



**Newfield**

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## **Newfield Guide to Support for Parents and Carers of Children and Young People with Disabilities**

The purpose of this guide is to inform parents and carers of children with disabilities about local and national groups and services who can support them in their caring role.

If you know of any other groups or services please contact us at [FamilyWellbeingCoordinators@newfield.blackburn.sch.uk](mailto:FamilyWellbeingCoordinators@newfield.blackburn.sch.uk) so that we can include the details in this guide.

Name of Group	Details	Who do I contact to join or obtain more details?
Blackburn with Darwen Carers Service	A hub for services for local carers including carers of children and young people with disabilities – a range of support services including 1:1 support, counselling, peer support, groups, activities and benefits advice can be made available once registered.	Contact: (01254) 688440. The Carers service is based at Kingsway, Greenhurst Place, Blackburn BB2 1NA
Care Network Hub	At Care Network we believe that providing you with information on relevant health and wellbeing services can help you to make informed choices about your life or the lives of anyone you care for, so that you can live the best life. We provide the information and signposting service for all residents of Blackburn with Darwen to support any independence, health or wellbeing needs, including, but not limited to: staying independent, improving wellbeing, home safety and maintenance, meeting new people and having fun, positive mental health and stress management, what's on in the local community, gadgets to stay safe (assistive technology), health and social care – getting the right help and support, living with a disability, living with long term health conditions, third-party hate crime reporting, volunteering opportunities, employment support and work clubs	Phone lines are open 9am - 5pm Monday, Tuesday, Wednesday, Friday (with an early close of 3.30pm on Thursday's). Visit in person from 10am.  Tel: (01254) 507255 Care Network Hub is located at Blackburn Central Library Town Hall Street Blackburn BB2 1AG
Home Start	Home-Start volunteers provide emotional and practical support and friendship to families with at least one child under the age of seven. By doing so they represent a lifeline for many families when things are difficult. This support can be enough to prevent things getting worse and so can possibly help avoid family breakdown.	Contact (01254 692613)  Home Start Blackburn with Darwen Kings Court 33 King Street Blackburn BB2 2DH

	<p>Parents and families come to Home-Start for a variety of reasons.</p> <p>These include: Loneliness, disability, ill health, multiple births, isolation, bereavement, post-natal illness, relationship difficulties or struggling with behaviour/routines.</p>	Our service is free and confidential.
Lancashire and Cumbria Autism Support Hub	<p>Join the conversation for free support on a range of issues affecting autistic children, adolescents and adults.</p> <ul style="list-style-type: none"> <li>- Autistic people sharing real experiences of everyday challenges</li> <li>- Free clinical advice from experienced clinicians</li> <li>- Monthly email updates with advice and information</li> <li>- Tips to help you manage everyday challenges</li> <li>- Live online discussions and Q&amp;A sessions</li> </ul>	<p>The link to the website is <a href="https://lsc.clinical-partners.org.uk/contact">https://lsc.clinical-partners.org.uk/contact</a></p>
Local Offer	An online resource that details services, support and guidance for families of children with disabilities and/or special educational needs aged 0-25 years.	<a href="http://www.bwd-localoffer.org.uk">www.bwd-localoffer.org.uk</a>
National Autistic Society	<p>Local support group for parents, carers, children, siblings and adults living with autism.</p> <p>Coffee mornings takes place at the BwD Carers Centre, Greenhurst Place, Blackburn – 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month.</p>	<p>For more information please contact Branch Officer Joanne Johnson</p> <p>Telephone: 07887 838168 or email <a href="mailto:NASBlackburnwithDarwenbranch@nas.org.uk">NASBlackburnwithDarwenbranch@nas.org.uk</a></p>
Sleep Charity	Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults,	The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530 541.

	including older people, about their sleep issues).	You can read more here: <a href="https://thesleepcharity.org.uk/national-sleep-helpline/">https://thesleepcharity.org.uk/national-sleep-helpline/</a>
Special Education Needs and Disabilities Information and Advice Support Service (SENDIASS)	An impartial support, advice and information service relating to Special Educational Needs and Disabilities pertaining to Education, Health and Care Plans and Independent Support	Contact Jane Partington on (01254) 583957 Email: <a href="mailto:office@communitycvs.org.uk">office@communitycvs.org.uk</a> or go to <a href="http://www.communitycvs.org.uk/sendiaass">www.communitycvs.org.uk/sendiaass</a>
Vision Links BwD	A facebook page for parents and families of children with a visual impairment and also young people with a visual impairment in Blackburn with Darwen. The page is overseen by a member of the BwD Visual Impairment Team. The aim is to provide families with information about upcoming events, network with other parents and for VI young people to share experiences.	Facebook: <a href="https://www.facebook.com/visionlinksbwd">visionlinksbwd</a>
PEGS (Parental Education Growth Support)	PEGS is a support service for those families experiencing Child to Parent abuse. PEGS offers a listening ear, peer support and a safe space to talk to others experiencing a similar living environment. PEGS offers lots of practical advice and resources to support families.	Email <a href="mailto:hello@pegssupport.com">hello@pegssupport.com</a> or go to <a href="http://www.pegssupport.co.uk">www.pegssupport.co.uk</a>

This guide is one of a series of guides that have been developed by the Family Wellbeing Coordinators at Newfield School. The aim is to provide our families with useful information about local and national services, groups, activities etc. The information contained was correct when the guides were completed but it is the responsibility of parents and carers to contact any service they wish to access prior to attending, or to check that a specific activity, service or group is suitable for their child to attend. The relevant contact details are listed to assist you. It would be helpful if parents and carers notify the Family Wellbeing Coordinators should they discover any details to be incorrect or that groups are no longer taking place so that the guides can be updated. The Family Wellbeing Co-ordinators will aim to update the guides every 6 months and publish the updated versions on the school's website.