



## **Parents and Children with disabilities –**

### **The role Children's Centres can play in improving outcomes for all children.**

A research report on parents and children with disabilities  
in the Castle Point area.

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## Introduction

As providers of a wide range of services to children, pre-birth to five, and their families, we are keen to ensure the needs of our community are appropriately met. We are aware that we do not provide services specific to parents or children with a disability but want to be sure that the need exists and to understand what this need might be. As a result this body of evidence has been collated.

The aim of the task was to:

- Investigate the need
- Find out the gap in services
- Make recommendations to local children's centres regarding possible responses to the identified need

Although the data is focused on the areas within Castle Point, we hope that the contents may be of use to other Childrens Centres across Essex.

We would like to thank all of our partners and colleagues for their assistance in providing statistical, anecdotal and agency information. Heartfelt thanks, of course, to Rachel Houlston, our Children's Centre Teacher for undertaking this research and making many useful contacts in the process.

Tricia Cowdrey

Castle Point Association of Voluntary Services, Head of Children's Services

***'Providers have a responsibility to ensure positive attitudes to diversity and difference – not only so that every child is included and not disadvantaged, but also so that they learn from the earliest age to value diversity in others and grow up making a positive contribution to society'***

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## Introduction

*‘Ensuring that children and young people are physically, emotionally and mentally healthy and are supported in making healthy choices by their families and the services they use is an essential part of the Children's Plan. Healthy children are likely to do better in all aspects of their lives and children with disabilities; additional or complex needs have better outcomes when they get the support they need.’*

### **The Children's Plan – 2007**

In order to ensure that Children's Centres are addressing the needs of the community we need to be aware of the extent of those needs. Children with disability and parents with disability who are caring for children are two groups which fall within the hard to reach criteria we are required to provide for.

Over the past 6 months we have tasked individual members of staff to research various areas of need to ensure that we are offering an appropriate level of service. This has included grandparents and fathers, and, as a result, we have been able to include services within our programme to address their needs.

However, it has been very difficult to fully investigate the needs of families where there is a disability. We have been able to identify some existing services and made some contact but information is not sufficient to enable us to decide whether or not a need exists.

Previously we have provided access for one group, SCAFT (Supporting Families and Carers Together) which ran from our Little Lions Children's Centre on a Monthly basis. We also currently support a physiotherapy clinic at Little Lions. JIGSAW have delivered a six week behaviour support programme for parents of children who are along the Autistic Spectrum, from our Little Acorns Children's Centre.

Until we have greater awareness of the needs of children and parents with a disability we cannot know whether this is sufficient. This paper will look at the needs of the community, then identify any gaps and then make recommendations as to how we could respond.

## Statistics

There is no single way of identifying children with a disability and their households or collecting information about them. As a result it can be difficult to estimate the prevalence of childhood disability. Within Essex data is collected on the number of children on the SENCAN database, active cases on CWD team's caseload, attending New Model Special Schools and Community Learning in Partnership schools.

The following guide gives a clear summary of the issues involved in estimating the numbers of disabled children and their households in the UK population and why estimates differ. It then identifies the most useful source of data for different purposes

## *Disabled children and their households - a brief guide to quantitative data*

*By Janet Read, Clare Blackburn and Nick Spencer*

To go to this document follow the link below.

[http://www2.warwick.ac.uk/fac/cross\\_fac/healthatwarwick/research/currentfundedres/disabledchildren/disabled\\_children\\_and\\_their\\_household\\_user\\_friendly\\_guide.pdf](http://www2.warwick.ac.uk/fac/cross_fac/healthatwarwick/research/currentfundedres/disabledchildren/disabled_children_and_their_household_user_friendly_guide.pdf)

The following statistics come from a variety of different organisations and they are numbered for reference when referred to later in the document. The statistics come from all the statutory organisations that work with children with disabilities in Castle Point. As they have different caseloads and varying data a summary of the findings is provided.

Some of the information sent is broken down by area so I have included a key so that we know which children's centre of ours is being referred to in the following statistics.

Reference;

Cap 1 – Little Tewkes

CAP3 – Little Lions

CAP4 – Little Treehouse

CAP5 – Little Handprints

CAP6 – Little Acorns

### **Main Findings**

#### **Table 1**

The following information was collected as part of the SEF for the Essex County Council and sent to me by

Kay Pountney

Performance Officer, Early Years and Childcare

The following estimates of the number of children with a disability (under 5 years of age) in the Children's Centre reach areas are based on the Family Resources Survey 2004/5. This gives the prevalence of disability in the 0-16 population as defined by the DDA (including those whose activities would be limited if their medication was discontinued) at just over 7%. This percentage has then been applied to the under 5 population of each reach area. It should be noted that some disabilities cannot be recognised in very young children because of the developmental changes that occur in the first years of life. Also, some disabilities are acquired during later childhood as a result of injury or disease. It is therefore likely that the 7% prevalence rate which covers the 0-16 population will be an over-estimate when applied to the 0-5 population.

#### **Severe or Complex needs**

1.2% is the percentage recommended nationally by Together for Disabled Children to support local authorities and their partners plan short break opportunities for children and young people who have severe or complex needs in line with the essence of Aiming High for Disabled Children.

This information has been divided up according to our reach areas and covers all children 0-5.

	<b>Number of children under 5 yrs (2006 Child Benefit data)</b>	<b>Number of children under 5 yrs (GP registrations data as at 1<sup>st</sup> Sept 09)</b>	<b>7% of under 5s population (CB data)</b>	<b>1.2% of under 5s population (CB data)</b>
<b>CAP1 Total</b>	<b>675</b>	<b>690</b>	<b>47</b>	<b>8</b>
<b>CAP3 Total</b>	585	615	41	7
<b>CAP4 Total</b>	835	844	58	10
<b>CAP5 Total</b>	835	890	58	10
<b>CAP6 Total</b>	630	583	44	8

The above table tells us that we currently have 248 children aged 0-5 across the reach area's who have a disability. Of these 43 have severe learning/physical disabilities.

**Table 2**

The following information is again divided up according to our reach area's but looks at children who are currently in reception who are recorded as having a disability and are therefore receiving support within school. The information was sent by Kay whose details are mentioned above.

CAP1	School action		5
CAP1	None		131
CAP1	School action plus	Physical Disability	1
CAP1	School action	Severe Learning Difficulty	1

	plus		
CAP1	Statement	Physical Disability	1
CAP1	Statement	Severe Learning Difficulty	1
<b>CAP1 Total</b>			140
CAP3	School action		17
CAP3	None		99
CAP3	School action plus	Moderate Learning Difficulty	4
CAP3	School action plus	Speech, Language and Communication Needs	1
CAP3	Statement	Moderate Learning Difficulty	2
<b>CAP3 Total</b>			123
CAP4	School action		1
CAP4	None		160
CAP4	School action plus	Autistic Spectrum Disorder	1
CAP4	Statement	Autistic Spectrum Disorder	1
<b>CAP4 Total</b>			163
CAP5	School action		2
CAP5	None		155
CAP5	School action plus	Autistic Spectrum Disorder	1
CAP5	School action plus	Speech, Language and Communication Needs	1
CAP5	Statement	Severe Learning Difficulty	1
<b>CAP5 Total</b>			160
CAP6	School action		6
CAP6	None		90
CAP6	School action plus	Behaviour, Emotional & Social Difficulties	1
<b>CAP6 Total</b>			97

There are currently 45 reception aged (4-5 years) children receiving some sort of additional support within the classroom because they had an additional need in our reach area.

### Table 3

These are the figures for the caseloads from the pre-school specialist teachers who support children under 5 with the most severe and complex needs broken down by area.

Area	No. of Children
Benfleet	9
Rochford	8
Rayleigh	7

Canvey Island	6
Canewden	3
Thundersley	1
Hockley	4
Hullbridge	1
Total for South East	39

As a percentage of the South caseload = 40%  
and Brentwood = 60%.

Basildon, Wickford, Billericay

This information was sent by Jane Holford who also said that “Although it isn’t possible to give details and numbers of disabilities those children with social communication difficulties or autism make up half the number across the county”.

As you can see we have 23 children who live in our reach area who are on the SENCAN database all aged between 0-5.

**Table 4**

The following information was also sent to me though it wasn’t divided up according to area but gives numbers for castle point as a whole.

The Children with Disability Team (CWD)	They currently have over 200 + cases of children aged 0-18 and 25 of these cases are children who are aged between 0-5 across the castle point area. However these children have the most severe learning difficulties.
Information from the Castle Point Crossroads team;	We have 18 children that we currently support in the Castle Point district who have various disabilities including Cerebral Palsy, Learning Disability, ADHD, Aspergus syndrome, Autism and Epilepsy.
Children’s Sensory team (under the CWD umbrella but they have different case loads)	They are currently working with 61 children who have a hearing impairment, 87 with a visual impairment and 9 with a dual sensory loss (some level of both hearing and visual impairment).

Jigsaw Centre	September 2010 to March 2011 – they are as follows:  Autistic Spectrum – 11  Global Delay – 21  Downs Syndrome 2
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**Table 5**

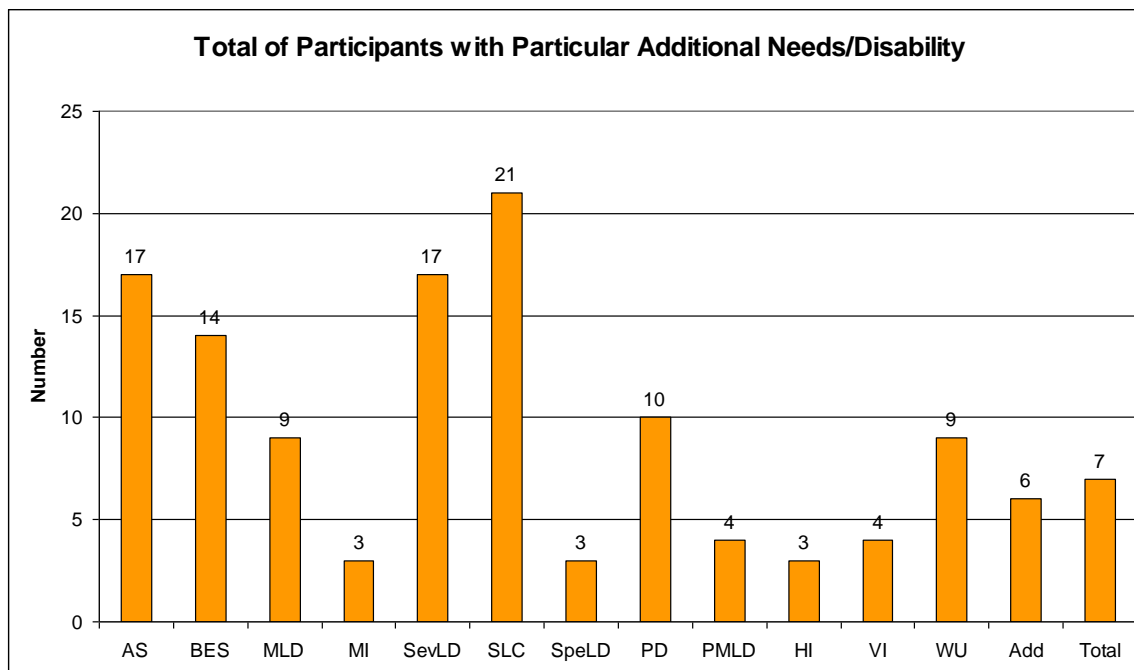
**Parental Consultation: Disability Breakdown – Castle Point**

Data has been presented in relation to their disability or additional need. This covers certain aspects of childcare and of ‘Me Time’ short breaks.

