

BOWER GROVE PARENT SUPPORT



USEFUL WEBSITES

This information was correct at time of typing but may be subject to change

Able (formerly Disability View)

<http://www.ablemagazine.co.uk>

Information on issues such as disability, holidays, sports and benefits. Produce regular magazine.

After 16

<http://www.after16.org.uk/>

Provides information for people with a wide range of abilities and disabilities including; details of where to live, further learning, finance and advocacy.

Asthma UK

<http://www.asthma.org.uk/>

Provides information and advice on all aspects of asthma.

AuKids

<http://www.aukids.co.uk/>

A quarterly magazine produced by a parent and a speech therapist. Contains ideas and inspiration for parents of children under 10 with an autism spectrum disorder.

Autism-Aspergers

<http://www.groups.yahoo.com/group/autism-aspergers>

Support groups for parents of kids with Autism and Aspergers

Autism Independent UK

<http://www.autismuk.com/>

A wide range of information and links.

Autism Information Sheets

<http://www.autism.org.uk/infosheets>

Information sheets on a wide selection of topics available from the National Autistic helpline

Autism Resources

<http://www.autism-resources.com/>

Information and links regarding Developmental Disabilities, Autism and Asperger Syndrome

Autism: Treating Autism

<http://www.treatingautism.co.uk/>

Being a Stepparent

<http://www.beingastepparent.co.uk/>

Website that focuses on extensive advice for step parents and their families, includes section on being a step parent of a child with special needs

Benefits and Work

<http://www.benefitsandwork.co.uk/>

Downloadable step-by-step guide that can help with completing DLA forms.

British Allergy Foundation

<http://www.allergyuk.org/>

Provides up to date information, advice and support to help people with allergies

Carers Trust

<http://www.carers.org/>

Provides information, support and practical help to carers

Changing Places

<http://www.changing-places.org/Default.aspx>

Provides information for those who cannot use accessible toilets and need changing facilities. Lists all current facilities in the UK and also those planned

Charity Commission

<http://www.charity-commission.gov.uk/>

Searches for all charities, ideal for fundraising searches.

Children's Disabilities Information

<http://www.childrensdisabilities.info/>

Information for children's disabilities and special needs.

Coping with Stress

Coping with the stress of having a child with a disability can be tough at times and you or your child may suffer from anxieties, phobias or depression. The following websites can offer specific advice on these subjects:

No Panic

No more panic

<http://www.nopanic.org.uk/>

Anxiety Care

<http://www.nomorepanic.co.uk/>

Anxiety Alliance

<http://www.anxietycare.org.uk/docs/home.asp>

<http://adrenalfatiguesolution.com/children-with-chronic-illness-or-disability/>

The Couple Connection

<http://thecoupleconnection.net/>

Relationship strengthening tool for couples includes a section on issues that can crop up when there is a child with additional needs.

Direct Enquiries:

(The Nationwide Access Register)

<http://www.directenquiries.com/>

Search for accessible facilities and venues anywhere in the UK.

Disability Now

<http://www.disabilitynow.org.uk/>

Has a large database of information about disability issues and campaigns. Also produce national disability newspaper.

The Downs Syndrome Educational Trust

<http://www.dseinternational.org/en/gb/>

UK based charity that works to advance the development and education of individuals with Downs Syndrome.

Dyspraxia Foundation

<http://www.dyspraxiafoundation.org.uk/>

Helps people understand and cope with Dyspraxia

The Dystonia Society

<http://www.dystonia.org.uk/>

Provide support for people with Dystonia.

Easyhealth

<http://www.easyhealth.org.uk/>

A website aimed at people with learning difficulties that pulls together accessible health information and makes it easier for people to use with clear & simple language and illustrations.

Ehlers Danlos Syndrome

<http://www.ehlers-danlos.org/>

Ehlers Danlos Support Group

Food Matters

<http://www.foodmatters.com/>

A useful website for anyone with a food allergy, food intolerance, food sensitivity or on a restricted diet.

Formative Fun

<http://www.wiseowltoys.co.uk/>

Products are appealing to all children but are particularly useful where a child has a specific learning difficulty.

Gov UK

<https://www.gov.uk/>

The latest and widest range of public service information.

HE Special

<http://www.he-special.org.uk/>

Group of families who home educate children with SEN. Website provides information and discussion mailing list.

