boxes which include signposting to local and national organisations.

For families with younger children, we offer play groups, sensory room visits, music classes and soft play sessions. Our events suitable for children and adults of all ages include forest schools, swimming, crafts, sports and games, swimming, parties and theatre visits. The teenagers and adults take part in discos, watersports, online pilates, bowling, residential weekends, art workshops and performing arts. For parents and carers, we offer wellbeing sessions, peer support, Makaton training and information-sharing sessions including wills and trusts, and EHCPs.

We are proud to be advocates for the Down's syndrome community and we work to raise awareness about stereotypes, inclusion, language used about Down's syndrome, and what people who have Down's syndrome can achieve. A recent project we worked on has been our 'Look At Me' photograph exhibition and accompanying book which aims to raise awareness, promote understanding and celebrate people who have Down's syndrome in our region.



To find out, more follow us on Facebook-
<https://www.facebook.com/www.dsne.org.uk/>
Follow us on Instagram- [downs_syndrome_north_east](https://www.instagram.com/downs_syndrome_north_east)
Visit our website- <https://www.dsne.org.uk/>
Sign up to be a member-
<https://www.dsne.org.uk/membership/>

Get in touch-
New Parent Support -
support@dsne.org.uk
Email - contact@dsne.org.uk
Phone - 0870 765 2121





We are a local support group for families of children and young people who have ADHD, or are currently being assessed for it.

The group aims to help parents to support their children, by offering advice, signposting to any relevant services and sharing experiences.

Our team has lots of experience working with children who have SEND needs.

We offer fortnightly meetings for parents and a kids club for children aged 4 to 16.

We also organise monthly family activities and outings to include the wider family members, and arrange relevant speakers and / or training.



Contact Us:
07804495406



stadhdgroup@yahoo.com



@southtynesideadhdsupportgroup



SEN Magazine, the UK's leading magazine for special educational needs, is essential reading for Head-teachers, SENCO's and teachers in special and mainstream schools. It is also widely read by parents, carers and professionals who work with children and young adults with SEN. The Magazine includes expert articles by leading SEN specialists, alongside opinion and interest pieces written by teachers, parents and professionals.

SEN Magazine is distributed to all special schools and colleges in the UK and is available on subscription to mainstream schools. Copies are also mailed directly to our ever-growing list of subscribers and to key decision makers in local education authorities.

5 things we do:

1. Distributed free of charge to all SEN Schools & Colleges in the UK
2. Publish articles written by leading experts on all aspects of SEND. Publish "Point of view" & "Personal Stories" articles written by parents, carers, young adults with SEND.
3. Offer excellent rates on subscriptions to the print & digital magazine
4. Offer advertisers excellent packages in both print & online
5. Publish a free, informative monthly newsletter to our subscribers

5 things we don't do:

1. We do not offer free promotional articles (only non promotional independent articles)
2. We do not pressure sell
3. We do not offer "Guest/Blog" posts on the website
4. We do not offer a promise we can't fulfill
5. We don't make advertisers pay upfront for the printed magazine (payment is 30 days after the publication date)



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Luna Blu NE is based in South Tyneside and created in Oct 2023. As a parent carer I understand the need for services that help the family as a whole to manage mental health issues. The activities and strategies i use to support families are holistic integrated creative arts therapy based and therefore accessible for everyone. Luna Blu NE provides workshops to children from age 2 and work closely with educational settings and childminders as well as parents and other local organisations.

5 things we do

- Provide workshops to help parent carers manage stress and build resilience as well as workshops that help SEND children manage their emotions and learn healthy coping strategies
- Create a warm, welcoming and judgmental free space for everyone
- Signpost to other organisations and professionals in the area.
- Provide creative wellbeing workshops for home educated children
- We are inclusive and adaptable to all needs

5 things we don't do

- Tell you how to feel about situations. Your feelings are valid and respected.
- Diagnose anyone with Mental Health issues , we are holistic based and therefore we only offer strategies to help manage issues and a listening ear.
- We cannot offer crisis support , but we can signpost to organisations and professionals who can.
- We do not discriminate or judge anyone
- We are not part of the local authority.



Contact:

07713 281973

lunablu.creativetherapy@gmail.com

**Serenity Wellness Centre, 108-110,
108 Fowler St, South Shields NE33
1PZ**





ids And Young Adults Klub Special Needs Support Groi

www.thekayaks.co.uk

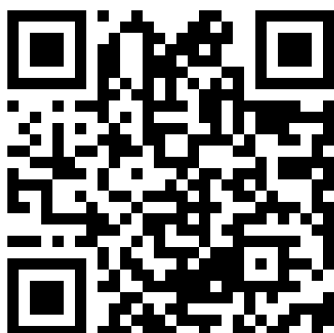
The Kayaks Charity was created over 10 years ago by families seeking support for their children with SEND. The Kayaks Charity is based in South Tyneside providing support and inclusion for families, is proud to share our diverse range of activities designed to foster growth, learning, and fun for children, young people and adults with Special Educational Needs and Disabilities (SEND) and their families.

What we do:

- SEND family activity session each Saturday for ages 0 to 25
- Inclusive play focused session that caters to a diverse range of needs, including movement, coordination, balance, sensory processing, social skills, interaction, and communication.
- Monthly socials, events and weekly sessions for over 18s, inc those with SEND, Parents and carers.
 - Weekly drop-in coffee mornings
- Workshops for Parents and Carers, we cover lots of things inc Autism to Mental Health.
 - SEND Home Ed group
 - SEND Stay and play for under 5s
- Make referrals to the adult referrals unit for assessments/late diagnosis of Autism and for mental health support for all ages.
- 1-2-1 support for Parents and Carers seeking guidance around EHCP applications and appeals and reasonable adjustments at work. Our volunteers are IPSEA trained.
- Provide access to The Mayors Award, residentials, watersports and day trips.

