

# Useful Sites and Information

MCT—Making Changes together Parent/Carer Forum	We are Durham's official parent carer forum and a group of parent carers who work with professionals to influence and improve services to children and young people (0-25 years) with special educational needs and disabilities in County Durham.	<a href="http://www.mctdurham.co.uk">www.mctdurham.co.uk</a> 0191 587 3541
Durham County Carers Support	A charity supporting unpaid carers 18 years+ in County Durham. They can help with information and advice, help with accessing and completing benefit and grant forms, carer breaks, carers card, carer support groups, counselling, training and give you a chance to have your say.	<a href="http://www.dccarers.org">www.dccarers.org</a> Telephone: 0300 005 1213
Durham Local Offer	Local information on education, short breaks, health, social care, things to do, childcare, careers and training and much more for families of young people with Special Educational Needs or Disabilities (SEND), from 0- 25 years in County Durham.	Telephone: 03000 269995
Family Action / The Bridge Young Carers	They support children, young people and their families who have a challenging caring responsibilities.	<a href="https://www.family-action.org.uk/">https://www.family-action.org.uk/</a>
Talking Changes	An amazing talking therapy service for people in Co. Durham and Darlington 16 years+ to help with common mental health problems. Open weekdays 9-5. For emergencies call 111 – 24 hrs. You can self-refer via their website	<a href="http://www.talkingchanges.org.uk">www.talkingchanges.org.uk</a>
MAIN	MAIN has a mission to help local people living with a range of disabilities by giving them the skills they need to live an independent life, while having fun and making friends. Which in turn gives their parents/carers a break from their caring roles.  We are a registered charity set up in 2002. We work with adults, parents, carers and professionals.	<a href="https://www.iammain.org.uk/">https://www.iammain.org.uk/</a>
Short Breaks Offer	Our vision is that all children and young people with special educational needs and/or disabilities in County Durham are an important part of their local communities and that these are inclusive.  Whilst children and young people are taking part in out of school activities, this allows a short and natural break for you to catch up with everyday activities, time for you to look after your physical and mental health wellbeing, and maintain and develop your social networks.	<a href="https://www.durham.gov.uk/shortbreaks">https://www.durham.gov.uk/shortbreaks</a> Telephone: 03000 260 270 Email: <a href="mailto:shortbreakssolutions@durham.gov.uk">shortbreakssolutions@durham.gov.uk</a>
Gingerbread	We want a society in which single parent families are treated equally and fairly.  To get there, we 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.	<a href="http://www.gingerbread.org.uk">www.gingerbread.org.uk</a>
SOS! SEN	We offer a free, friendly, independent and confidential telephone helpline for parents and others looking for information and advice on Special Educational Needs and Disability (SEND).  We concentrate on helping people to find their way through the legal and procedural maze which is so daunting to so many who try to obtain satisfactory provision for a child's special needs.	0300 302 3731 or 0208 538 3731 <a href="https://www.sossen.org.uk/">https://www.sossen.org.uk/</a>
Cerebra	A charity dedicated to helping families with children with brain conditions ( including Autism, anxiety and ADHD) discover a better life together. They provide grants and training including sleep workshop etc plus a book lending service on specialist books. <a href="#">Their website also includes guides etc too.</a>	<a href="http://www.cerebra.org.uk">www.cerebra.org.uk</a>
Autismlinks	Our website is constantly growing and improving as we learn about new services and new resources become available. With the help and support we get from parents, carers, professionals and other services providers alike we aim to continue growing and always welcome any feedback as to what we might do to further improve Autismlinks as a valuable resource. Suggestions and feedback can be emailed directly to ourselves via the 'Help us grow - Suggest a link' option at the top right of this page.	<a href="http://autismlinks.co.uk/">http://autismlinks.co.uk/</a>

Include 'in' Autism	Autism support services delivering early intervention and high level crisis prevention services. Personal assistants providing specialist support to those with autism including PDA and challenging behaviour. Workshops and training for parent support groups and individuals with ASD, ADHD, and associated conditions, EHCPs.	<a href="https://www.includeinautism.org.uk/">https://www.includeinautism.org.uk/</a>
Contact	Our website has <a href="#">advice and information</a> about any concern a family might have about raising a child with additional needs.  We run a <a href="#">telephone helpline</a> , <a href="#">live chat</a> and our <a href="#">Listening Ear support service</a> . And we produce <a href="#">a range of email newsletters</a> and <a href="#">printed parent guides</a> available to download or order.	<a href="https://contact.org.uk/">https://contact.org.uk/</a>