In completing analysis disabilities were abbreviated to the following:

<b>Abbreviation</b>	<b>Meaning</b>
<i>AS</i>	Autistic Spectrum
<i>BES</i>	Behaviour, Emotional and Social Difficulties
<i>MLD</i>	Moderate Learning Difficulty
<i>MI</i>	Multi-sensory Impairment
<i>SevLD</i>	Severe Learning Disorder
<i>SLC</i>	Speech, Language and Communication Needs
<i>SpeLD</i>	Specific Learning Difficulties
<i>PD</i>	Physical Difficulties
<i>PMLD</i>	Profound and Multiple Learning Difficulty
<i>HI</i>	Hearing Impairment
<i>VI</i>	Visual Impairment
<i>WU</i>	Wheelchair User
<i>Add</i>	Additional Complex medical needs
<i>Total</i>	Totally dependant on having all intimate care needs met (specialist equip etc.)

## Total Participants with Particular Additional Needs/Disability



### Summary of statistics

The data in table one which looked at all statistics from the CWD team, children attending specialist schools, children on the SENCAN database estimated that we currently have around 248 children within our reach area who are aged 0-5 who have an additional need. We now know from speaking to various professionals that 25 of these children are with the CWD team, 23 are with the SENCAN team, (with 45 reception aged children receiving additional support within the classroom), and approximately 10-15 with the Children's sensory team. The Jigsaw centre work with approximately 44 children so therefore there are 102 families working with professionals in Castle Point directly in our reach areas. This is not including families who are not receiving support from the above teams especially children with moderate learning difficulties.

### Feedback from other Professionals

#### Jigsaw

Jigsaw are a team of Specialist Health Visitors who work within the home to provide those children who need extra help to work towards their developmental milestones. I met with Bianca and some of her team who explained to me that they take most of the referrals from health in the area but not all and that they work with the child and family to help them progress towards their developmental milestones. At the time of the meeting the team were looking for somewhere to run a support group for some of their parents, we were able to address this and they are currently running this group from our Little Acorns Children's Centre in Hadleigh. They also spoke about wanting to set up a messy play session for a small group of children aged around 18 months – 3 years; this is something I hope we can also address in the future.

## **CWD**

The children with disabilities team were able to tell me that they currently support 360 families with 25 children aged 0-5 although it wasn't possible to break this down further to types of disabilities. The team work with children with the most severe learning disabilities helping with respite etc, they helped to set up the Sparkles group on Canvey Island as they had a number of children at their nursery with additional needs. It was identified in the meeting that the pre-school age group had the least amount of representation. They also said that sometimes it's the other family members, grandparents and aunts etc that help to look after the child who would like more information or support in their role. Therefore the Saturday support group I will be suggesting with specialist organisations and groups coming in like families in focus, dyslexia group, autism Anglia would be more successful if it was open to all family members rather than just parents. Most referrals they receive come from health visitors, G.P's or self referrals. They offer information, advice and practical support and will carry out assessments to help family's access short break respite or direct payments.

## **SENCAN**

The team's role is to teach the parents to support their own children, rather than to provide 'respite' for parents also the parents must always be present when their team visit. The team offers:

- Training and advice/support to settings – Area SENCOs
- Advice and support to parents in the home – Pre-school Specialist Teachers and Family Support Keyworkers
- Child specific advice to settings - – Pre-school Specialist Teachers and Family Support Keyworkers
- Transition support to schools - – Pre-school Specialist Teachers and Family Support Keyworkers
- Training for parents – Good Beginnings, a 10 session course for the parents of children with autism or social communication difficulties
- Training for parents – Early Support Parent Workshops
- Training for practitioners and multi-agency - Early Support Training
- Training for practitioners – 10 session Autism course

They are in the process of training some parents to facilitate the course "Good Beginnings" and it will then be run across the county. In the future, it is likely that they will be running all the Early Support courses on the developmental journals – VI, HI and Down syndrome.

They also run a huge number of courses for professionals – mainly by the Area SENCo team. This year the main focus has been on the Inclusion Development programme (Behaviour) with related topics. In addition they run a Good beginnings course for practitioners, Early Support courses and the training on the Family Partnership Model – for professionals working with families.

One of the recommendations of the project is that a suitable person becomes a designated person for children and adults with disabilities. A good link with the SENCAN team is essential as it is very important that the lead person not only attends training themselves so that they can support all other staff members but that they can know what workshops or courses are on offer to parents.

### **Castle Point Crossroads;**

“As an organisation that supports carers we are always looking for ways of supporting carers therefore I would be very interested in the outcome of your research. As a charity we are unable to provide a service free of charge therefore if we do wish to introduce new projects we would have to identify funding. Should we be successful in any future funding I would be grateful for the opportunity to speak with you in the future to discuss the possibility of accessing one of your centres?”

### **Dyspraxia Foundation;**

“We are a self-funding group and would appreciate some help/advice re. funding.

Last year, we did a multi activity day at Thriftwood Camp Site for all the children with Dyspraxia. It was great for all the children to meet and also to play together, and not feel embarrassed or awkward. We are hoping to repeat this activity once again this year.”

### **Down Syndrome 21**

“We do not unfortunately have any support groups working in the Canvey Island area. We do however have a support group in the Southend area. We would be very happy to let you have some of our literature as I am sure there are families that we do not know of living in and around Canvey Island. Sometimes people do not feel able to make contact with organisations such as ours when their child is first born but might appreciate support as their child grows but then are not always sure where to find it”.

### **Families in Focus**

Amanda from Families in Focus has said they would love to come along to any support groups we run and talk to our parents and give out any help or advice. *“I have a parent that lives in Benfleet asking about a local support group. Her children are school age and she wants to attend a daytime support group”.*

Showing already that good links with organisations such as the above will help us to meet our reach area.

### **Contact a family**

Contact a family, who are a national charity, help provide local sources of help and advice for parents/carers of children with a disability. They had heard of the Little Stars group in Hadleigh but didn't know about "Sparkles" the stay and play session run by 4children. They are aware of most organisations set up in the area and they were not aware of any more groups or organisations that are not already in my report. A good link with this organisation is essential so that they can signpost any parents to our services. They recommended working in partnership with other organisations so that they can provide seminars...workshops...talks or drop in sessions to help parents feel the session addresses lots of the problems/questions/worries they have they we couldn't

## **Autism Anglia**

"I have attached the Noisy Teas info and Family Support What We Do! documents if you can't find them this time let me know and I will put them in the post to you. Sounds like you have a good plan there especially with the crèche as well, let us know any dates when you have them and we will hopefully be able to come along"

## **Summary**

As you can see from the above information, a close link with these organisations is essential to the success of any groups we run from the centres. Between them they serve the needs of most children with a disability in Castle Point and therefore if they know all about what were trying to do and groups we have they will signpost to us successfully as well as us being able to signpost to them. Some of the organisations have already informed me of parents they work with who would like a support group and therefore by working together we can see what the need is that we have found but them also. I have made some recommendations regarding current services and organisations below.

## **Feedback from Parents;**

We have 25 children registered of whom 4 have or have had a referral to our Family Support service

I was able to telephone 6 families who have registered with our children's centres and who have indicated that their child had an additional need. There were three children from the Little Tewkes reach area, one from Little Lions, one from Little Treehouse, and one from Little Handprints. Most of the parents said they go to the Lighthouse Centre in Southend as they have a sensory room and a nearby children's centre that runs a session for children with additional needs. However, they said they would be interested in something that was in the Castle Point area and that they didn't have a preference for a centre. They all said that a session tailored for children with additional needs, in particular a sensory session or a session that had sensory toys available would be something that they would attend.

They also said they would benefit like a support group or an opportunity to meet other parents and other professionals who could support them further.

Two questionnaires were returned from a Children's Centre Leader. Both questionnaires returned said they would be interested in a support group and a stay and play session for children with additional needs. They stated that any day and any centre would be convenient. One of the parents said that their child has the following needs; tube feeding, cardiac, illiosomy, and chromozone abnormality.

The following information was given to me by another Children's Centre Teacher who spoke to a mum with a young baby who attends Little Lions.

"I went over to Little Lions and had a chat with a mum who has a 12 week old baby with a feeding tube. She seemed pretty well supported and mentioned that she had met another mum at the baby weighing on a Monday with a baby with a tube so had someone to chat to. She was really up for support groups and answered yes to all the questions with no extra info really".

More recently a parent with a little girl who has Down's syndrome who has been referred to us is looking into support groups at the weekend, as mum works full time.

Home Start SE is currently working with two families on our behalf, one whose little boy has Autism and the other with a little girl who has Down's syndrome. The mum of the little girl with Down's Syndrome is looking into a support group at one of our centre's but in Canvey as she is unable to drive and home start who work closely with the family know that anything on the mainland would be impossible for her to get to.

## **Summary**

Most parents are happy to come in the week but there are currently no weekend support groups at the weekend in Castle Point as both the other groups are during the week. Most of the parents I spoke to or I have had contact with do live in Canvey but most would be willing to travel. Perhaps a monthly support group on a Saturday would be beneficial so that we are not replicating the sparkles session and that perhaps as it is once a month we can have various organisations attend or give training/information that we can filter to parents.

## **Support Organisations/Services**

The table of statutory and voluntary organisations who work across Essex are located in appendix 1

I have highlighted in bold which are actually based in Castle Point but I have contacted all the others to explore the support they offer and it is open to any parent with a child with a disability within Castle Point .

There are many organisations across Essex which help parents with the physical and emotional needs and bringing up a child with a disability. The vary from statutory organisations such as Jigsaw who provide help in the home for a small period of time to a charity run organisation such as family in focus who offer things from befriending to benefits advice to drop ins.

As you can see in Appendix 1, there are many groups/organisations out there for children with disabilities. Some are specific to a particular need and therefore this information is essential for us when signposting parents to local/Essex based organisations. However there are only two support groups which run across our reach area. They are Sparkles which is run by Canvey Community Children's Centre and Little Stars which is run by the Salvation Army. Sparkles are not running at the moment as they have moved premises but are due to start again in the summer. Little Stars is a support group rather than a tailored stay and play with sensory play equipment. This although at a convenient time and place isn't very well attended. Most of the organisations are happy for professionals to refer families to their service and contact details are also included in appendix 1.

### **What have other children's centres done?**

I have made a brief summary of other children's centres support groups for children with an additional need in appendix 2. As you can see all of these sessions combine the support aspect as well as the stay and play so that parents can bring their children with them knowing their needs are being met but also have coffee and a chat too. All of the centres also provide sensory equipment; this is either through toys or a specific sensory room. Some of the centres provide a sensory toy library where parents can borrow toys that will be fun and engaging for their children.

Most centres now have an additional session that is tailored for children with disabilities which would help and support the parents as well and I think that where we have five across the castle point area with no provisions at the moment if we are to keep up with other areas and to be consistent in what we can offer, this is something that we need to think about.

### **Main Findings**

We know that there are over a hundred families who have a child aged 0-5 who is working with professionals in the Castle Point area. The actual figure for all children with an additional need may be closer to 200 as seen in table 1 in the statistical section. However this would include children with speech and language problems as well as reception aged children who are school action plus and therefore are already receiving their appropriate support within the classroom environment. If we go back to the statistics we found at the beginning we still have 114 children aged 0-5 who have a moderate to severe disability within our reach area. This means that there is a need in our area for children who are 0-5 and their parents.

The next part of the research looked at whether parents and professionals felt there was a need and how this could be addressed. Parents indicated that while they did feel supported by organisations they were very interested in having a stay and play session and a support group to meet other parents too. They all said they would attend and support the arrangement if one was to be put on. They said that at the moment the closest they go to is at the Lighthouse Centre in Southend and that anywhere across Castle Point would be good. Though most of the parents who are registered live in Canvey Island they said they didn't mind travelling to the mainland. Professionals were aware of the session called Sparkles though only families in focus knew about Little Stars in Benfleet. They said that support in Castle Point was poor for

pre-school aged children. They did feel however that this was due to parental involvement and that parents didn't attend the small amount of support already given and that perhaps it would be beneficial to appeal to a wider audience such as carers/family members who look after the children but who don't receive as much support and help as parents.

The last part of this section looked at the organisations already in place and whether or not this was meeting the need described in section one. As you can see above there are many organisations across Essex and while support is there for parents who wish to travel out, local support groups/sessions while there are two are poorly attended however I think this can be overcome by partnerships etc and this is outlined below in the recommendations.