Contact:

www.thekayaks.org.uk



What we don't do:

- We can support you so you can use your voice, but we are not legal advocates.
- We cannot change or influence decisions made by other organisations.
- We currently do not provide childcare.

Our only criteria is SEND within the family meaning the whole family can access support.

All our sessions are child led and Parent/Carer supported.





Supporting families in South Tyneside in collaboration with Autism In Mind, the Autism Hub opened its doors in January 2020.

This unique, specialist lifespan service is being provided with the financial support of the South Tyneside Clinical Commissioning Group and the partnership with South Tyneside Council and it is free to all families in the area with a South Tyneside postcode.

Please note: to access TTHT services at the HUB, you do NOT need to have a confirmed diagnosis.



What we do:

- Specialist autism family support service for parents/carers
- Specialist online and face to face support groups for parents/carers
- Rolling programme of free webinars covering a range of topics specific to autism for parents/carers
- Borrow box/bag scheme
- Attend school coffee mornings, events in the community, team meetings

What we don't do:

- Outreach and enabling
- Respite services
- Home visits
- Attend school meetings with parents/carers
- Assessment & diagnosis

**The Toby Henderson Trust at the Autism Hub
Monday – Wednesday 9am-4pm at Autism Hub, Gordon St, South Shields.**

**Telephone: 0191 816 0550
Email: autismhub@ttht.co.uk
Website: ttht.co.uk/autism-hub/**



Genetic Alliance UK is an alliance of over 200 charities and support groups working together to improve the lives of people in the UK with genetic, rare and undiagnosed conditions. Our membership includes representatives from many of the 7,000 conditions that are genetic and rare, and new conditions are regularly identified through scientific progress.

Genetic Alliance UK's purpose is to work together to improve the lives of the 3.5 million people in the UK living with lifelong and complex genetic, rare and undiagnosed conditions.

5 things we do:

1. Genetic Alliance UK produces accessible resources called Rare Resources for those affected by genetic, rare and undiagnosed conditions and the people they interact with to help explain the impact of the condition, what to expect when it comes to care and where they can find support.
2. We signpost individuals affected by genetic, rare and undiagnosed conditions to appropriate support organisations and networks.
3. We provide information on various topics for people with genetic, rare and undiagnosed conditions including genetic testing and services, insurance, screening, genes and genomics.
4. Genetic Alliance UK leads SWAN UK (Syndromes Without A Name), the only UK support community for families with children who have a genetic condition so rare that it does not yet have a name.
5. We campaign on a national level for timely diagnosis, better coordinated care, and improved screening, testing, services and treatment. Genetic Alliance UK amplifies the voices of the genetic, rare and undiagnosed community with the NHS, policy-makers, researchers, parliamentarians and the government.

5 things we don't do:

1. We do not provide genetic testing services. Genetic Alliance UK gives information on how to access genetic testing and guidance on securing the right genetic testing for individuals. However, we do not have laboratory or clinical facilities and do not provide genetic testing services.
2. We do not provide medical advice on diagnosis, care and treatment. Our team does not receive medical training and are not in the position to provide opinion or judgement on diagnosis, care plans or treatment. We signpost questions about care to appropriate organisations or explain how to approach this issue in the NHS.
3. We do not provide individual advocacy. Genetic Alliance UK do not act as advocates for individuals. We cannot attend appointments or speak to health professionals on behalf of individuals. We do, however, work to address systemic challenges via our national campaigning.

Contact Us:

Website: <https://geneticalliance.org.uk/>

Social media

Facebook: <https://www.facebook.com/GeneticAllianceUK>

X: https://twitter.com/GeneticAll_UK

Instagram: <https://www.instagram.com/rarediseaseuk/>

Email address: contactus@geneticalliance.org.uk

Contact number: 0300 124 0441

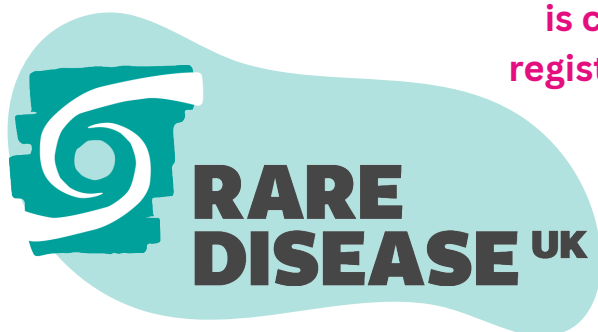


SWAN UK is the only dedicated support network in the UK for families affected by a syndrome without a name – a genetic condition so rare it often remains undiagnosed.



The aim of SWAN UK is that every family gets the support that they need, regardless of whether or not they have a diagnosis. Our work involves:

- **Developing and supporting the undiagnosed community.** We focus on building and nurturing a community for families of children with undiagnosed genetic conditions
- **Providing high-quality information and services.** This ensures that families have access to the best possible support and information
- **Raising awareness of syndromes without a name.** We work to increase public and professional understanding of the unique challenges that families face



SWAN UK community membership is completely free, with registration quick and easy.