Durham Children and Young People's Network	Local authorities must keep a register of children & young people with special educational needs and / or disabilities and in Durham this is the CYPN . Register your child / young person ( 0- 25 years) to receive email or text alerts covering the latest news & developments, short break activities, events & general information, a local discount card and whilst stocks last a Max card which gives family discounts at large number of UK attractions.	Telephone: 03000 265 792
Family Fund	The UK's largest charity providing grants for families raising disabled or seriously ill children and young people 0-17. Grants have certain eligibility requirements and you can currently apply 9 months after your last award. They can also provide a one off grant for young adults 18-24.	Telephone: 01904 550055 <a href="http://www.familyfund.org.uk">www.familyfund.org.uk</a>
Respond Uk	If you are or know a young person who is Autistic and/or has learning disabilities (age16-30) who is feeling isolated or anxious during this time of COVID19. They maybe interested in free online support group	For more information  Email: <a href="mailto:referrals@respond.org.uk">referrals@respond.org.uk</a>
Rollercoaster Parent Support	<a href="#">Rollercoaster Support Group</a> – An award winning, flagship parent / carer support group for parents / carers who are supporting a child who is experiencing emotional or mental health issues in County Durham. They have groups in Chester le street or Newton Aycliffe which are held once a month and <a href="#">a closed Facebook page for help and advise</a> . They have a CAMHS nurse present in person or online for any help or questions too. They also run events, training and workshops. Due to the lockdown they are running weekly zoom and face-	<a href="https://www.facebook.com/rollercoasterparentsupport">https://www.facebook.com/rollercoasterparentsupport</a>  Website coming soon!
The Sensory Place	<a href="#">The Sensory place</a> – A volunteer led group offering a network of support to families of children with all disabilities aged 5-18 years. They offer courses and sensory friendly events ( Including Sensory Sessions at South Durham Gymnastics and silent discos) . They can help whether your child is a sensory seeker or avoider (or both). They also have a <a href="#">closed facebook group</a>	<a href="https://www.facebook.com/thesensoryplaceopenpage/">https://www.facebook.com/thesensoryplaceopenpage/</a>
Little Treasures Autism Group	<a href="#">Little Treasures</a> – Are a parent led charity who support families and their children who have autism or are going through assessment right across Co. Durham and surrounding areas . They run stay and play sessions, adult groups ( together with <a href="#">Autie Mates</a> ) , parent support groups and run courses and workshops . <a href="#">They also have a closed support group Facebook page for help and advise.</a>	<a href="https://www.facebook.com/2018community/">https://www.facebook.com/2018community/</a>
North East Autism Society	Services include training for parents / carers , support groups, toddler groups, education for children aged 3-19, post 19 education and social/vocational training along with supported and open employment opportunities for adults. They provide year round residential placements and an ever-increasing range of social and leisure opportunities within the North East community for people of all age.	<a href="http://www.ne-as.org.uk">www.ne-as.org.uk</a>
Autism Parent Support Group—County Durham	<a href="#">Autism Parent Support Group County Durham</a> – A closed group purely for the Parents/Carers of children with Autism and children currently going through the diagnosis process. A place for to provide help and support to you all and somewhere you post feeling secure that we are all in it together. They get together once or twice a month in person in the Spennymoor area.	<a href="https://m.facebook.com/groups/1204266682930437/">https://m.facebook.com/groups/1204266682930437/</a>
Sunshine Support Group	An closed Facebook group originally in Ushaw Moor for any Parents/ Carers who have a child with an additional need.	<a href="https://www.facebook.com/groups/462502557224544/">https://www.facebook.com/groups/462502557224544/</a>

East Durham Support Group	A support group in Seaham which runs 1st Friday of the month for any Parents/Carers who have a child with an additional need. They also have a closed Facebook page.	<a href="https://www.facebook.com/groups/612245605624313/">https://www.facebook.com/groups/612245605624313/</a>
Sensory Processing disorder support group north east	A support group ran by Treetops Occupational Therapy. They have a closed Facebook page, run courses and training and meet regular in Newton Aycliffe.	<a href="https://www.facebook.com/groups/spdpsg/">https://www.facebook.com/groups/spdpsg/</a>