## Recommendations

- 1 There are currently two stay and play/support groups in the Castle Point area that are specifically tailored for 0-5. All the parents I spoke do not attend either session and one is currently not running until June/July. The organisations I spoke to were unfamiliar with these groups as well except the CWD team and Families in Focus as they had helped to set up the stay and play sessions, Sparkles. From the feedback I have received a stay and play session that provides a sensory experience is what we need to provide. This session would also provide support for parents and offer the opportunity for organisations such as Families in Focus, Autism Anglia and Crossroads to drop in. This would foster good working relationships with other professionals who work alongside families but would meet the needs of our parents, especially on the mainland. Some parents in Canvey Island would also like a group.

It would perhaps be beneficial to set up a weekend session once month so not to duplicate the Sparkles session that will run from June. This would reach out to working parents or other family members too. If it included other organisations who would drop in with some guest speakers now and again it would also be providing something different for our parents. Most of the organisations are happy to come to sessions but some did specify that attendance would be an issue if they were to come as they are funded voluntarily. It would be a good idea then to make everybody aware of what the centre/s will be providing and then keeping everybody updated as to attendance so that if people want to drop in they know how these sessions are being received.

- 2 Designated person; Most the of the information I have received has been fantastic and lots of people and organisations have responded but this needs to be continued, People want a point of contact in the organisation that they can speak to or send information to, newsletters need to be received and read so that CAV's has the most up to date information. This person would be aware of current groups/sessions/support available to our parents and to inform staff of these when working with a family. They would attend days out to promote the centres like the conference in June run by Autism Anglia and go to the courses run by

SENCAN so that they can help plan and attend sessions and help with children who do attend, but to also give parents advice or signpost appropriately.

- 3 Once training has been received by the lead person this needs to be conveyed to all members of staff so that once a session is running they are able to use appropriate behaviour strategies and help parents. They will then know what works best for children with different disabilities and be able to help run crèche's with more knowledge and guidance than without it which provide parents with reassurance but also make organisations that use our services more confident.
- 4 A sensory room/equipment that is used for our sessions but also one that can also be loaned out either as a room or as a toy library. We could also look into working in partnership with existing providers who have sensory rooms.
- 5 A folder needs to be created with a wealth of information in it and then made available in centres so that centre users and co-ordinators, play workers, and volunteers can refer to it. A copy of the report, any leaflets for parents, newsletters, courses or fun day letters, policies would need to be included.
- 6 DROP IN service
- 7 To carry on working closely in partnership with GP's, local hospitals, pct trusts and NHS services and to keep making referrals to the outreach team, home start and parent line plus so that some families can be given one to one support according to their needs,

## Adults with Disabilities

### Introduction

As well as working with children we also work with vulnerable adults and part of our target groups are parents with a disability. The Good Practice Guidance on Supporting Parents with Learning Disabilities was published in 2007 and states that adults with learning disabilities should be provided with the support they need to look after their children appropriately. The Good Practice Guidance is relevant to professionals working in all fields and specifically focuses on safeguarding the children of parents with learning difficulties while enabling all services to fulfil their Disability Equality Duty.

Attitudes to parents with learning disabilities have changed considerably in recent decades. There is much more acknowledgement than before that while many such parents face specific and challenging problems, they remain parents, with the same hopes and fears as others. What Works for Parents with Learning Disabilities is a review of what we know about the most effective ways of providing support. It draws on empirical evidence and research to establish a knowledge base for practitioners and those charged with developing services

<http://www.iswa.ltd.uk/downloads/work%20with%20parents%20with%20learning%20disabilities.pdf>

Good Practice Guidance on Working with Parents with a Learning Disability: This is joint guidance issued by the Department of Health and Department for Education and Skills in 2007. It is downloadable from [www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_075119](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_075119)

### Statistics

In July 2007 there were 6,059 people with a learning disability known to TABBS living in Essex (including Southend and Thurrock).

The groups of people identified from the statistics can be categorised as follows:

- Young people going through transition
- Adults living with older carers
- Older people with learning disabilities
- People wanting to move on from the family home
- People living in registered care
- People with physical and sensory impairment

## Table 1

The following information was provided by PANSI (projecting adult needs and service information systems). This system is developed by the Institute of Public Care (IPC) for the Care Services Efficiency Delivery Programme (CSED). It is for use by local authority planners and commissioners of social care provision in England, together with providers and supporting organisations. It is a programme designed to help explore the possible impact that demography and certain conditions may have on populations aged 18 to 64.

### Castle Point

#### Disability living allowance

Population aged 18-64, Disability Living Allowance (DLA) cases in payment, as at May 2010

	Disability Living Allowance – Cases in payment
People aged 18-24 DLA cases in payment	190
People aged 25-34 DLA cases in payment	190
People aged 35-44 DLA cases in payment	330
People aged 45-54 DLA cases in payment	530
People aged 55-64 DLA cases in payment	890
<b>Total population aged 18-64 DLA cases in payment</b>	<b>2,130</b>

Figures may not sum due to rounding  
Crown copyright 2010

#### Notes

The Disability Living Allowance provides a non-contributory, non means-tested and tax-free contribution towards the disability-related extra costs of severely disabled people under the age of 65. The Allowance has two components: a care component – for people who need help with personal care and are likely to go on needing that help; and a mobility component – for people who have walking difficulties and are likely to continue to have those difficulties.

Data from DWP, Disability Living Allowance – cases in payment, Caseload (thousands), by Local authority of claimant, by age, for May 2010.

## Table 2

This table was also provided by PANSI (projecting adult needs and service information systems).

<b>Mental health - all people</b>	<b>2010</b>	<b>2015</b>	<b>2020</b>	<b>2025</b>	<b>2030</b>
<a href="#">Show by gender</a>					
People aged 18-64 predicted to have a common mental disorder	8,419	8,141	8,122	8,147	8,127
People aged 18-64 predicted to have a borderline personality disorder	236	228	227	228	227
People aged 18-64 predicted to have an antisocial personality disorder	182	176	176	177	177
People aged 18-64 predicted to have psychotic disorder	209	202	202	202	202
People aged 18-64 predicted to have two or more psychiatric disorders	3,760	3,637	3,629	3,643	3,636

Figures may not sum due to rounding  
 Crown copyright 2010

### Notes

This table is based on the report Adult psychiatric morbidity in England, 2007: Results of a household survey, published by the Health and Social Care Information Centre in 2009.

Common mental disorders (CMDs) are mental conditions that cause marked emotional distress and interfere with daily function, but do not usually affect insight or cognition. They comprise different types of depression and anxiety, and include obsessive compulsive disorder. The report found that 17.6% of the population surveyed met the diagnostic criteria for at least one CMD, with women (19.7%) more affected than men (12.5%).

### Table 3

The following questions were asked and sent to Adult Social Care at Essex County Council who provided the following tables:

<b>Classification</b>	<b>Definition</b>
<b>Physical Impairment</b>	A physical impairment involves a continuing physically disabling condition or other health impairment
<b>Sensory Impairment</b>	A sensory impairment is an individual's inability to accurately interpret an outside source or stimuli, whether it be visual, auditory, verbal, through sense of touch, sense of taste or the ability to feel pain.
<b>Learning Disability</b>	A heterogeneous group of disorders manifested by significant difficulties in the acquisition and use of listening, speaking, reading, writing, reasoning or mathematical abilities.
<b>Mental Health</b>	A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community
<b>Other/Not recorded</b>	These are individuals that do not fall into the above categories or the classification has not been recorded.

## 1. How many adults are registered/known as having a disability within Essex?

The table below shows the amount of people that have a disability; this is broken down by age and type of disability.

**: Service Users - Feb 2011**

	<b>Total</b>
<b>18-49</b>	<b>5,360</b>
Adult-Learning Disability	<b>2,691</b>
Mental Health	<b>37</b>
Other / Not recorded	<b>778</b>
Physical Impairment	<b>1,763</b>
Sensory Impairment	<b>91</b>
<b>50-64</b>	<b>4,366</b>
Adult-Learning Disability	<b>846</b>
Mental Health	<b>80</b>
Other / Not recorded	<b>1,153</b>
Physical Impairment	<b>2,231</b>
Sensory Impairment	<b>56</b>
<b>65+</b>	<b>22,192</b>
Adult-Learning Disability	<b>370</b>
Mental Health	<b>2,032</b>
Older People	<b>19,430</b>
Sensory Impairment	<b>360</b>
<b>Grand Total</b>	<b>31,918</b>

**Table 4**

**2. How many of these live within the Castle Point area? Can this be broken down into the following four area's; Benfleet/Hadleigh/Thundersly/Canvey Island?**

The table below shows how many Service users in the South East of Essex have a disability; unfortunately we are unable to break this down by town. However we have been able to break this down by ward which maybe able to assist you further.

**: Service Users South East Essex by Ward - Feb 2011**

	Grand Total	Canvey Island														
		Central Ward	East Ward	North Ward	South Ward	West Ward	Winter Gardens Ward	Appleton Ward	Boyce Ward	Cedar Hall Ward	St. George's Ward	St. James Ward	St. Mary's Ward	St. Peter's Ward	Victoria Ward	
<b>18-49</b>	<b>380</b>	<b>61</b>	<b>44</b>	<b>26</b>	<b>27</b>	<b>17</b>	<b>32</b>	<b>26</b>	<b>24</b>	<b>34</b>	<b>16</b>	<b>12</b>	<b>23</b>	<b>21</b>	<b>17</b>	
Adult-Learning Disability	<b>239</b>	<b>37</b>	<b>29</b>	<b>14</b>	<b>19</b>	<b>10</b>	<b>17</b>	<b>17</b>	<b>18</b>	<b>21</b>	<b>12</b>	<b>8</b>	<b>14</b>	<b>14</b>	<b>9</b>	
Mental Health	<b>4</b>	<b>1</b>	<b>1</b>	<b>1</b>			<b>1</b>									
Physical Impairment	<b>132</b>	<b>20</b>	<b>14</b>	<b>10</b>	<b>8</b>	<b>7</b>	<b>14</b>	<b>9</b>	<b>6</b>	<b>13</b>	<b>3</b>	<b>4</b>	<b>9</b>	<b>7</b>	<b>8</b>	
Sensory Impairment	<b>5</b>	<b>3</b>		<b>1</b>							<b>1</b>					
<b>50-64</b>	<b>225</b>	<b>53</b>	<b>24</b>	<b>15</b>	<b>14</b>	<b>6</b>	<b>15</b>	<b>13</b>	<b>15</b>	<b>13</b>	<b>7</b>	<b>8</b>	<b>21</b>	<b>9</b>	<b>12</b>	
Adult-Learning Disability	<b>42</b>	<b>7</b>	<b>1</b>	<b>4</b>	<b>4</b>	<b>1</b>		<b>1</b>	<b>5</b>	<b>4</b>	<b>1</b>	<b>4</b>	<b>6</b>	<b>3</b>	<b>1</b>	
Mental Health	<b>13</b>	<b>3</b>	<b>2</b>		<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>			<b>1</b>		
Physical Impairment	<b>168</b>	<b>42</b>	<b>20</b>	<b>11</b>	<b>9</b>	<b>4</b>	<b>14</b>	<b>11</b>	<b>9</b>	<b>8</b>	<b>5</b>	<b>4</b>	<b>15</b>	<b>5</b>	<b>11</b>	
Sensory Impairment	<b>2</b>	<b>1</b>	<b>1</b>													
<b>65+</b>	<b>1,560</b>	<b>179</b>	<b>135</b>	<b>144</b>	<b>125</b>	<b>63</b>	<b>51</b>	<b>120</b>	<b>136</b>	<b>111</b>	<b>53</b>	<b>120</b>	<b>136</b>	<b>95</b>	<b>92</b>	
Adult-Learning Disability	<b>16</b>	<b>3</b>		<b>2</b>	<b>5</b>				<b>3</b>			<b>1</b>	<b>1</b>		<b>1</b>	
Mental Health	<b>163</b>	<b>16</b>	<b>9</b>	<b>14</b>	<b>13</b>	<b>4</b>	<b>5</b>	<b>15</b>	<b>18</b>	<b>9</b>	<b>4</b>	<b>16</b>	<b>14</b>	<b>16</b>	<b>10</b>	
Older people	<b>1,343</b>	<b>157</b>	<b>124</b>	<b>123</b>	<b>105</b>	<b>58</b>	<b>44</b>	<b>103</b>	<b>108</b>	<b>102</b>	<b>47</b>	<b>100</b>	<b>119</b>	<b>75</b>	<b>78</b>	
Sensory Impairment	<b>38</b>	<b>3</b>	<b>2</b>	<b>5</b>	<b>2</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>7</b>		<b>2</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>3</b>	
<b>Grand Total</b>	<b>2,165</b>	<b>293</b>	<b>203</b>	<b>185</b>	<b>166</b>	<b>86</b>	<b>98</b>	<b>159</b>	<b>175</b>	<b>158</b>	<b>76</b>	<b>140</b>	<b>180</b>	<b>125</b>	<b>121</b>	

**Table 5**

The following information was found and collected in another research project undertaken by one of our Children’s Centre Leaders at Little Treehouse on adults with mental health problems in Castle Point.