The aims of Rare Disease UK are to:

- Raise awareness of all rare conditions across the UK, pushing for lasting change that improves the lives of everyone affected by a rare condition.
- Capture the experiences of living with a rare disease, meaning that the challenges of living with rare conditions can be better understood and better interventions and policies developed as a result
- Provide a voice for the rare disease community, bringing together charities and support groups representing people living with rare conditions.
- Support everyone affected by a rare condition with providing information and signposting so everyone in the rare disease community can find the support they need

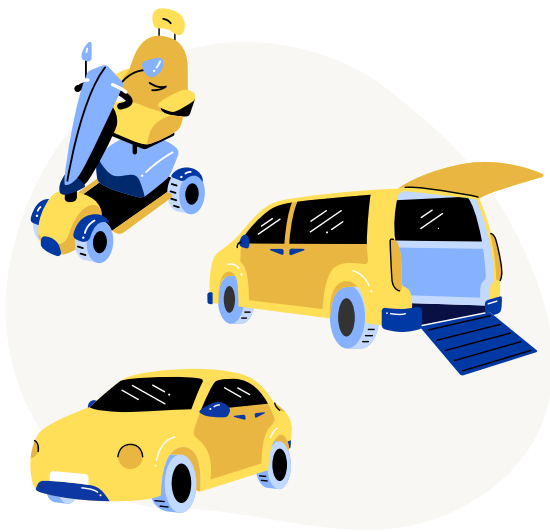
<https://geneticalliance.org.uk/campaigns-and-research/rare-disease-uk/>





How the Motability Scheme works

Exchange your qualifying mobility allowance, awarded with DLA (Disability Living Allowance) for a brand-new car or Wheelchair Accessible Vehicle (WAV) depending on your families needs.



Which type of vehicle suits my family best?

Different vehicles suit different people, so we'll help you decide between our vehicle types and any adaptations. We'll help you make sure you're making the right choice for your needs.

How do I apply and order?

You can start applying online if it's a car or a WAV. Once you've found a vehicle you like, and had a test drive, visit a Motability Scheme dealer and they'll order it for you. Most dealerships will have a specific person on site to help you with this.



How do I pay?

We'll receive your payments straight from your allowance provider, to make paying simple.



What is an Advanced payment?

It's the amount you need to pay upfront for some of the larger or more expensive vehicles. It's a one off payment made by **you** before or on the day of collection.

It is not a deposit and it's non-refundable.

There are also some vehicles which have no Advance Payment, or cost less than your weekly allowance, which means you'll still get the rest of your allowance to spend however you choose.

What you'll get with the scheme

A brand new vehicle

Whether you choose a car or a WAV it'll arrive new and adapted, if you need it.

Insurance cover

You can add up to three named drivers and can change these at any time.

Servicing and MOT

We'll cover your regular services and routine repairs.

Breakdown cover

We'll give you breakdown cover so you can travel with peace of mind.

What if i cannot afford the advanced payment?



Depending on your circumstances, Motability Foundation may be able to support you with a Scheme-Related Grant. This grant can help cover both advance payments and adaptations made to vehicles.

The charity can also offer Driving Lessons Grants, Transitional Support Grants, Additional Transitional Support Grants and Access to Work Grants.

For more information on the Motability Scheme or the Foundation please head to :
<https://www.motability.co.uk/how-it-works/>
Or use the QR Code provided





Founded by a mother navigating the challenges of raising an autistic child, SENDelight Gifts is committed to simplifying the gifting process for children with special educational needs and disabilities (SEND). Our platform offers handpicked, affordable sensory products that not only support but enhance children's development.

What We Offer:

Curated Sensory Toys and Products: Each product is selected to aid in the development of children with SEND.

Exclusive Discounts for Parent Carers for FREE:

Registered parent carers in our website access discounted prices across our entire range, making our products even more accessible.

Affordable Quality: We believe in providing high-quality products at family-friendly prices.

Developmental Support: Our range includes products that support speech, language, cognitive abilities, motor skills, sensory processing, and social interaction.

Commercial Orders for Sensory Bags: We offer custom sensory bags filled with fidgets and sensory toys for schools, clinics, and other commercial entities, tailored to meet specific sensory needs.

Community Connection: We actively engage with our community through social media and events to listen, learn, and evolve based on the needs and feedback of our customers.

What We Do Not Provide:

Therapy Services: Our products complement therapeutic activities but do not replace professional services.

Custom-Made Toys: While our selection is broad, we do not offer custom-made toys.

Medical or Developmental Advice: Our focus is on toys, not medical consultations.

Large-Scale Educational Equipment: We specialise in products for individual and home use.

Diagnostic Services: We provide supportive toys and tools, not diagnostic services.

Stay Connected and Supported:

Website: www.sendelightgifts.com

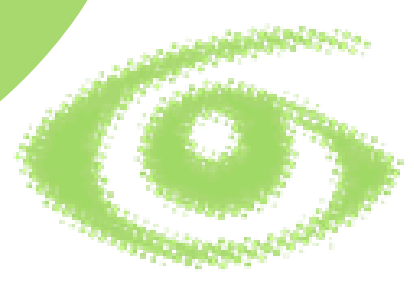
Email: info@sendelightgifts.com

Social Media: Follow us on Facebook, Instagram and TikTok
@SENDelightGifts

Contact Number: 07455178011

Join Our Mission: At SENDelight Gifts, every purchase comes with a promise of quality and a commitment to supporting every child's journey towards greater learning and interaction.





usefulvision

Activities, support, and opportunities for visually impaired children across the North East

Our mission is to support visually impaired children and their families in the North East, helping to reduce social isolation, improving quality of life now, and encouraging a positive future.

What We Offer

Our free, exclusive activities, events, and skills workshops meet the needs of the visually impaired children of all ages and abilities.