Live Well North East	<b>SENSational</b> brings together a mixture of sensory and free play activities, helping children between 2-12 years with additional needs.  Starting Sunday 2 <sup>nd</sup> May 1.00pm-2.00pm  £3.00 per child	Book a place at Gymcatch app Search Live well north east
Learning Library	Members can borrow games, jigsaws, toys, musical instruments , discovery boxes and specialist sensory equipment some of which may be beyond the reach of the average family budget. They are delivered direct to your home for free.	<a href="http://www.learninglibrary.org.uk">www.learninglibrary.org.uk</a>
Tabitha's Toys	They loan sensory toys and equipment to children who are disabled and have complex needs. They able to loan Toys and Equipment to children who are in receipt of Disability Living Allowance, the loan period is 6 months. This a free service. They can loan toys and equipment to children 0 to 16 years who live in the North East of England	<a href="http://www.tabithastoys.org">www.tabithastoys.org</a>
Investing in Children	Investing in Children (IiC) is a children's human rights organisation working in partnership with children and young people to exercise their rights and participate in decisions that affect them.  We support young people of all ages and living in all circumstances to help to shape local services in their communities.	<a href="https://www.investinginchildren.net/">https://www.investinginchildren.net/</a>
DADLG	Disabled children and their families can find it difficult to access everyday activities and so DADLG provides a structured and supportive environment where everyone can get involved and try new things no matter what their difficulties. DADLG events and activities offer a multitude of tangible benefits that reach far beyond the scope of simply having fun (although that's allowed too!). The success of this strategy is evident in the growing numbers of families that seek out or are signposted to DADLG each year.	<a href="https://www.dadlg.org/">https://www.dadlg.org/</a>
Cheesy Waffles	The Cheesy Waffles Project is a registered charity for children, young people and adults with additional needs from across County Durham. Although our project is predominantly for people with learning disabilities it is not exclusive to and everyone is welcome to attend	<a href="https://www.cwyproject.org.uk/">https://www.cwyproject.org.uk/</a>
Young Person's support Café	The YASC groups have been created to give young people a fantastic opportunity to come together and make friends with new people. Everyone is welcome! Whether you're wanting to talk a little bit about yourself, take part in fun activities or just kick back with a cuppa	Virtual sessions Monday (South Durham) 5:30pm – 6:30pm Tuesday (North Durham) 5pm – 6pm Wednesday (East Durham) 5pm – 6pm To request the Zoom link/receive more Information, please email or phone: <a href="mailto:info@investinginchildren.net">info@investinginchildren.net</a> Office No. 0191 3077030 07453058986
The Activity Den	The Activity Den runs projects, youth clubs and activities for children and young people of all ages in Tanfield Lea, Stanley. We are a charity that works hard to improve the lives of children and young people from Stanley and the surrounding areas. We believe in getting everyone involved, regardless of age or background, and providing stuff to do that will cater for everyone's interests.	We'd love you to get involved! If you'd like to call us, our core hours are Tuesday 12:00 – 6:00pm, Wednesday 1:00 – 7:30pm and Thursday 1:00 – 8:00pm, you can email us at <a href="mailto:info@theactivityden.org.uk">info@theactivityden.org.uk</a> or follow us on Twitter and Facebook <a href="https://www.facebook.com/theactivityden">@theactivityden</a> for more info.
Durham Otters Swimming Club	<b>A CLUB FOR ANYONE WHO FINDS PUBLIC SWIMMING SESSIONS UNSUITABLE</b>  (muscular problems, back problems, limited sight, learning difficulties, wheelchair user, etc.)  We meet on Mondays, during school terms, in the centre of Durham City at 7.15p.m.	For more information contact John or Kirstine: (0191) 386 2146, or email: <a href="mailto:Otters@durham-otters.org.uk">Otters@durham-otters.org.uk</a> or come to a session.  Sessions held at Freeman's Quay leisure Centre, Durham
Alan Shearer Centre	A specialist recreational, sensory and social resource for disabled people of all ages, catering to a wide spectrum of need. Facilities are completely free to use and include a hydrotherapy suite, sensory rooms and cave, a giant ball pool, a music room, seasonal activities and a café . Overhead tracking and hoists are fitted throughout, enabling full accessibility to all areas for those with limited mobility.	<a href="https://alanshearercentre.org.uk/">https://alanshearercentre.org.uk/</a>  To find out how to become a member, or to arrange a tour of the Activity Centre, please ring Dawn Hepburn-Jobling, our Centre Co-ordinator on 0191 267 8118, or email <a href="mailto:dawn.hepburn-jobling@stcuthbertscare.org.uk">dawn.hepburn-jobling@stcuthbertscare.org.uk</a> , and she will be delighted to help.