From Health profiles 2009 East of England	Research shows that within Castle Point the average of incapacity benefits for mental illness is significantly better than the national average. Castle Point averaging at 20.6% as opposed to England’s 27.7%. A total of 70,990 people across East of England claimed incapacity benefits for mental illness
From Essex join strategic needs assessment 2008	Southend, Harlow, Thurrock, Basildon, Castle Point and Tendering all have above average proportions of their working age population suffering from a neurotic disorder / depression. Depression is the most common mental illness in older people and the second commonest single underlying cause for all GP consultations.
From Health profiles 2009 East of England	Estimates suggest that between 50% and 66% of parents with a severe and enduring mental illness live with one or more children under 18. That amounts to about 17,000 children and young people in the UK.

**Summary**

The statistics show that across Essex there are 31, 918 adults who are registered with adult social care as having a disability. This has been broken down in the following ways; adult learning disability, physical impairment, sensory impairment, and mental health. The statistics from adult social care tell us that across Castle Point this figure is 2,165 which is inline with the statistics from PANSI who said that there are 2,130 people aged 18-64 in receipt of disability living allowance in Castle Point.

**Feedback from Professionals and Parents who have disabilities**

“Home-Start currently supports a couple of families where one or other parent has MS. I currently work with one of these families and I know they would benefit from a support group as it is something I have discussed with them”.

I also spoke to Adult Social Care for Castle Point but they didn't really know of any groups that are currently available for adults with disabilities but who are also parents which indicate a massive gap in services. The feedback I have received is that a support group is essential so that parents can support each other but also know what's out there as many adults who have a disability but do not need much support in the community can be forgotten about and this is something we need to address and research into further. I have included this into my recommendations outlined below.

### **How other centres have responded and how we can respond in our centres.**

I have not come across any support groups for parents with disabilities run by children's centre's in Essex. Further research has shown that actually not many children's centres do support this group of people, but a successful one I found in is Lambeth. They offer the following;

#### **Advice sessions at Children's centre's in Lambeth**

- **Rosendale Children Centre**  
Tuesdays, 10am to 12pm on 12 January, 9 February and 9 March
- **The Mary Sheridan Centre**  
Wednesdays, 10am to 12pm, 27 January, 24 February and 31 March
- **Kingswood Children Centre**  
Mondays, 1 to 3pm, 18 January, 22 February and 22nd March.

In the advice session they offer:

- high quality information and advice for parents who have a child with a disability or additional need
- up to date fact sheets and leaflets on a variety of issues such as benefits, tax credits and other financial help, holidays and play and leisure
- information on your local children's centre and what they can offer you and your family
- Information on the range of services offered by Contact a Family.

They also run workshops and pamper sessions for parents, have a newsletter and support parents to set up and run parents groups.

### **Recommendations**

- 1** Set up a support group for parents with disabilities as there are parents who have disabilities in the Castle Point area but no current support groups exist specifically for parents of young children. Home-Start have families with children aged 0-5 who would like a support group already who would like to attend.
- 2** Information, advice, leaflets and guidance available to all users of the centres. Having a wealth of information available to the centre users and co-ordinators

to refer to. Also to have emergency counsellor numbers and a counselling service that have little or no cost.

- 3 Parenting programs and self esteem building with CAVS Family Support Team. Setting up a parenting workshop that can run in each centre, based around practical tips around parenting and self esteem building. Parents find it hard to juggle their lives and so it would be an idea to help parents overcome some boundaries that they sometimes face by setting out a useful guide of how to promote positive behaviour with children and how to praise. How to meet children's basic needs and promote their learning (particularly workshops on personal, social and emotional development)
- 4 To have somebody from adult social care to be a representative on the Children's Centre Advisory board so that their parents with a disability are having their needs and views expressed taken into consideration.
- 5 For this project to carry on finding out more information and researching the needs of the local communities in respect to adults/parents with disabilities.

#### **Useful websites, links and support materials**

- Mental health foundation [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- Family action [www.family-action.org.uk](http://www.family-action.org.uk)
- Essex and southend LINK [www.essexandsouthendlink.org.uk](http://www.essexandsouthendlink.org.uk)
  - MIND [www.mind.org.uk](http://www.mind.org.uk)
- NAMI (national alliance on mental illness) [www.nami.org](http://www.nami.org)
- Parent line plus
- NHS, South East Essex [www.see-pct.nhs.uk](http://www.see-pct.nhs.uk)
- Essex website (access to GPS advice) [www.essex.gov.uk](http://www.essex.gov.uk)
- Directgov website [www.direct.gov.uk](http://www.direct.gov.uk)
- Disabled Parents Network [www.disabledparentsnetwork.org.uk](http://www.disabledparentsnetwork.org.uk)

#### **Support we can download and give out or keep at the centres;**

- Understanding the Family Court System is 23 page booklets written by parents with learning disabilities to help parents with learning disabilities understand what happens at the Family Court where decisions are made about their children.  
<http://www.dorsetadvocacy.co.uk/span/ufcs.htm>
- The court and your child: when social workers get involved - a booklet with easy words and pictures written by lawyers. Available from CHANGE (see above) and downloadable from <http://www.bristol.ac.uk/norahfry/right-support/download/socialworkers.pdf>
- Relationships and Sexuality: good practice guidelines. A booklet with easy words and pictures. Available from Alistair Henderson, Planning and Commissioning Manager, Bristol City Council.  
[alistair.henderson@bristol.gov.uk](mailto:alistair.henderson@bristol.gov.uk)

- I want to be a good parent Illustrated cards and illustrated booklets to help parents carry out a range of essential child care tasks. For use with support from health or child care workers. Available from:  
[www.bild.org.uk/03books.htm](http://www.bild.org.uk/03books.htm)
- Plain Facts 11 ; Being a Parent Call – 0117 923 8137
- Disabled Parents Network [www.disabledparentsnetwork.org.uk](http://www.disabledparentsnetwork.org.uk) 08702 410 450
- National Centre for Disabled Parents 0800 018 4730
- 'I know I Matter To You', issued by Essex County Council, Early Years and Childcare? You can obtain a copy by phone: 01245 438500 – by post; Essex County Council, Early Years and Childcare, PO Box CM2 6WN.

## Appendix 1.

### Support Organisations/Services

The following statutory and voluntary organisations work across Essex with some national based organisations that support Essex based families. I have highlighted the ones in bold which are actually based in Castle Point but I have contacted all the others and any support they offer even though it's not based in Castle Point is open to any parent who has a child with a disability.

<u>Organisation and contact details</u>	<u>Referral Routes</u>	<u>Service:</u>
<b>CWD</b> <b>Children with Disabilities Team 01268 361306</b>  <b>535 Thundersley Road</b> <b>Thundersley</b> <b>Essex</b> <b>SS7 1AB</b>  <b>Tel (Main): 0845 603 7627</b> <b>Tel (Alt): 0845 606 1212</b>	Referrals can only be made through health that will then refer to the team.	The teams provide a range of services including: <ul style="list-style-type: none"><li>• family support work, with assessments completed jointly by our teams and ongoing support provided to families where necessary;</li><li>• helping young people with the transition into adulthood;</li><li>• personal care and behavioral support through our Family Care Work teams for families experiencing difficulties managing their child's care and behaviour in the home;</li><li>• short breaks for parents and carers of a disabled child at home or in a different setting;</li><li>• direct payments to parents, carers or disabled young people over 16 years old to purchase short break services for themselves;</li><li>• individual budgets for children and young people, as part of a pilot scheme rolled out by ten local authorities;</li><li>• short break residential provision for children and young people with complex care and behavioural needs;</li></ul>

<p><b><u>SENCAN PRE-SCHOOL TEAM</u></b></p> <p><b>SENCAN PRE-SCHOOL TEAM includes specialist teachers, family support keyworkers and area special educational needs co-ordinators. The team works with and supports parents and pre-school staff.</b></p> <p><b>Jane Holford</b></p> <p><b>Pre-school Team Leader</b></p> <p><b>SENCAN Pre-school Specialist Teacher Team</b></p> <p><b>Essex County Council   telephone: 01268 632360   mobile: 07786125576   email: <a href="mailto:Jane.holford@essex.gov.uk">Jane.holford@essex.gov.uk</a></b></p>	<p>Referrals can only be made through health will then refer to the team.</p>	<p>SENCAN PRE-SCHOOL TEAM includes specialist teachers, family support keyworkers and area special educational needs co-ordinators. The team works with and supports parents and pre-school staff.</p> <p>The team offers:</p> <ul style="list-style-type: none"> <li>• Training and advice/support to settings – Area SENCos</li> <li>• Advice and support to parents in the home – Pre-school Specialist Teachers and Family Support Keyworkers</li> <li>• Child specific advice to settings - - Pre-school Specialist Teachers and Family Support Keyworkers</li> <li>• Transition support to schools - - Pre-school Specialist Teachers and Family Support Keyworkers</li> <li>• Training for parents – Good Beginnings, a 10 session course for the parents of children with autism or social communication difficulties</li> <li>• Training for parents – Early Support Parent Workshops</li> <li>• Training for practitioners and multi-agency - Early Support Training</li> <li>• Training for practitioners – 10 session Autism course</li> </ul>
<p><b><u>The Children’s Sensory Team</u></b></p> <p><b>It is a social work and support service which offers a county-wide service to children who have a sensory impairment, i.e. those with a permanent and substantial visual or/and hearing loss. The team works under the CWD team but specialise in the above area. The team is made up of is made up of a Team Manager, Social Workers for children, Support Workers, a Rehabilitation Worker for visually impaired children and Administrative Assistants.</b></p> <p><b><u>Contact:</u></b></p> <p><b>Children's Sensory Team</b></p>	<p>Either a professional or a parent can refer a child to the children’s sensory team to. The team will then offer to visit and carry out an assessment which will identify the child’s need and a care plan will be put into place.</p>	<p><b><u>Service:</u></b></p> <p>Carry out comprehensive statutory assessments, in liaison with the statutory and voluntary sectors, to identify the needs of children with a sensory impairment. .</p> <p>Provide general assistance, guidance and offer support to children with a sensory impairment and their families/carers. They can put you in contact with support groups and provide information about childminders, nurseries, pre-schools etc.</p> <p>Provide advice on specialist equipment and seek funding from the voluntary sector. Some items of special environment</p>