Guilt Involved In:

Outdoor Adventures · Accessible Sport · Family Day Trips · Arts & Crafts · Teen Events · Horse Riding · Sensory Play · Toddler Groups · Yoga & Wellbeing... and so much more!

Parents & Carers

Useful Vision recognises the benefit to parent carers of meeting each other in a supportive environment. We offer exclusive information workshops, relaxing wellbeing events, and an online forum with advice and resources.



Get in touch

Office@usefulvision.org.uk
www.usefulvision.org.uk
Facebook & Instagram:
@USEFULVISION





Making Special Memories with Special Families

Who Are We?

The Special Lioness is a trusted charitable organisation founded in 2017, we, as four mums of children with profound disabilities found that we had no-where to turn for honest advice for products, medical issues, and found this journey utterly lonely and exhausting. So, after meeting through a Portage sensory group, we realised that we had something to offer other families and that's where our journey began.

Over the years, we have strived to become a social, friendly, welcoming, slightly bonkers place for parents/carers to come together and share our knowledge and contacts that we have built up over the years.

Our main goal is to not only help create strong friendships for other parents/ carers but for their children too. We have a passion for fundraising to give our families one-off experiences, filled with fun and laughter to make life-long memories as a family, particularly as some of our children have life limiting conditions, so we believe we should give them as many opportunities as possible to make memories, while our children are well enough to experience them!

A diagnosis not required to access our services. We have an open door policy and will never ask for personal information. All our sessions are accessible, age and ability appropriate and open to all children with disabilities/ additional needs together with their siblings aged 0-18.

For information on our services and events please visit our website
www.TheSpecialLioness.com.

Our Services

Bespoke Sensory Room - The Roaring Rainforest
Weekly Pre-School Sensory Group
Monthly Support Group
Accessible & Inclusive Events
Inclusive Day Trips
Sensory Parties
Parents / Carers Training
Special Bonds Group, for cared for families
Supportive and non-judgemental community on our Facebook Page



Diverse Fitness & Wellbeing is an inclusive small group fitness class open to young people with disabilities in the North East of England. Founded by Nicholas Kane, Diverse seeks to break down the physical and social barriers that many children with learning disabilities face through the empowerment of "FUN-ctional" fitness.



What We Do:

Dedicated SEND Instructors:

The fitness programmes are led by dedicated instructors with a deep understanding of the unique needs of individuals with SEND. These instructors are committed to providing a safe and inclusive space for participants to engage in physical activities that promote overall well-being.

Inclusive Fitness Classes:

Diverse Fitness and Wellbeing offers inclusive fitness classes tailored to individuals with Special Educational Needs and Disabilities (SEND). These classes are designed to create a supportive and welcoming environment where everyone can participate and thrive.

Promotion of Mental Well-being:

Recognising the importance of mental well-being, Diverse Fitness and Wellbeing integrates mindfulness and relaxation techniques into their programmes. This holistic approach aims to address both physical and mental aspects of health, promoting a balanced and positive lifestyle for all participants.

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Recognising the importance of mental well-being, Diverse Fitness and Wellbeing integrates mindfulness and relaxation techniques into their programmes. This holistic approach aims to address both physical and mental aspects of health, promoting a balanced and positive lifestyle for all participants.

Community and Social Interaction:

Beyond fitness, Diverse fosters a sense of community and social interaction. Participants have the opportunity to connect with peers, build friendships, and engage in a supportive network that goes beyond the workout sessions. Social interaction is an integral part of the holistic well-being approach.

What We Don't:

We don't provide transport to and from activities.
We don't provide 1-1 support in all sessions (due to staff numbers and participant numbers).

Phone: 07726282117

Email: diversefitnessandwellbeing@gmail.com

Facebook: Diverse - Fitness & Wellbeing

Instagram: Diverse - Fitness and Wellbeing CIC





FASD Network is an organisation that specialises in providing information, support and training on FASD. It was founded in 2011 in the Durham Tees Valley region which is an area that includes: Durham, Stockton-on-Tees, Middlesbrough, Hartlepool, Darlington and Redcar & Cleveland. Our work has since expanded into the north to include Northumbria, Tyneside and Wearside and also to the south to cover the Yorkshire, Hull and East Riding areas. Whilst we have a UK wide remit to press for change, our particular focus is on the Northern regions and we firmly believe that local services are best delivered by local people and local organisations.

What we do

- We can offer bespoke training for organisations to give individuals further knowledge about FASD and how to support families and individuals more effectively.
- We offer support groups for families who are raising children with FASD on a termly basis.
- We work with a range of partners to examine structural service deficits in the UK and advocate for change.
- We conduct our own research and work with multi-agency partners to develop further research.

Maria Catterick

Email: fasdnetwork@mail.com

Facebook: FASD Network UK

Twitter: FASDNETUK

Telephone: 07743 380163





About Us



Created to bring fitness, wellness & healthy lifestyles to those who can't always access it or find something to suit their needs. Everyone deserves to live a healthy life no matter what your ability, At One aims to provide that for you, with no barriers.

Danceversity is one of At Ones newest programs, established in 2022, to provide everyone with the chance to dance. Providing the opportunity for children to dance and express themselves without feeling judged or 'distrust' sessions is what Danceversity is all about.

What we do:

Personal exercise therapy - bespoke & tailored exercise service to suit each client or group. Flexible approach to exercise allows me to have fun and get creative when exercising.

Inclusive exercise service suitable for all disabilities.

Private sessions & group classes- including family fitness sessions, parent carer exercise (with Choice).