Home Education Advisory Services

<http://www.heas.org.uk/>

Provide telephone advice line and other resources for parents who choose to teach their children at home.

IPSEA - Special Educational Needs charity

<http://www.ipsea.org.uk/>

IPSEA has produced 40 new on-line resources to help parents take action with common SEN issues. These are available to download on their website. (See SEN section)

Kent County Council

<https://www.kent.gov.uk/>

INFORMATION, ADVICE AND SUPPORT KENT (IASK)

(Formerly Kent Parent Partnership Service)

Helpline 03000 41 3000 Office 03000 412 412

iask@kent.gov.uk

www.kent.gov.uk/iask

IASK offers confidential and impartial SEN information, advice and support to children, young people and their parents.

Kent Education Learning and Skills Information

<http://www.kelsi.org.uk/>

Kent Education Learning and Skills Information website has replaced the Kent Trust Web Website as the Kent County Council's main website aimed at schools, settings and other Education, learning and professionals in Kent.

Living with ADHD

<http://www.livingwithadhd.co.uk/>

Information and support on ADHD

Mental Health Foundation

<http://www.mentalhealth.org.uk/>

Provide information for anyone affected by mental health problems

Multikulti

<http://www.multikulti.org.uk/>

Provide accurate and culturally appropriate translations of information, advice, guidance and learning materials.

National Children's Bureau

<http://www.ncb.org.uk/>

Services and support for children and young people with disabilities and special educational needs

NHS Choices

<http://www.nhs.uk/Pages/HomePage.aspx>

Expert information on conditions, treatments and local service.

NHS Choices Living with Autism

<http://www.nhs.uk/LiveWell/Autism/Pages/Autismhome.aspx>

National Debtline

<http://www.nationaldebtline.co.uk/>

Free, confidential & independent helpline 0808 808 4000

Net Doctor

<http://www.netdoctor.co.uk/>

The UK's leading independent health website

Netmums Parent Supporters

<http://www.netmums.com/support>

Netmums has a range of Parent Supporters who can offer on-line support and advice to mums with every problem ranging from domestic violence to PND, and special needs to relationships issues.

Nutritionist Resource**Connecting you with professional services**

<http://www.nutritionist-resource.org.uk/articles/schoolchildren-teenagers.html>

Obsessive Compulsive Disorder

<http://www.ocdyouth.info/>

Information for young people with OCD

Patient UK

<http://www.patient.co.uk/>

Offers a range of services including leaflets on health and disease, self/help/patient support groups, a directory of UK websites on diseases and relevant health issues.

Peach

<http://www.peach.org.uk/>

Parent-led charity promoting early behavioural intervention for children autism.

The Personal Assistants Network

<http://panet.org.uk/>

An information site provides information and guidance for Personal Assistants (P.A.s), people who employ them or would like to. Help with information on Direct Payments and budgets.

Peta UK Ltd

<http://www.peta-uk.com/>

Design & manufacture a range of special needs scissors, garden & kitchen tools.

Pharmacy & Drugs

<http://www.rxlist.com/script/main/hp.asp>

Internet medicine index, providing information on Prescription medicine, herbal and homeopathics.

Play Helps

<http://www.roma.testbench.co.uk/>

Roma Lear provides instructions on how to make toys for children with special needs.

RADAR

<http://www.radar.org.uk/>

Represents opinions and concerns to policy-makers and legislators and campaigns to promote equality for all disabled people.

The Sibling Support Project

<http://www.siblingsupport.org/>

Online support group for brothers and sisters of people with disabilities.

Speech Teach UK

<http://www.speechteach.co.uk/>

Downloadable resources include educational, speech related therapy activities, parents information, clip art and animations

Talking Point

<http://www.ican.org.uk/>

Information about speech, language and communication difficulties in children.

The Henry Spink Foundation

<http://www.henryspink.org/>

An independent charity providing accessible, useful and unbiased data on treatment and therapies for severely disabled children.

Toy Directory

<http://www.toydirectory.com/specialneeds.htm>

U.S site with ideas about toys & activities for children with special needs.

Uhadtogether

<http://www.disabilitydirect.org/>

A searchable database of Charities, Organisations, Companies and Service Providers from all around the UK, to help disabled people and their families, find the right information.

Weighted Blankets

<http://www.weightedblanket.net/>

YC Net for Young Carers

<http://www.youngcarers.net/>

Website for young carers to get advice, support and meet other young carers in an online forum.