<p><b>Essex Social Care</b>  <b>P. O. Box 297</b>  <b>County Hall</b>  <b>Chelmsford</b>  <b>Essex</b>  <b>CM1 1YS</b>  <b>Tel: 01245 436869</b>  <b>Textphone: 01245 435604</b>  <b>Fax: 01245 437580</b>  <b>E-mail: <a href="mailto:cst@essex.gov.uk">cst@essex.gov.uk</a></b></p>	<p>For Referrals;  Felicity Steane  Senior Support Worker  Children's Sensory Team</p>	<p>equipment may be supplied free on loan.</p> <p>Give advice about benefits, education, respite care, counselling services, Aiming High for Children with Disabilities, direct payments, equipment, youth groups, leisure and recreational activities, support groups, and a range of other voluntary services.</p> <p>Encourage more confident use of the remaining senses, giving children who are visually and multi-impaired opportunities to explore and be familiar with their surrounding environments in safe ways, promoting independence</p> <p>Please see the link below for more information on the team's services</p>
<p><u>The Lighthouse Centre</u></p> <p>The life of a family with a child with disabilities is difficult: accessing health, education and social services was often extremely onerous for parents. The logical answer was to bring services together in one building away from an acute hospital setting. This is what has been achieved at the Lighthouse Centre. Essex and Southend Social Services, Education Services, Voluntary Sector in the form of the Toy Library, as well as local NHS Hospitals, all have an input.</p>	<p>Referrals can only be made through health will then refer to the team.</p>	<p>They offer under one roof the following;</p> <ul style="list-style-type: none"> <li>Physiotherapy</li> <li>Occupational therapy</li> <li>Speech and language therapy</li> <li>Audiology services</li> <li>Sensory stimulation</li> <li>Hydrotherapy</li> <li>Medical assessment and follow up</li> <li>Mobility through play</li> <li>Various developmental groups</li> <li>An "under fives" one step two step group</li> <li>Music therapy</li> <li>Soft play</li> <li>Counselling for parents and children.</li> </ul>

<p><b><u>The Jigsaw Centre;</u></b></p> <p><b>Specialist Health Visitors and Jigsaws service. This is a specialised service working within the home to provide those children who need extra help to work towards their developmental milestones.</b></p>	<p>Referrals are accepted from the family health visitor, others professionals or parents/carers/</p>	<p>They promote parental awareness in managing everyday situations calmly and without stress.          Improve self esteem of both parent and child.          Use problem solving skills          Provide appropriate play for both parent and child.          They also can act as an advisor to the family health visitors and parents by providing up to date information from a range of local and national networks They provide advice and support regarding parenting and behaviour management and act as a key worker for the family.</p>
<p><b><u>Aiming High</u></b></p> <p><b>Aiming High for Disabled Children (AHDC) is a central government programme to help disabled children, young people and their families get the support and chances they need to live ordinary lives.</b></p> <p><b>Essex County Council          SENCAN          E2 County Hall          Chelmsford          Essex          CM1 1LD</b></p> <p><b><a href="mailto:linda.fisher@essex.gov.uk">linda.fisher@essex.gov.uk</a></b></p> <p><b>01245 436128 extension: 30128</b></p>	<p>Referrals are accepted from the family health visitor, other professionals or parents/carers/</p>	<p>Essex County Council, Primary Care Trusts, parents and the voluntary sector are working in partnership to develop short break opportunities.</p> <p>Our vision for children and young people with disabilities in Essex is that they will enjoy, achieve and participate in a wide range of short break activities. These opportunities support 'Me Time'. This is what Essex is calling its short breaks. 'Me Time' is for both children and young people with disabilities and their families.</p>
<p><b><u>Essex Parent Partnership service</u></b></p> <p><b>Schools, Children and Families          SEN and Children with Additional Needs          2nd Floor E Block          County Hall</b></p>	<p>Referrals are accepted from the family health visitor, others professionals or parents/carers.</p>	<p>Essex Parent Partnership Service (EPPS) has a helpline for parents of children who have special educational needs: 01245 436236. It provides details of voluntary organisations and parent support groups. It can also put parents in touch with an independent mediation service to help resolve disagreements between parents and schools about special educational needs.</p> <p>Parent Partnership officers can provide help during and after</p>

<p><b>Chelmsford</b>  <b>Essex</b>  <b>CM1 1LD</b>  <b>01245 436 036</b>  <b>01245 436 588</b>  <b>parentpartnership@essexcc.gov.uk</b>  <b><a href="http://www.essexcc.gov.uk/">http://www.essexcc.gov.uk/</a></b></p>		<p>statutory assessment, by:</p> <p>Understanding the assessment process</p> <ul style="list-style-type: none"> <li>• Filling in forms</li> <li>• Preparing for meetings</li> <li>• Visiting schools</li> </ul> <p>The service produces a termly newsletter and range of leaflets designed to provide additional information and updates on the service for parents. It also organises a range of conferences and training sessions for parents, school staff and voluntary groups which can be found in the latest EPPS newsletters.</p>
<p><u>Contact a Family</u></p> <p>Aims : To provide local sources of help and advice for parents/carers of children with a disability</p>	<p>Adele Meader - Local Groups Officer  <a href="mailto:adele.meader@cafamilily.org.uk">adele.meader@cafamilily.org.uk</a>  Direct Line: 01799 543043</p>	<p>Aims: To provide local sources of help and advice for parents/carers of children with a disability to collate information of all services relevant to special needs within the local vicinity to signpost for local support groups and listening ear to work closely with professionals and sit on various boards to affiliate to local events run by other charities, eg Scope, respite providers, social services. As a parent of a disabled child, as are all CAF representatives, to empower our knowledge to help other parents/carers. Details: We hold a national directory of specific conditions/rare disorders and their support groups. We offer many fact sheets, eg special needs and siblings, benefits.</p>

<p><u>Families In Focus:</u></p> <p>FAMILIES INFOCUS (ESSEX) is a parent-led independent charity based in Chelmsford, covering the whole of Essex. It complements existing facilities by giving emotional and practical support to families and carers of children with disabilities and special needs aged 0-19.</p>	<p>A leaflet can be given to parents from our centres about the service they offer and they can contact the charity for services which are free of charge.</p> <p>Amanda</p> <p>01245 353575</p> <p><a href="mailto:familiesinfocus@btconnect.com">familiesinfocus@btconnect.com</a></p>	<p>Services include: a one-stop information helpline; parent to parent befriending; family support including home visits and benefit advice; drop-in centres (Chelmsford, Braintree &amp; Witham); sibling, family and group activities; workshops for parents; counselling; Independent Parental Support for special educational issues and participation in planning and consultation with statutory bodies.</p> <p>At the moment they have 4 regular drop ins; you can have a coffee, a pamper and a chat. Pre-school children welcome too.</p> <p>Chelmsford – Every Wednesday 10-12, therapist available 1<sup>st</sup> Wednesday of every month, therapist available offering reflexology and massage.</p> <p>Braintree – Every Thursday of the month 10-12, therapist available offering reflexology and massage.</p> <p>Witham – Every second Thursday of the month from 10-12. Therapist available offering reflexology and massage.</p> <p>Laindon – Every first Thursday of the month 10-12, pre-school crèche and refreshments available, therapist available offering reflexology and massage.</p>
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<p><u>B.I.G. (Basildon Inspiration group)</u></p> <p>Support group for families who have children with additional needs</p> <p>All About Children's Centre Leinster Road Laindon SS15 5NX</p>	<p>Families InFocus Essex 01245 353575</p> <p>Or</p> <p>Tia at All About Children's Centre 01268 418523</p>	<p>Meet once a month and offer support, friendship, information and a place to share views.</p> <p>The group is supported by families InFocus, NHS SW Essex Community Services and West Basildon Children's centre.</p> <p>Parents who have children with additional needs are welcome to join the group</p>
<p><u>AUTISM ANGLIA (formerly The Essex Autistic Society)</u></p> <p>is a registered charity, which provides education and care for children and adults with autism and a Family Support Team who work across the region providing advice and support to families affected by autism</p> <p>Address: Autism Anglia, Century House, Riverside Office Centre, North Station Road, Colchester, Essex, CO1 1RE telephone: 01206 577678 fax: 01206 578581 website: <a href="http://www.autism-anglia.org.uk">www.autism-anglia.org.uk</a> email: <a href="mailto:info@autism-anglia.org.uk">info@autism-anglia.org.uk</a></p>	<p>Parents can contact us themselves or we can take referrals from professionals. We do not have a referral form at the present time but we are working on it, so an email or phone call if sufficient.</p>	<p>It is responsible for the running of Doucecroft School in Eight Ash Green, Colchester; Doucecroft FE Department in Kelvedon; Community Support housing; adult residential accommodation in Colchester and Dereham; and the Jigsaw Study Centre for adults in Colchester. A Clinical Psychology Team and Speech &amp; Language Therapists are also available to service users.</p> <p>They also have an alert card for people with Autism including Asperger Syndrome which is supported by Essex, Suffolk and Norfolk police; it is free of charge and has space on the back for two contact details for either parents or carers.</p>

<p><u>Dyslexia Action</u></p> <p>Christine Jones Centre Administrator</p> <p>Dyslexia Action Chelmsford 10a Duke Street, Chelmsford, CM1 1HL T 01245 259 656 F 01245 356 075 <a href="mailto:chelmsford@dyslexiaaction.org.uk">chelmsford@dyslexiaaction.org.uk</a></p>	<p>Parents can contact us themselves or we can take referrals from professionals. We do not have a referral form at the present time but we are working on it, so an email or phone call if sufficient.</p>	<p>They run course for parents such as a Parent Awareness course they are holding in March.</p> <p><u>They also offer:</u></p> <p>Free half hour consultations</p> <p>Assessments by Consulted Chartered Psychologists</p> <p>Tuition</p>
<p><u>Essex Dyspraxia Support Group</u> which is part of the Dyspraxia Foundation.</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p>They run a support group for parents/carers of children with Dyspraxia. We meet ever other month at All Saints Church, Beacon Centre, Drake Road, Chafford Hundred, Essex RM16 6RW from 7.45pm for a 8pm start.</p>
<p><u>FAMILY VOICE SOUTHEND-ON-SEA</u> is a parent led group representing parents and carers of children with a disability making sure their voice is heard in the provision of local services</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>Address:</b> Family Voice, c/o Southend Toy Library, Lighthouse CDC, Snakes Lane, Southend-on-Sea, SS2 6XT <b>Website:</b> <a href="http://www.familyvoice-southend.org.uk">www.familyvoice-southend.org.uk</a> <b>email:</b> <a href="mailto:familyvoicesouthend@btconnect.com">familyvoicesouthend@btconnect.com</a></p>
<p><u>PARENT4PARENT</u> is a parent support group for those whose children have social communication difficulties (with or without any diagnosis) who experience difficulties coping with interaction and the social world, with the aim to address the isolation those parents often feel. The group</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>contact:</b> June Fleming <b>additional contact 1:</b> Caroline Pringle - 01279 433117 - <a href="mailto:caroline@accuro.org.uk">caroline@accuro.org.uk</a> <b>address:</b> Parent4Parent, c/o Parent Partnership Officer, SENCAN, Goodman House, Station Approach, Harlow, Essex, CM20 2ET</p>

<p>meets on the first Friday of every month (phone to check for dates during school holidays) at Dunmow Youth Centre, North Street, Dunmow or at Helena Romanes School.</p>		<p><b>telephone:</b> 01279 404502  <b>website:</b> <a href="http://www.facebook.com/parent4parent">www.facebook.com/parent4parent</a>  <b>email:</b> <a href="mailto:june.fleming@essex.gov.uk">june.fleming@essex.gov.uk</a></p>
<p><u>SAFE</u> (Supporting Asperger Families in Essex) is a support group for individuals and families affected by Asperger syndrome and high functioning autism in Essex. SAFE has two groups, SAFE North based in Colchester and SAFE South based in Southend, which meet regularly and cover the whole of Essex. SAFE is for children up to age 16 and ASAP (Asperger Syndrome Adults and Parents) is for families and young people age 17 plus. SAFE Stuff offers social training using fun and friendship for children aged 6 to 12 and meets each Saturday morning during term time at different locations around the county.</p> <p><b>contact:</b> SAFE South - fernclive@pottershome.co.uk  <b>additional contact 1:</b> SAFE South Youth Group - Diane 01702 201253  <b>additional contact 2:</b> SAFE North - Nikki Kendall, kendadv@aol.com SAFE North Youth Group - Paulamcnaughtonmuir@hotmail.com  <b>additional contact 3:</b> ASAP contact - Carolann Jackson 01206 240931, carolann.jackson@talk21.com  <b>telephone:</b> 01621 842734  <b>website:</b> <a href="http://www.aspergers.org.uk">www.aspergers.org.uk</a>  <b>email:</b> <a href="mailto:safe.essex@hotmail.co.uk">safe.essex@hotmail.co.uk</a></p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p>SAFE has a branch in the Southend area where we meet on the second Monday of the month at the Southend &amp; District Reform Synagogue, 851 London Road, Chalkwell on Sea (across from Chalkwell Park). The meetings are for parents with children with Aspergers and we have a separate group of adults aged 17+ that meet in another room in the synagogue.</p>