At One provides other programs such as Danceversity - inclusive dance. Baby & Me - baby classes such as Sing & sign (makaton) , massage and yoga.

Specialist service with experienced & qualified personal trainer & disability specialist.

What we don't do:

Discriminate or judge anyone. I aim to be as inclusive as possible.

I don't offer physiotherapy- I am an exercise therapist/ personal trainer not a qualified physiotherapist.

Contact details:

Email Asha - Asha.thomas@atonefit.life

07468595044

Via Facebook [@Atonefitlife](#)



About Us



The Sensory Place is a parent-led organisation offering a network of support to families of children with all disabilities aged 0-18 years. We are all parents of a disabled child or children and we felt that there were just not enough places to go or things to do when you have a child who has additional needs as mainstream activities are not accessible for many different reasons. We also experienced judgement and isolation as other people do not always understand the difficulties families like ours face. We knew we weren't alone in thinking this and so The Sensory Place was born in 2019 with a view to changing this for the better.

Since then, we have provided a huge range of activities for families to enjoy. These sessions give the children the opportunity to relax and be themselves in an environment that is safe, relaxed and free from judgement. It also gives parent carers the chance to socialise with other like-minded people, picking up tips and tricks along the way to make their parenting journey a little easier.

What we do

- We offer inclusive, sensory friendly events and activities designed with the whole family in mind as well as working with a variety of organisations and services to make mainstream events accessible to all.
- We provide information, advice and guidance to parent carers in the form of courses based on the needs of their child. We also run parent carer coffee and craft sessions as well as mindfulness and wellbeing sessions.
- Whatever your circumstances, we will never judge you or your child. We know from personal experience how hard it can be to attend activities when you have a child or children with SEND so we plan a range of SEND friendly events where there is hopefully something for everyone to enjoy.
- We know how hard it can be to make that first step through the door to try something new as we have been there too. We provide safe and non-judgemental spaces where everyone can be themselves and relax. We keep our numbers as low as we possibly can so we can get to know each individual.

We would love it if you would like to come along and join us one day.
To have a look at what we do and to see what we have to offer, please take a look
at our website

thesensoryplace.net or give us a follow on our Facebook page
Facebook.com/thesensoryplaceopenpage



Tailored Leisure Co.



Tailored Leisure Co. is a fitness and wellbeing not-for-profit offering a range of “Sit to be Fit” programmes tailored for the needs of people with disabilities and long-term health conditions. This is inclusive of physical, mental health and neurodivergent disabilities and is not limited to a specific age or gender - all are welcome.

What we do

- Sit to be Fit classes inclusive of seated yoga, seated boxercise, seated dance and more.
- Rental of our Luxury Accessible Caravan with features that meet the needs of the most unique families.
- Fitness and wellbeing events to promote physical, mental, emotional and spiritual wellbeing. Access Reviews for groups, businesses, not-for-profits and charities.
- Signposting to other services and organisations.

What we don't do

- We do not offer physiotherapy services or rehabilitation services.
- We do not offer advocacy services.
- We accept persons with multiple disabilities and long-term health conditions, but we do not accept certain heart conditions (please contact staff for details).
- We are not a gym and cannot offer these services.
- We do not yet have a British Sign Language (BSL) interpreter for classes, but two of our volunteers are currently training in BSL and we may be able to offer this accommodation in the future.

For more information go to:

www.tailoredleisure.co.uk

Or find us on Facebook & Twitter

contact us via: 07861247658 or

tailored.leisure@gmail.com



The Chronicle Sunshine Fund is a local North East charity that provides specialist and adapted equipment to children aged 0-19 living with disabilities, additional needs, chronic and terminal illness. The types of equipment we can fund are not available through statutory services like the Local Authority or NHS; yet they are vital to the daily life of our Sunshine kids. These specific pieces of equipment enrich quality of life for not only the children, but their wider families and communities.

We are immensely proud to make a difference to the lives of local disabled children and their families through funding life-changing, specialist and adapted equipment; however, our support and service goes far beyond this.

What we do

- We can help you apply for equipment that otherwise could not be funded by the NHS
- We create multiple events throughout the year for families to get involved in.
- We have the junior and mini GNR that is ran every year to raise vital funds for Sunshine Fund
- We offer opportunities to get involved and volunteer!

What we don't do

- We do not means test or ask for any financial information on our application forms.
- We don't support individuals outside of the Tyne and Wear, Northumberland. and County Durham area.
- We do not deny individuals, charities, and community groups from making applications with us.

For more information go to:
www.thesunshinefund.org
or Call us on:
Families and Applications line
07593 298541
Main Office
0191 201 6289





north east autism society

Founded in 1980 by a group of parents who came together to establish Thornhill Park School in Sunderland, the North East Autism Society grew out of a desire to provide a better standard of education for autistic children. Having remortgaged their homes to purchase the building, our founders were dedicated to helping autistic young people fulfil their potential - and that commitment remains at the heart of everything we do.

Our family development service provides support for autistic people and their families across the North-east pre, during and post diagnosis. Our mission is to provide the right support, at the right time, and in the right way to ensure the best outcomes.

What we do

- We run Parent and toddler groups
- We have available Autism support hubs to help individuals and families
- Activists project
- Closed Facebook group for families to offer support and guidance to one another within a closed trusted space

Contact us via:

Head Office - 0191 4109974 /
info@ne-as.org.uk

Website - <https://www.ne-as.org.uk/>
or via social media platforms,
closed facebook page -
[North East Autism Society - Family](#)
[Networking](#)



AutismAble™

We are a service for neurodivergent people specialising in autism, learning disabilities and complex disabilities with multiple needs. We work with our members to support them to achieve their ambitions. Whether someone requires one-to-one support, navigates life independently, or falls somewhere in between, our mission remains the same – to enable, empower and enrich.