Sportworks	<p>Sport Works has extensive expertise in providing sport and exercise services for children and young adults with disabilities.</p> <p>Our sessions are much more than just sport, we focus on developing life and social skills whilst raising aspirations. We have a solid track record of supporting participants to excel and be the best they can be ensuring they benefit from fun, friendships and fitness. Our range of inclusive activities promote positive health outcomes for participants and help them realise their full potential by raising aspirations, confidence and life skills.</p>	<a href="https://www.sportworksltd.co.uk/">https://www.sportworksltd.co.uk/</a>
Gateway North East	<p>We aim to provide opportunities for young people or children with a disability around leisure, health, sport, community arts and meaningful work experience, as well as their siblings and carers.</p> <p>We aim to educate society, and young people themselves about the needs, barriers to learning and positive attributes of young people with a disability.</p>	<a href="https://www.gatewaynortheast.co.uk/">https://www.gatewaynortheast.co.uk/</a>
Integrating (Children)	<p>We aim to support children and young people with a disability to access mainstream social and leisure activities of their choice. We offer life-skills training which allows for more opportunities in the transition from school to work and this also allows for the children to interact and build relationships with other children. Our activities run on evenings and weekends through term time and during school holidays.</p>	<p><b>Telephone</b> 07914 376 228</p> <p><b>E-mail</b> <a href="mailto:integratingchildren@outlook.com">integratingchildren@outlook.com</a></p> <p><b>Website</b> <a href="http://www.integratingchildren.co.uk/">www.integratingchildren.co.uk/</a></p>
Murton Football Ground	<p><b>Football and Multi sports for Children on the Autistic Spectrum</b></p> <p>Tuesdays 7.20pm-8.05pm 11+</p> <p>Saturday Multi-sports 4-7 years 2.00pm-2.30pm</p> <p>Saturday Multi- sports 7+ 2.40pm-3.25pm</p> <p>First session free</p>	<p>For more information telephone 07702203097</p> <p>Email <a href="mailto:info@adamjamesports.co.uk">info@adamjamesports.co.uk</a></p> <p><a href="http://www.adamjamesports.co.uk">www.adamjamesports.co.uk</a></p>
TIN ARTS	<p>We seek to create a world in which <b>everybody</b> has access to the arts. We hope to achieve this by removing barriers and increasing access to high quality dance and performing arts – this is our <b>mission</b>.</p>	<a href="https://www.tinarts.co.uk/">https://www.tinarts.co.uk/</a>
Krazy Kingdom Soft Play	<p>90 minutes SEND play time at Krazy Kingdom. Up to 6 people per booking, with a minimum of 1 adult. We welcome children with a range of disabilities and additional needs offering the chance to play, explore, and learn in a safe and stimulating environment.</p>	<a href="https://krazykingdom.com/">https://krazykingdom.com/</a>
Smile through sport	<p>Sport &amp; physical activity session for families who have a member with a disability. Multi-sport session with a range of different sports and activities for the whole family to try including; boccia, basketball, cricket, tennis and many more. All sports will be adapted for all abilities.</p> <p>Sessions will be Covid-19 secure and will adhere to government guidelines to ensure everyone's safety.</p>	<a href="http://www.smilethroughsport.com/">http://www.smilethroughsport.com/</a>
Family Advice and Support at Skills for People	<p>We are part of the Skills for People charity. We provide information and support to families with disabled children, from birth to 25 years.</p>	<a href="http://skillsforpeople.org.uk/support/family-advice/">http://skillsforpeople.org.uk/support/family-advice/</a>
Sensory Worx	<p>Sensory Worx is a leading sensory and specialist occupational therapy service for adults, children and young people. We are based in County Durham and operate throughout the whole of the North of the UK.</p>	<a href="http://www.sensoryworx.co.uk/">www.sensoryworx.co.uk/</a>