<p><b>ESSEX DOWN'S SYNDROME SOCIAL GROUP</b> offers parents, carers and siblings of children and young adults with Down syndrome an opportunity to meet each other in a social setting for fun, entertainment and structured activities. Meetings are held on Sunday afternoons, every other month, with refreshments and a variety of activities</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>contact:</b> Nina Hicks  <b>address:</b> Meetings at New Windmill Hall, St Mary's Lane, Upminster, RM14 2QH  <b>telephone:</b> 07863 119601  <b>email:</b> <a href="mailto:edss@talktalk.net">edss@talktalk.net</a></p>
<p><b>ACCURO</b> (Uttlesford) provides short breaks and leisure activities in the Uttlesford area. Accuro also offers support, information, school holiday support, baby/child sitting, Saturday Play Club (5 to 14 years) and youth activity clubs.</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>contact:</b> Suzanne McLoughlin  <b>address:</b> ACCURO, Unit 1, Hastingwood Business Centre, Willow Place, Hastingwood, CM17 9JH, Harlow, Essex, 17 9JH  <b>telephone:</b> 01279 433667  <b>email:</b> <a href="mailto:enquiries@accuro.org.uk">enquiries@accuro.org.uk</a></p>
<p><b>DISABILITY HELPLINE - DIAL BASILDON &amp; SOUTH ESSEX</b> is an independent charity that gives a free, impartial and confidential service of information, advice and in some cases practical help. The main office is situated in The Basildon Centre and is open weekdays from 10am to 4pm. DIAL holds advice desks throughout the county, call the helpline for details. DIAL also offers home visits for anybody who is housebound or who has extreme difficulty getting out.</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>contact:</b> Jan Stevens  <b>address:</b> DIAL Basildon &amp; South Essex, The Basildon Centre, St Martin's Square, Basildon, Essex, SS14 1DL  <b>helpline:</b> 01268 294400/01  <b>fax:</b> 01268 294495  <b>website:</b> <a href="http://www.dialbasildon.co.uk">www.dialbasildon.co.uk</a>  <b>email:</b> <a href="mailto:enquiries@dialbasildon.co.uk">enquiries@dialbasildon.co.uk</a></p>
<p><b>FACE</b> (Families Acting for Change Essex) is a group run by families in Essex who have a child or young person with disabilities or additional needs aged from 0 to 19 years.</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>contact:</b> Kevin Smith-Galer  <b>mobile:</b> 07910 883337  <b>website:</b> <a href="http://www.face-essex.org">www.face-essex.org</a>  <b>email:</b> <a href="mailto:info@face-essex.org">info@face-essex.org</a></p>
<p><b>SCARF</b> (SUPPORTING CARERS AND REACHING FAMILIES) gives children with additional needs the opportunity to play in a specially equipped crèche whilst parents can talk and support each other in a safe environment and refreshments are available. The</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>additional contact 1:</b> 01255 479386  <b>address:</b> SCARF, Sydney House Children's Centre, 61a Langham Drive, Clacton-on-Sea, Essex, CO16 7AG  <b>telephone:</b> 01255 688427</p>

<p>group and crèche are free, as well as having access to a multi sensory room.</p>		
<p><u>Cystic Fibrosis Support</u> Group – Mid Essex</p> <p>Tel – 01245 264178 Tel – 01245 283459</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p>MID-ESSEX CYSTIC FIBROSIS SUPPORT GROUP provides support and information for people with cystic fibrosis, with regular group meetings</p>
<p><u>Down Syndrome Extra 21</u></p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p>Down Syndrome Extra 21 was formerly known as the North East Thames Branch of the Down Syndrome Association (DSA). Although still affiliated to the DSA, they consist of parents, carers and people with Down syndrome and are run by an elected committee of volunteers covering Essex and Greater London.</p> <p>Their main aims are: - * to promote equal opportunities for people with Down syndrome and offer support to them and their families. * To promote public awareness of Down syndrome and to encourage local support groups. * to provide information through conferences, workshops, newsletters and this website</p>
<p><u>SNAP</u> (Special Needs And Parents) is a support group for parents and carers of children and young people aged 0 to 25 years, with any special need or disability. SNAP's services include advice and information, a specialist library, specialist talks, training courses, parent &amp; pre-school children groups, activities for children and young people, multi-sensory room, specialist IT suite, SNAP+ support for young people and their parents, sibling support, music therapy, family counselling, newsletters and this directory of</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>address:</b> SNAP, The SNAP Centre, Pastoral Way, Warley, Brentwood, Essex, CM14 5WF <b>telephone:</b> 01277 211300 <b>website:</b> <a href="http://www.snapcharity.org">www.snapcharity.org</a> <b>email:</b> <a href="mailto:info@snapcharity.org">info@snapcharity.org</a></p>

information and contacts.		
<p><u>ADDing Support</u></p> <p>Great Oaks Basildon Essex SS14 1EH</p> <p>Tel (Main): 01268 548998 Tel (Alt): Fax: Minicom: Email: <a href="mailto:info@addingsupport.org">info@addingsupport.org</a> Website: <a href="http://www.addingsupport.org">www.addingsupport.org</a></p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p>Support and education for families of children living with ADHD-on going groups for support and education including group work and parenting groups. Meetings-monthly 2nd Tuesday at 7.30-9.30pm</p>
<p><u>Playplanet</u> is an adventure playground which provides a stimulating and safe environment for children with a disability. This learn through play is available to children during school holidays and after school.</p> <p>Alison – 01268 521 69 <b>Play Planet</b></p> <p><b>Location: Canvey Island</b> <b>For more information contact: Fran Shoulder / Sarah Lawrence</b> <b>Tel: 01268 690806</b> <b>Email: <a href="mailto:lawrence.sarah@btconnect.com">lawrence.sarah@btconnect.com</a> - <a href="mailto:playplanet@btconnect.com">playplanet@btconnect.com</a></b> <b>Website: <a href="http://www.canveycommunitychildrenscentre.co.uk">www.canveycommunitychildrenscentre.co.uk</a></b></p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p>Play Planet Family Project operates Holiday Play scheme sessions for Children with Additional Needs for children from the age of 4 to 16 years. The play scheme holds a variety of activities including art and crafts and physical play. Sessions run from 10am until 3pm each day.</p>

<p><b>Little Stars is a playgroup for families with children with special needs and is held in a lovely bright room at the Salvation Army, London Road, Hadleigh. They have a cupboard full of lovely bright toys and a warm welcome every Thursday afternoon between 12.30 – 2.30</b></p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>The Salvation Army</b>  <b>Jackie Camacho</b>  <a href="mailto:Jacqueline.camacho@salvationarmy.org.uk">Jacqueline.camacho@salvationarmy.org.uk</a>  <b>01702 426 260</b></p>
<p><b><u>Canvey Community Children's Centre</u></b>  <b>Address:</b> Canvey Community Children's Centre - Furtherwick Park School, Furtherwick Road, SS8 7AZ  <b>Tel:</b> 01268 690806  <b>Fax:</b> 01268 699300  <b>Email:</b> enquiries@canveyccc.co.uk</p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p><b>Sparkles</b></p> <p>Sparkles is a stay and play session that although is currently on hold due to building work will be started back up again in June/July and will provide a stay and play specifically for children with additional needs once a week.</p>
<p><b><u>Castle Point Crossroads</u></b></p> <p><b>Crossroads is an organisation supporting carers enabling them to take a break from their caring role. Crossroads offers this support to a wide range of disabilities and age groups so we do support parents with a child with disabilities</b></p> <p><b>Castle Point Crossroads Limited</b>  <b>The Warehouse, 9 - 11 Charfleets Farm Way ,</b>  <b>Canvey Island ,</b>  <b>Essex</b>  <b>SS8 0PG</b>  <b>Tel: 01268 681720   01268 511142</b>  <b>Fax: 01268 681720</b>  <b>Email: castlepoint@crossroads.org.uk</b></p>	<p>Parents can contact the organisation themselves or we can contact them directly.</p>	<p>Crossroads is an organisation supporting carers enabling them to take a break from their caring role. Crossroads offers this support to a wide range of disabilities and age groups so we do support parents with a child with disabilities.</p> <p>The branch also manages a weekly social club for adults with physical or learning disabilities. The facilities available to the club include a pool table, table tennis, and art s and crafts. They have also recently begun drama classes for adults with disabilities, as well as a young carers club.</p>
<p><b><u>Essex Deaf Children's Society</u></b></p> <p><b>1 Warren Chase</b></p>	<p>Parents can contact the organisation themselves or we</p>	<p>Provides help for families with newly diagnosed deaf children by phone or by visits. Aims to work with families to promote independence and a positive image of deaf</p>

<p><b>Benfleet Essex SS7 3DZ</b></p> <p><b>Tel (Main): 01705 558015</b>  <b>Tel (Alt):</b>  <b>Fax:</b>  <b>Minicom:</b>  <b>Email: <a href="mailto:edcs@talktalk.net">edcs@talktalk.net</a></b>  <b>Website:</b>  <a href="http://advocacy.essexcc.gov.uk/Details.asp?intID=15">http://advocacy.essexcc.gov.uk/Details.asp?intID=15</a></p>	<p>can contact them directly.</p>	<p>children and to promote deaf awareness in the family and community</p>
<p><u>PATCH</u> is a support group for parents of children with special needs.</p>	<p>Marianne Williams, ,  The Salvation Army, Brightlingsea Corps, 64-70 Tower Street,  Brightlingsea, Colchester,  Essex  CO7 0AN  <b>Tel: 01206 308364   01206 307350</b></p>	<p>They meet monthly (1st Tuesday of the month) 10am - 11.30am. Children and siblings are welcome.</p>
<p><b><u>The Art Ministry</u> provides opportunities for Children and young adults to meet socially and undertake arts and crafts lessons and sessions.</b></p>	<p><b>The Art Ministry  Reverend Angela Cotton, ,  4, Mount Zion,  Hadleigh,  Essex  SS7 2AR  Tel: 01702 559853  Email: <a href="mailto:angela@theart">angela@theart</a></b></p>	<p>Arts include painting, drama and dance. Separate clubs are held for children and adults with learning disabilities, those who are physically disabled and mental health service users. There is also a sensory garden on site.</p>