Locations: South Shields, Sunderland and North Shields.

What we do:

- Bespoke, person-centred support all year round
 - Pathways which include independence and life skills, employability skills and work experience, music and creative arts, socialising and friendships and at home support
 - New Youth Hub for ages 14-25 with SEND
- Outreach activities including social clubs, disability-friendly football team, Youth Music, children's Lego club, holiday activities, parent support group and autism acceptance training
- Support with applying for Direct Payments

What we don't do:

- Support with diagnosis
- Support with writing EHCPs
- Advocacy support services
- Although we have a children's Lego club, we do not currently provide other activities for children under the age of 14

Contact information:

Telephone: 0191 825 0035

Email: info@autismable.com

Website: www.AutismAble.com

Facebook: AutismAble

Instagram: autism_able





Family Fund

Helping disabled children

Family Fund is the UK's largest grant-making charity. We support families raising a disabled or seriously ill child or young person, and living on a low income, with grants and practical services alongside providing ways for them to share their experiences.

What we do:

We give grants for of essential items such as kitchen appliances, furniture, bedding, tablets and more

We provide eligible families raising a child under three years old with a car-leasing package.

We support young adults with grants to enhance their life and increase their independence

We offer services and practical workshops and e-courses to parents and carers



What we can't offer:

Help with the cost of energy bills

Support with home improvements

Grants for boiler replacement

Driving lessons for parents

Find out more:

www.familyfund.org.uk

www.facebook.com/familyfund

Get in touch:

01904 550055



Beach Access North East provides FREE loan of specialised equipment at eleven beaches along the north east coast, between the Tweed and the Tees. Anyone can use our equipment who needs it to access the beach safely. Some locations have hoists and powered chairs.



What we do:

- We provide beach wheelchairs, beach walkers, transfer hoists for free loan
- We offer a membership scheme to ease frequent or regular bookings
 - Our volunteers will go through the basic operation of the chairs
- We offer support to organisations wanting to set up similar schemes
- We can mobilise our equipment for events and special occasions at other sites

What we don't do:

- We don't provide people to push the chairs
- We don't provide strops or people to operate the hoists
- We are not liable if the Terms and Conditions are not adhered to
- We don't loan manual chairs to people without a person fit to push them
- We don't loan where the weight maximum of the chair is exceeded

We cover Seaton Carew (Hartlepool), Roker (Sunderland), South Shields, Tynemouth, Whitley Bay (currently suspended due to works), Blyth, Newbiggin-by-the-Sea, Cresswell (2024), Low Newton, Beadnell, Bamburgh and Spital (Berwick).



To book free loan of our equipment please contact us by phone or email with as much notice as possible.

Phone: 0300 999 4444 on Saturdays or Sundays between 10:00 AM and 5:00 PM.

EMAIL:
info@beachaccessnortheast.org



Smile Through Sport are a disability sports charity, we work across the North East providing sport and physical activity sessions to children, young people and adults with a disabilities and additional needs. We endeavour to ensure every disabled person can participate in sport and physical activity. Our sessions are inclusive and fun, offering a safe and non-judgmental environment for everyone to get involved in.



• **What we do:**

- We offer weekly multi-sport sessions on an evening (term time) and holiday activity sessions for 8-19 year olds across the North East (session information can be found on the What's On page of the website).
- We offer a Stay & Play session for babies and toddlers aged 0-5 years, which provides a safe space for young children to play, learn and explore whilst giving parent/carers time to chat, relax and have a cuppa (session information can be found on the What's On page of the website).
- We work in partnership with other organisations to provide taster sessions, competitions, festivals, as well as working with schools to deliver P.E lessons or lunch time clubs.
- We provide training courses and CPD to enable other businesses, charities and organisations to engage disabled people into sessions or services.

What we don't do:

- We do not offer any personal care or 1:1 support in our sessions.
- We do not offer football as a main sport; we tend to focus on a lot of different sports and activities to get children and young people active and engaging in physical activity.
- We do not turn anyone away from our sessions.
- We do not need any proof of diagnosis; we welcome those who wouldn't fit or feel comfortable in mainstream settings and sessions.

Contact details:

Email –

info@smilethroughsport.com

Phone number – 01670 457 757

Website –

www.smilethroughsport.com

Facebook - [@smilethroughsport](https://www.facebook.com/smilethroughsport)

Instagram - [@smiletsport](https://www.instagram.com/smiletsport)



As a leading specialist provision for autistic people, we offer the opportunity to develop a wide range of skills so that you leave us equipped to thrive in the workplace, continue your studies, make better choices or simply live a more independent life.

Our College is lively, diverse and vibrant and meets the needs of a wide range of autistic learners. We offer each learner a bespoke, innovative and creative curriculum. All of our planned activities and learning sessions are designed to be engaging, enjoyable, individualised and challenging. We aim to develop the whole person and blend our autism specific core curriculum with a broad range of academic subjects. We offer a range of CQC registered residential accommodation to meet the varied needs and requirements of service users. ESPA's Social Hub is based in venues across the North East of England. The Social Hub facilitates fun, meaningful and fulfilling social activities which enable opportunities for adults with autism to develop and practice life skills.