	<b>ministry.org.uk</b>	
<b>Havens Christian Hospices</b> <b>Daws Heath Road</b> <b>Thundersley</b> <b>SS7 2LH</b> <b>Deborah Webb</b> 01702 556645	Anyone can refer a child to be cared for by Little Havens Children's Hospice. Whoever refers a child must have the permission of the parent or guardian and must have enough details for us to begin the referral such as name, date of birth, address, contact details and a diagnosis. The best way to refer a child for our care is by telephone.	We are able to provide you with information and advice to help support you as much as the person you are caring for. Together with practical tips and guidance from other professional services, we offer expert one to one counselling. You will also have the opportunity to benefit from complementary therapies, such as reflexology and massage. There is no need to book Time Out, just pop in on a Thursday from 9am – 12pm.
<u>PARC</u> Location: Braintree For more information contact: Dawn Simmons Tel: 01376 528999 Email: <a href="mailto:info@parc-essex.co.uk">info@parc-essex.co.uk</a> Website: <a href="http://www.parc-essex.co.uk">www.parc-essex.co.uk</a> To see the service: <a href="#">click here</a>	Parents can contact the organisation themselves or we can contact them directly.	We are a play and resource centre for children and young people from 2 – 19 years old. We run after school clubs, holiday clubs, Saturday clubs, pre-school groups and Sunday stay and play groups. We are open every day of the week, except bank holidays and offer fun and stimulating activities in a safe environment.
<u>Lambourne End Centre for Outdoor Learning</u> Location: Ongar Essex For more information contact: Michelle Dawkins Tel: 020 8500 3047 ext. 222 Email: <a href="mailto:Michelle.dawkins@lambourne-end.org.uk">Michelle.dawkins@lambourne-end.org.uk</a> Website: <a href="http://www.lambourne-end.org.uk">www.lambourne-end.org.uk</a>	Parents can contact the organisation themselves or we can contact them directly.	Lambourne End Centre for Outdoor Learning bringing together young people with disabilities and their families to share in a social day of adventure, farm and environmental activities. The days will be organised so that up to 50 people from families of young people with disabilities can come together to join in a fun day out at our fantastic 54 acre site. To ensure the families are given a complete day out we will

		provide them with lunch in which we will use produce from the Centre's farm where possible. All ages are welcome. Dates: 7th Nov 2010, 12th December 2010, 13th February 2011, 27th March 2011.
<p><u>The Columbus Discovery Club</u> Location: Chelmsford For more information contact: Lisa Lakin Tel: 01245 258667- 07531846988 Email: <a href="mailto:lisa.lakin@columbus.essex.sch.uk">lisa.lakin@columbus.essex.sch.uk</a> Website: <a href="http://www.columbus.essex.sch.uk">www.columbus.essex.sch.uk</a></p>	Parents can contact the organisation themselves or we can contact them directly.	<p>The club for children and young people with disabilities operates from Columbus School and College in Chelmsford, during all school holidays from 9.30am to 3.30pm. The club offers a wide range of activities including swimming in our hydrotherapy pool, trampoline, arts and crafts, sensory play, reflexology and many day trips to theme parks and local attractions.</p> <p>A holiday play scheme for children aged 3 to 19 years with autism, severe, profound and multiple learning difficulties.</p> <p>All the staff at our clubs, work at Columbus School and College, all are fully trained to deal with complex medical needs and severe and challenging behaviour.</p> <p>Columbus School and College also run a Youth Club during term time and an after school club.</p>
<p><u>Stepping Stones</u> Location: Colchester For more information contact: Carol Nice Tel: 01206 860 467 Email: <a href="mailto:Carolnice@steppingstones1.co.uk">Carolnice@steppingstones1.co.uk</a> Website: <a href="http://www.steppingstones1.co.uk">www.steppingstones1.co.uk</a></p>	Parents can contact the organisation themselves or we can contact them directly.	<p><b><u>Stepping Stones</u></b> Stepping Stones works closely with parents to give a continuity of care for children age 2yrs – 16yrs who have challenging needs. The care will be given by trained experienced staff in After School Clubs 5yrs – 9yrs Mön, Wed 3.30pm – 6pm 10yrs – 16yrs Tues, Thurs 3.30pm – 6pm. In school holiday breaks 9.30am – 3.30pm. Children will have a key worker and will have the opportunity to access activities in the community, swimming, bowling etc. to learn life skills within the community, shopping, restaurants. To go on trips in group's minibus and to have access to the groups soft play and sensory room and enclosed outside area which is accessible to all children whatever their disability.</p>

## Appendix 2.

The following organisations are available locally and provide sitting services and short breaks.

<u>Organisation and contact</u>	<u>Referral</u>	<u>Service</u>
<p>Premier Children’s Services is a domiciliary care (community) based service which provides support to parents and their children in their own homes or by taking children out into the community.</p> <p><b>Natasha Schneider</b>  <b>Tel: 01702 389555</b>  <b>Email: <a href="mailto:natasha.schneider@pcyp.co.uk">natasha.schneider@pcyp.co.uk</a></b>  <b>Website: <a href="http://www.premierchildrensservices.co.uk">www.premierchildrensservices.co.uk</a></b></p>	<p>For parents requiring this help, contact can either initially be made with their Social Worker/Social Work department or by contacting Premier directly on our easy to access telephone number – 01702 389555 (24 hr service).</p> <p>We would be delighted to hear from families with particular short break needs and will undertake to respond within 48 hrs (2 working days).</p>	<p>Our ‘Sitting Service’ gives families an opportunity to have a short break from their caring role whilst highly trained carers look after the disabled child and provide a full support service.</p> <p>This can include personal care, trips out, teaching social skills, amusement in the home, and any other suitable activity which help the parent/prime carer to have a much needed break and if necessary to spend ‘quality’ time with siblings.</p>
<p>EPIC Children’s Respite Service provides home based to children/ young people and their families with palliative care needs within Essex.</p>	<p><b>address:</b> EPIC Children's Respite Service, PO Box 297, A3 County Hall, Chelmsford, Essex, CM1 1YS  <b>telephone:</b> 01245 430767  <b>fax:</b> 01245 430772</p>	<p>The AHDC funding will enable EPIC to procure nurses/ carers to provide more respite care to the families currently on its caseload who meet the AHDC criteria. As with all EPIC respite care the timings of these short breaks will be planned with the EPIC families and be responsive to best meet their needs.</p>
<p>Buddies is an innovative scheme that ensures the children are out in the community and taking part in new exciting activities this in turn gives parents a real short break from parental responsibility and give the children some ‘me time’</p>		<p>Buddies Home Sitting Buddies@home provides up to 30 hours a week support, for 8 weeks, to each family. This support is real outcomes focused designed to support the child and their family to work and live better together. This may be supporting the family to establish boundaries, bedtime routines, etc, promoting the child’s independence or behaviours issues in and out of the home.</p>

<p>Cool2Care is an introductory service, placing care-workers with families with disabled children and young adults. We recruit, train, screen and match care-workers/personal assistants to support families both in their homes and out and about in the community.</p>	<p><b>contact:</b> Anita McInally  <b>telephone:</b> 07545 644980  <b>website:</b> <a href="http://www.cool2care.co.uk">www.cool2care.co.uk</a>  <b>email:</b> <a href="mailto:anita.mcinally@cool2care.co.uk">anita.mcinally@cool2care.co.uk</a></p>	<p>We recruit, train, screen and match care-workers/personal assistants to support families both in their homes and out and about in the community. We offer totally flexible childcare, matched to the families needs, so whether they are looking for a few hours a week or full time care, we are able to help. All our care-workers are recruited face-to-face, are CRB checked and undergo our comprehensive training course, to ensure that they offer the best care and support to the child and family.</p>
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## **Appendix 3**

One centre in Surrey plays host to a main room for groups, a clinic room and as a special treat the Snoezelen room. This room has been designed with 0-5 year olds with additional needs in mind, but we welcome all parents and carers to ring up and book a slot to experience the instant relaxation and sense of calm from this room. All little ones love it!

### **Snoezelen® Room**

The Snoezelen® Room is a magical place filled with special lights, soft soothing music, and a variety of textures, mirrors and sounds. The floors and walls are cushioned and there are special chairs that you can sink into while the lights and sounds surround you.

A Snoezelen® Room is a place of relaxation, pleasure and pure enjoyment. Anyone who enters can decide to explore and enjoy the different sensory experiences in their own way and in their own time.

Some of the items you will find in the room include:

Bubble tubes, a soft slide and steps, a ball pool, fibre optics, a visual projector, soft play equipment, a musical vibration chair and lots more to stimulate a person's senses.

### **Family room/play room:**

Families can use this room to meet other families and children with disabilities enabling the WHOLE family to relax and enjoy the facilities. There is easy access to toys, books, tv/video, pc/games consoles and the Snoezelen® room as well as outdoor play areas. There are also kitchen facilities, disabled toilets and shower room/changing facilities.

The toy selection enhances motor, social, sensory, cognitive and imaginative skills as well as language skills. To achieve this our collection includes: role playing games, building blocks, musical instruments, puzzles, puppets, arts and crafts, rattles, children's books and much more

### **Sparkles.**

The children's centre at Furtherwick Park School called Canvey Community Centre run a group called "sparkles" which is a stay and play session which was initially set up for parents and children who attended their nursery who have special needs. This was then re-opened up to all parents with children a disability; however they were had to stop the session as the school was being rebuilt. They had families in focus attend their sessions once a month but they stopped going as it very poorly attended. They are due to reopen and set up the session from April.

### **Play and Special Support (PASS)**

Pass is a free group for parents and carers who are or whose children (0-19) are affected by a diagnosed or undiagnosed medical condition, disability or additional need. It is run by the sure start children's centre in Tendring and families in focus. They have sensory equipment, support organisation, a free crèche and a toy library sensory loan scheme. They run two sessions, one on a Friday once a month at Brightlingsea and another one on the 3<sup>rd</sup> Friday of the month in Walton on the Naze.

### **Maldon Support group**

Families in Focus in partnership with Maldon Children's Centre run a Maldon support group offering support and information for parents and carers of children with a disability, special or additional needs. Have time to socialise, share ideas and experiences while the children explore the toys and activities provided.

## Windmill SAIL Family Group

The Windmill Children's Centre in Ramsey offer a play and support group for parents/carers of children (0-19) affected by a disability, special educational/additional need or diagnosed/undiagnosed medical centre. (Must have a pre-school child in family home). They hold this the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month and they have a free brand new fully equipped sensory room.

## Appendix 4

The following organisations and groups help to support adults with disabilities,

Organisation and Contact details	Referral process	Services;
<p>Adult social care provides advice and services to people over the age of 18 who may need help because of their age, a disability or learning difficulty.</p>	<p>Referrals need to be made through health.</p>	<p>Some of the services available to Essex residents include telecare, community wellbeing projects and community safety, occupational therapy, care in the home, and information and on relevant benefits. Help and advice on Blue Badges and Essex Guardians who provide financial, property and mobility services</p>
<p><b>Family Mosaic</b></p> <p><b>Funded by Essex Supporting People, Floating Support is a -short-term service that provides support to vulnerable people, regardless of their tenure, who may be experiencing problems with maintaining their accommodation or have health or other issues which affect their ability to cope with day-to-day living. Our aim is to enable people to live independently in the community and assist with looking at housing options for those in need of</b></p>	<p>Professionals can refer to the team on their referral forms.</p> <p>Tel 01268 498500</p>	<p><b>The team in addition to helping vulnerable people with their accommodation also help with benefits, debts; help with finding work writing cv's, training and advocacy, education and health.</b></p> <p><b>They currently have a Family Intervention service which will hopefully be extended to Canvey in the near future.</b></p>