5 things we provide:

- An individualised specialist autism post-16 curriculum featuring Social Communication, Emotional Literacy, Multi-Disciplinary Team and Positive Behaviour Support from pre-entry level to level 2.
- Full-time and part-time day & residential placements available
- Four College sites across the North East; two in Sunderland, one in Teesside and one in Newcastle.
- Vocational opportunities Enterprise, Work Experience and Supported Internships
- Social Hub provision across the North East facilitating meaningful and fulfilling social activities to develop and practice life skills.

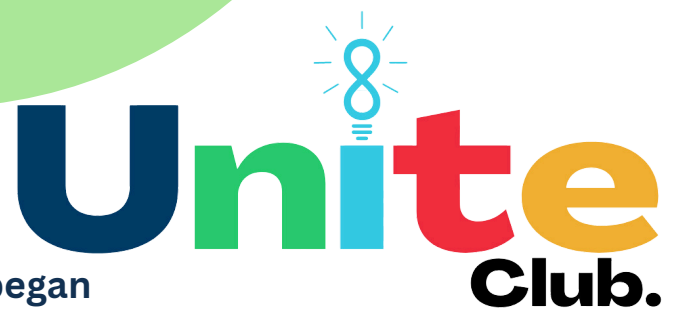
5 things your service gets asked about regularly but doesn't provide:

- We can't offer a pre-16 curriculum.
- We cannot deliver level 3 in-house qualifications, but we can provide support for young people alongside partnership placements with local GFEs.
- We cannot provide educational opportunities for autistic young people without an EHCP.
- We are an autism specialist service and therefore would expect a diagnosis of autism, or in some other conditions with autistic traits.



**For more information, please contact
our Admissions Department :
admission@espa.org.uk
Funding: Michael Smith
email: mike.smith@espa.org.uk
Admissions Co-ordinator: Allison Hardy
allison.hardy@espa.org.uk Tel: 0191
510 2611**





Our story began

Katie's passion for inclusion started at an early age, growing up in a diverse wider family allowed her to accept those who might seem 'different' and embrace all the amazing things they bring to the world, working hard to make sure everyone feels included. Her drive to foster connection and support for families inspired the inception of Dark Sky Sleepovers, providing unique and inclusive experiences for families celebrating a special occasion. However, her desire to do more led her to establish Unite Club, a platform dedicated to helping families find the support they need, GROWING, CONNECTING and UNITING to build a more inclusive and understanding world, together! Through her innovative businesses, Katie is making a meaningful impact by creating spaces where everyone feels welcome and valued. Her lived experience means she truly understands the strengths and struggles faced by the families she meets. So come along and 'Find Your Tribe' at a Unite Club session today!

A place to THRIVE

We help others to create spaces where people can be themselves and meet others like them... whilst being supported to THRIVE instead of survive.

Unite Club have 3 main Family Support Options:

Community Spaces: Our community spaces are **INCLUSIVE** and we actively encourage families with and without additional or alternative needs to spend time together.

Regulation station: An advice service available 1-1 or in small groups. My advice is easy to understand and apply. We truly understand the challenges faced by families we support, we 'get it'.

Public speaking/ Training Workshops: Open to youth and adult groups. Suitable for one-off or ongoing support. Engaging, informative and thought-provoking training created by a local Neurodivergent advocate.

Get in touch here:

Telephone: 07377 674652

Email:
hello.uniteclub@gmail.com



The Toby Henderson Trust

The Doorway to Early Action in Autism

The Toby Henderson Trust (TTHT) is an independently funded charity supporting autistic children, young people and adults, their families and carers in the North East of England.

We provide relevant, appropriate and accessible support for autistic young people from two years into adulthood, whilst also empowering parents, families and carers by sharing knowledge, experience and understanding. We acknowledge that yours or your child's situation is unique and we encourage you to contact us to discuss how we can offer individual support.

5 things we do

- * Private Assessment and diagnosis of autism for children , Young People & Adults**
- * Specialist autism family support service for parents/carers**
- * Specialist online and face to face support groups for parents/carers**
- *Rolling programme of free webinars covering a range of topics specific to autism for parents/carers**
- *Private hire of Toby's magical Garden**

5 Things we don't do

- * Outreach and enabling**
- *Respite services**
- *Home visits**
- *Assessment and diagnosis of ADHD**
- * We are not a mental health care provider**

**Toby House, Earth Balance,
Bedlington, Northumberland,
NE22 7AD**

Telephone: 03003653055

Website: www.ttht.co.uk





Carer Card

At CNTW Hospitals

Who is a carer

A carer is someone who looks after another person, usually a family member or friend, who could not manage without their support due to illness, disability, mental health problems or an addiction.

What is the Carer Card

We value carers and the essential role they play. The Carer Card identifies carers, and recognises the value of their involvement in the care of people who have accessed services within the Trust.

Using the Carer Card

Identification

The Carer Card will enable everyone to recognise someone as a carer.

Trust cafés

The Carer Card offers a carer 50% discount in Trust cafés, when shown at the till. The maximum discount is £10 on a £20 daily spend, at the following cafés:

The Lounge, Carleton Clinic
Café Willow, Northgate Park
Café George, St George's Park
Café Amelia, Ferndene
Café Nicholas, St Nicholas Hospital
Café Tanni, Walkergate Park
Café Bede, Monkwearmouth Hospital
Café Hope, Hopewood Park

*** Discount does not apply to Trust shops or vending machines**





Parking at Trust sites

The Carer Card can be used to register a car for free parking at all Trust owned sites.

Vehicle details must be registered through a main reception desk. This registration will allow free parking for one year.

*** It is the carers responsibility to ensure they are parked on a Trust site and to re-register their vehicle after one year.**

How does a carer get a Carer Card

A carer should be offered a Carer Card by staff in clinical services.

Help and support

For more information about the Carer Card, or to find out how carers can become involved in shaping CNTW services, contact the Patient and Carer Involvement Service.

Telephone: 01670 501 816

Email: Involvement@cntw.nhs.uk

Website: www.cntw.nhs.uk/involvement

- The Carer Card is for use only by the carer to which it was originally issued and must not be given to any other person for their use.
- Staff who have a Carer Card must only use the card when attending the Trust in their role as a carer and not when they are at work.
- Discount is available at Trust cafes and does not apply to Trust shops or vending machines.
- An abuse of the Carer Card may require the card to be withdrawn.





Changing Places

Radar Key Required in most cases to access these changing facilities.

To find more changing places country wide, check out-

www.changing-places.org/find

Seaburn Shelter
Whitburn Rd, SR6 8AA

National Glass Centre,
Liberty Way, SR6 0GL,

Sunderland Aquatic Centre
Unit 2 Monk Street, SR6 0 DB

Roker Park
Roker Park, SR6 9 PF,

Herrington Country Park,
Herrington park, DH4 4NF,

Boldon Community Association
Boldon Colliery, NE35 9DS

Marine Walk,
Roker, SR6 0PR,

Houghton Sports and Welfare
Centre,
Station Road, DH4 5AH,

South Shields Town Hall
Westoe Road, NE33 2RL

Sunderland Customer Services Centre
Fawcett Street, SR1 2RE,

The Galleries Shopping Centre,
Washington, NE38 7SD,

Bents Park
South Shields, NE33 2LD

Raich Carter Sports Centre
Commercial Road, SR2 8PD,

Barnes Park,
Barnes Park Road, SR4 7PE,

ASDA South Shields
Coronation Street, NE33 1AZ

Leechmere Centre,
Grangetown, SR2 9TQ,

Chowdene Children's Centre,
Waverley Road, NE9 7TU

Souter Lighthouse,
Coast Road, SR6 7NH

Silksworth Community Pool
Silksworth Lane, SR3 1PD,

IKEA Gateshead,
Newcastle, NE11 9XS

Boldon Community Association
New Road, NE35, 9DS

Sunderland Royal Hospital,
Kayll Rd, SR4 7TP,

Metrocentre,
Gateshead, NE11 9YG

Heworth Leisure centre,
Gateshead, NE10 0PD

Emergency Care Centre,
Queen Elizabeth Ave, NE9 6SX



Carers Concessions, Reduced Rates & More

What are carer concessions and how do you get them?

Some local carer services have discount cards for carers registered with them that so they can get money off at local businesses. Multiple locations across the country offer different reduced rates, concessions, and passes to families who have individuals with additional needs.

We advise before your trip, check the locations website, and read their concession rates usually within the ticket info area. Some sites also offer access to sensory rooms, quiet spaces, and options to queue jump, so it is always worth contacting them before your visit. Your local council may offer discounts for leisure activities, such as swimming.

How do I prove disability or that I am a carer?

Most sites and bookings that offer concessional tickets or bookings usually ask for proof of need upon admission. Usually, this would be a form of physical evidence that you can show to the check in/host.

We would advise you to have on hand a DLA award letter, Blue badge, Medical letter (hospital letterheaded) or an disability registered card available in some areas. Keep these items in a safe space, in their own plastic wallet, as sometimes places offer discounted rates without advertisement. This will allow you to have them on hand for spontaneous visits/days out.

*When using blue badge as evidence, once checked, they do allow you to return it to your vehicle for parking.



What else can i do for discounted rates?

There are multiple sites that offer reduced rates on experiences such as Groupon or Wowcher. There is also multiple discounts available on websites such as www.discountsforcarers.co.uk.

You can also receive discounts on occasion when using your Max card, a discount card available to families who have children on the SEND register, cared and looked after children.



The CEA Card is a national card scheme developed for UK cinemas. The card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

There is also reduced rates through Kids Pass website. For just £1 you can access the discounts for a full 30 days, with apparently over 1000+ discounts across theme parks, zoos, cinemas, and more.



Grants and Funding

Guide Dogs -
www.guidedogs.org.uk/getting-support

Smile For Life -
www.smileforlife.org.uk

Carers Allowance -
www.gov.uk/carers-allowance

Disability Living Allowance -
<https://www.gov.uk/disability-living-allowance-children>

Disability Facilities Grant -
www.gov.uk/disabled-facilities-grants/what-youll-get

& Many more can be found at -
www.disability-grants.org

Also in the area

The Tim Lamb Centre -
www.pathways4all.co.uk/tim-lamb-centre


Alan Shearer Centre -
www.alanshearercentre.org.uk

Contact, for families with disabled children -
www.contact.org.uk

Fledglings -
www.fledglings.org.uk

Sunshine Support -
www.sunshine-support.org

**We have more guides and information
on our website at
www.choicewellbeingsservice.org**



RAINBOW Guide

SOUTH TYNESIDE'S GUIDE TO SEND
SUPPORT BY PARENT CARERS FOR PARENT
CARERS

"Try to be a rainbow in someone's cloud." - Maya Angelou

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We hope that this booklet has given you a little idea of some of the services in the area.

We are always looking to grow and expand our knowledge of the services in the area, please contact us if you know of any!



Choice Wellbeing Service

HOLISTIC SUPPORT *Service*

A safe, non-judgemental space, specifically for
parent carers

Self Referral available via our website

www.choicewellbeingservice.org



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This booklet was created by Hayley Harrison & Tracey Huggins from team CUS