<b>a home.</b>		
<b>Mental Health Clinic</b> <b>Knightswick Clinic, Folksville Rd,</b> <b>Canvey Island, Essex SS8 7AD</b> <b>Tel: 01268 366420</b>	The Community Mental Health Teams (CMHT) have an open referral system, so referrals can also be made by clients themselves, carers, family members, GPs, psychiatrists and other health care professionals by letter, telephone, in person, by fax or email.	Community Mental Health Teams (CMHT) support people of working age who require specialist mental health services.  Community Mental Health Teams include community psychiatric nurses (CPN), occupational therapists and assistants, psychologists, approved social workers, support workers, psychiatrists and staff grade doctors
ECO WINGS provides care and life skills for young adults with learning disabilities aged 19 to 30, enabling them to gain valuable life skills and participate in work based training. Eco Wings also offers after school activities and weekend and holiday clubs for children aged 8 to 14 and 14+. They can also hold birthday parties.	Anybody can make a referral to the contact details provided.	address: EcoWings, Rocheway, Rochford, Essex telephone: 01702 306708 email: <a href="mailto:ecowings@rocketmail.com">ecowings@rocketmail.com</a>
ASAP (Asperger Syndrome Adults & Parents) is a support group for people with Asperger syndrome aged 17 plus and their families, with or without a diagnosis. The group meets on the third Wednesday evening of each month in Chelmsford to discuss issues of concern to the adult Asperger community.	Anybody can make a referral to the contact details provided.  contact: Carolann Jackson telephone: 01206 240931 email: <a href="mailto:carolann.jackson@talk21.com">carolann.jackson@talk21.com</a>	SAFE has a branch in the Southend area where we meet on the second Monday of the month at the Southend & District Reform Synagogue, 851 London Road, Chalkwell on Sea (across from Chalkwell Park). The meetings are for parents with children with Aspergers and we have a separate group of adults aged 17+ that meet in another room in the synagogue.
JIGSAW STUDY CENTRE is a specialist adult day service for people who have autistic spectrum disorders. Jigsaw is part of Autism Anglia and offers life skills, woodwork, woodcraft, art, textiles, PE, sensory room and an IT suite.	Anybody can make a referral to the contact details provided.	
Mencap is the voice of learning disability. We work with people with a learning	Anybody can make a referral to the contact details provided.	We support people with a learning disability to get a job or take a college course, or we can help them find a place of

<p>disability to change laws and services, challenge prejudice and directly support thousands of people to live their lives as they choose.</p>		<p>their own to live in.  We offer advice about things like respite care, individual budgets or transport services.  We run residential/day care services and leisure groups that are so important to so many people with a learning disability, and their families and supporters.  We support people with a learning disability to be part of their local communities.  We lobby the government to change laws so that more and more people with a learning disability can have control over their own lives.</p>
<p>The Parents Network, in England, is run by <u>CHANGE</u>. It aims to support parents with learning difficulties.</p> <p><u>CHANGE</u> Part of the Working Together Network and runs a Network for Parents, the aim of which is to link together parents with learning disabilities and professionals so that everybody can work better together. CHANGE makes easy information for parents about things they might need to know (see below for details).</p>	<p>Anybody can make a referral to the contact details provided.</p>	<ul style="list-style-type: none"> <li>• Join the Parents Network</li> <li>• find out what support parents should expect</li> <li>• find out what goes on in family courts</li> <li>• find out about the latest news from the Network</li> </ul>
<p>PAVIS Foundation for the Visually Impaired.</p> <p>Jane Lutton, ,  PAVIS Centre, Bradbury House,  Witchards, Basildon, Essex SS16 5BP  <b>Tel:</b> 01268 522817  <b>Email:</b> <a href="mailto:pavisfoundation@hotmail.com">pavisfoundation@hotmail.com</a></p>	<p>Anybody can make a referral to the contact details provided.</p>	<p><b>Summary:</b>  Provides support for people with visual impairments, their families and carers. Training is available in Braille and using computer speech software. Activity sessions include crafts, gardening and exercises, and there is a weekly support group.</p>

<p><b>ecdp is an organisation run by and for disabled people in Essex.</b></p> <p>“We are an organisation run by and for disabled people. Established in 1995 our origins are firmly rooted in the belief that the voice of disabled people, both as individuals and collectively, is vital if the lives of disabled people are to be enhanced.</p>		<p>We currently provide a wide range of support, information, advice and guidance services. We also play a key role in influencing the agenda of tomorrow to effect real social change to enhance the everyday lives of disabled people”.</p> <p><b>Our vision</b></p> <p>Enhance the everyday lives of disabled people in Essex and beyond</p>
<p>The Stroke Club is a self-help social club available to stroke survivors and their family, friends and carers. Refreshments, advice and rehabilitation tuition are available to help you make new friends and gain new skills.</p>	<p>Polly Laidler, Club Secretary, Essex <b>Tel:</b> 01621 891007 <b>Email:</b> <a href="mailto:pollylaidler@hotmail.com">pollylaidler@hotmail.com</a></p>	<p>Membership is free to anyone who has had a stroke, whether slight or severe, and their partners, family, carers or friends.</p> <p>The club aims to provide facilities and social opportunities for people who have had a stroke and to assist them and their families to re-adjust and re-integrate into society.</p> <p>Drop in for</p> <ul style="list-style-type: none"> <li>• advice, refreshments, rehabilitation tuition</li> <li>• to re-discover old skills</li> <li>• or to learn new and to meet new friends.</li> </ul>
<p><b>The Salvation Army Training Centre offers a range of educational activities and training for people with special needs to learn new skills and further their</b></p>	<p>Salvation Army - Hadleigh Training Centre Shelley Carter, , Hadleigh Training Centre, Castle Lane, Hadleigh, Benfleet, Essex SS7 2AS <b>Tel:</b> 01702 552963</p>	<p>The activities include employment support, horticulture, catering, carpentry, estates management, computing and graphics, office skills, retail and customer care, and a partnership with a rare breeds centre.</p> <p>The training centre also offers chaplaincy, and carers support and development, which offers advice and social activities for carers such as lunch clubs and swimming</p>

<b>personal development.</b>	<b>Email:</b> Shelley.carter@salvationarmy.org.uk	
<b>Castle Sports Club for the Disabled</b> <b>Albert Palmer</b> 07900272531 Albert.palmer@hotmail.co.uk		To provide sports/swimming and social activities for the disabled.
<b>Epilepsy Action</b> <b>Mrs Beverley Williams</b> 08088005050 01702 665112 29 Protea Way Canvey Island SS8 9UT	Anybody can make a referral to the contact details provided.	To support people with epilepsy and to make the public more aware of the condition.
<b>Independent Visitors Scheme</b> <b>Inez Davies</b> 01245 392310 <b><u>www.ecdp.org.uk</u></b>	Anybody can make a referral to the contact details provided.	To support disabled people to develop their own friendships, increase their confidence and self esteem and participate more fully within the community.
<b>Look Essex</b> <b>Hazel Mason</b> 01277 203 711 <b><u>admin@lookessex.com</u></b> www.lookessex.com	Anybody can make a referral to the contact details provided.	Look Essex is a volunteer organisation, which provides support to visually impaired children, their families and carers offering information and advice. The Future Sight project offers young visually impaired adults support to enable independence, self development and freedom of choice through life's transitions.
<b>Phoenix Club</b> <b>Mrs P Smith</b> 01268 755944 12 Boyce View Drive	Anybody can make a referral to the contact details provided.	Promotes the care, welfare, and rehabilitation of persons who are handicapped permanently or temporarily by reason of physical, mental or nervous illness.

<p>Benfleet Essex SS7 5EB</p>		
<p>Rethink Good Companions Suite 10, Block A Weston Chambers Weston Road Southend on Sea SS1 1AU</p>	<p>Anybody can make a referral to the contact details provided. Alison Williams 01702 343222  01702 352544  <a href="mailto:Goodcompanions1@rethink.org">Goodcompanions1@rethink.org</a>  <a href="http://www.goodcompanions.org.uk">www.goodcompanions.org.uk</a></p>	<p>To provide social and befriending opportunities to people with mental illness who may be isolated.</p>
<p><b>Rethink Canvey Island Resource Centre Little Gypps Road Canvey Island SS8 9HG</b></p>	<p>Anybody can make a referral to the contact details provided. Belinda Nelson 01702 330267  01702 352447</p>	<p>To provide recreational and social activities for people with mental illness who have been referred to the service by local mental health teams.</p>
<p><b>Triangle Club 21 Stevens Close Canvey Island SS8 8JP 01268 692 055 Lionkenm@yahoo.co.uk</b></p>	<p>Anybody can make a referral to the contact details provided. <b>01268 692 055</b> Lionkenm@yahoo.co.uk</p>	<p>The club is for the blind and partially sighted members of Castle Point. We meet every two weeks on a Monday afternoon at Swans Green Hall, Thundersley. Transport can be provided.</p>

## Appendix 5

Who is Early Support for?	<p>Early Support is for families with disabled children under five and anyone who regularly works with them. There is a wide range of people using Early Support, including:</p> <ul style="list-style-type: none"> <li>• Families with young babies leaving hospital with medical and support needs.</li> <li>• Older children where the need for extra help becomes clear only in the second or third year of life.</li> <li>• Children who have obvious and multi significant factors affecting development and learning.</li> <li>• Children with less obvious difficulties.</li> </ul>
What does Early Support offer?	<p>Children with disabilities are a diverse group with changing needs. It is essential that these children have the same opportunities as other children – to have the choices and opportunities that we aspire to for all our young people. And it's vital that they get that support as early as possible – early intervention not only impacts positively in terms of promoting development, it also challenges any possibility of early decline or regression among children with disabilities. Parents have consistently reported a lack of co-ordination in services, where separate systems operating in the statutory agencies positively stand in the way of parents receiving a joined up service. <b>Early Support</b> aims to ensure that services are better coordinated, with a single point of contact, working in a family and child focused way, in partnership with parents and carers. Early Support is about getting everyone, families and professionals', working effectively together at the earliest opportunity. Early Support provides families, practitioners and key workers with information, guidance and resources to ensure the best support for disabled children.</p>
What are the Early Support materials and resources?	<p>The Early Support materials and resources are intended for anyone who works with families as well as for parents and carers of young children with disabilities. They are designed to keep families at the centre of discussions and decision making about their child. They have been developed to be used flexibly; helping both the practitioners and families to co-ordinate service provision and navigate the system in a way that suits them. The materials and resources include:</p> <ul style="list-style-type: none"> <li>• Family Pack (including the family file and range of background information booklets).</li> <li>• Range of information for parents booklets.</li> <li>• Multiagency planning tool.</li> <li>• Developmental journals.</li> </ul>

	<ul style="list-style-type: none"> <li>• Training courses.</li> </ul>
Developmental Journals	<p>This set of four journals helps families track record and celebrate their child's progress through the early years. They support early intervention by improving everyone understands of the developmental processes involved and provide a shared basis for discussion as a child grows and changes. There is a generic journal for children who have additional needs or undiagnosed conditions; one for babies and children with visual impairments: one for children with Down Syndrome and a Monitoring protocol for deaf babies and children.</p>
Early Support Training courses	<ul style="list-style-type: none"> <li>• Parents' workshops.</li> <li>• Working in Partnership through Early Support (accredited).</li> <li>• Working in Partnership through Early Support.</li> <li>• Using the Early Support multiagency planning tool - This one-day course aims to ensure that practitioners, managers and parents/carers understand the purpose of the Early Support multiagency improvement tool – so they can see how useful it can be when planning for and evaluating improvement in outcomes for families.</li> <li>• Using the Early Support monitoring protocol/ developmental journals</li> <li>• Support children with additional needs and with disabilities.</li> </ul>
Information for parents booklets	<p>This set of booklets, each describing either a particular condition or a range of factors affecting young children's development. These are:</p> <ul style="list-style-type: none"> <li>_ Autism</li> <li>_ Downs Syndrome</li> <li>_ Hearing Impairment</li> <li>_ Visual Impairment</li> <li>_ Learning Disabilities</li> <li>_ Rare Conditions</li> <li>_ Speech &amp; Language difficulties</li> <li>_ Cerebral Palsy</li> <li>_ When your child has no diagnosis</li> </ul>

**A big thank you to the following organisations that have provided a wealth of information to inform this document;**

Essex County Council and in particular;  
*Adult Social Care, SENCAN (Special Educational Needs and Children with Additional Needs) and the CWD team*

Jigsaw Centre

PANSI

Special Needs and Parents (SNAP)

Families in Focus

Crossroads Essex

Contact a Family

Autism Anglia

Family Mosaic

Disability Essex

Home-Start

4Children

PACT

Essex Mencap

Family Voice

If you feel we have not included your organisations information and you are able to offer support to parents or children with a disability, or if you have any feedback please contact us at the following address;

CAVS Childrens Centres

The Tyrells Centre, 39, Seamore Avenue

Thundersley, Essex SS7 EX

01268 638412

[sue.coyston@castlepointavs.org.uk](mailto:sue.coyston@castlepointavs.org.uk)