

## Sensory Café

Unit 33f  
No1 Industrial Estate  
Consett  
DH8 6SZ

The café provides a relaxing and enjoyable space for children of all abilities aged 0-8yrs, they can engage in sensory play whilst their parents and carers enjoy a selection of hot drinks, snacks and treats. Allergy friendly products available.

**Clart About** also run messy play sessions at locations around the county. For more information go to [www.clartabout.co.uk](http://www.clartabout.co.uk) or find them on Facebook.

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## Tees, Esk and Wear Valleys NHS Foundation Trust

**Children and Young People's Mental Health Service (CAMHS)** offer a range of therapeutic services for children, young people and their families who experience moderate to severe emotional/mental health problems.

Referrals are accepted from children and young people, parents and carers, statutory and voluntary services.

CAMHS have a single point of access for all referrals within County Durham.

Tel: 0300 123 9296

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## Advice in County Durham

Advice in County Durham is a partnership of local advice providers, committed to working together to improve the provision of advice across County Durham. Use the contact form on the website to be signposted to the advice service you require.

[www.adviceincountydurham.org.uk](http://www.adviceincountydurham.org.uk)

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## Family Fund

### Helping disabled children

If you have a disabled or seriously ill child who has a high level of support needs and are in receipt of welfare benefits you may be eligible for a grant from the Family Fund.

Tel: 01904 550 055

[www.familyfund.org.uk](http://www.familyfund.org.uk)

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## **Down's Syndrome Association**

Provide benefit advice for people with Downs Syndrome from birth to old age, and help with new claims, reconsiderations and appeals.

Benefits helpline: [0333 1212 300](tel:03331212300)

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## **autismlinks**

Living with autism isn't easy, but finding out all about it should be. There is lots of support and advice out there to help you make sense of the world of autism. Charities, support groups, and specialist service providers, are all ready to share advice and experience whenever you need it.

[Autismlinks.co.uk](http://Autismlinks.co.uk) is dedicated to making those helpful and sometimes vital links, it covers who to talk to, where to go and contains lots of helpful advice all in one place.

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## **Sensory Worx**

Sensory and Specialist Occupational Therapy Service for adults, children and young people. Assessment and therapy available along with workshops for parents and carers.

Tel: [07826 167 173](tel:07826167173)

[www.sensoryworx.co.uk](http://www.sensoryworx.co.uk)

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## **Durham Autism Hub / Durham SEND IASS**

Support and information about autism. Support offered to those with or without a diagnosis.

Email: [heidi.donkin@durham.gov.uk](mailto:heidi.donkin@durham.gov.uk)

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## **Learning Disability Matters for Families**

Website for families whose child has a learning disability or who might have a learning disability. Providing information all in one place.

[www.learningdisabilitymatters.co.uk](http://www.learningdisabilitymatters.co.uk)

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## DLA support

DLA guide available on our website, or we can send you a hard copy. We also offer appointments with our trained DLA support volunteers, who during an appointment will guide you through completing the form. Please telephone [03000 051 213](tel:03000051213) if you require support.

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## Disability North

Provide one-to-one support through every step of the process, from advising on what benefits are available and helping with completion of forms.

Tel: [0191 284 0480](tel:01912840480)

[www.disabilitynorth.org.uk](http://www.disabilitynorth.org.uk)

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## SENDA – SEND Advocacy

SENDA and Little Treasures may also be able to offer support with DLA application forms.

[www.senda.org.uk](http://www.senda.org.uk)

Little Treasures: Tel: [07749 681 130](tel:07749681130)

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## KiDSCaPe

### Help With Bullying

Offer friendly, impartial, non-judgmental information, advice and support to parents, carers and family members who are concerned about their child or young person being bullied.

Phone: [020 7823 5430](tel:02078235430)

WhatsApp: [07496 682 785](tel:07496682785)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

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## Durham County Council

**The First Contact Service** is the initial point of contact for anyone with a concern about a child or young person living in County Durham. They also process referrals for One Point and the Children's and Young People's Services.

An Early Help Assessment will be used to determine next steps.

Tel: [03000 26 79 79](tel:03000267979)

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## **Occupational Therapy within County Durham and Darlington**

Helps children and young people to participate as fully as possible in daily activities. We work with children and young people from birth up to 19 years of age who have difficulties or a disability which affects their ability to carry out everyday tasks.

Occupational Therapists (OTs) help children and young people to carry out the things they need or want to do in areas of self-care, school work and play.

If a child or young person has learning, sensory or physical difficulties, their ability to grow, learn, socialise and play can be affected.

We see children and young people within a variety of settings, including nurseries, schools, special schools and their home.

Parents can refer their child by telephoning: [0191 387 6359](tel:01913876359)

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## **Speech and language therapy for children**

The service in County Durham is provided by North Tees and Hartlepool NHS Foundation Trust. They work with children and young people, from birth to 19 years old, who have speech, language and communication needs or difficulties with eating, drinking and swallowing.

Parents and carers can refer their child without going through their school, GP or any other service by completing the online referral form.

<https://www.nth.nhs.uk/services/speech-language-therapy/children/>

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## **Durham County Council Welfare Rights Service**

Benefit advice, help with tribunals and appeals.

Public Advice Line [03000 268 968](tel:03000268968) open standard office hours Monday to Friday

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## **Cerebra Working wonders for children with brain conditions**

Cerebra is a charity set up to improve the lives of children with brain related conditions (including Autism) through research, education and by directly supporting the children and their carers.

Tel: [0800 328 1159](tel:08003281159)

[www.cerebra.org.uk](http://www.cerebra.org.uk)

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## **North East Autism Society**

Providing support and information for parents of children with Autism.

Tel: 0191 410 9974

[www.ne-as.org.uk](http://www.ne-as.org.uk)

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## **Short Breaks Solutions**

If you are struggling to find suitable activities for your children to give you a short break from your caring role, Durham County Council's Short Breaks Solutions Service will work with you to find options that suit your family's needs. Short Breaks Solutions can refer you to some tailored opportunities for children and young people with SEND that will benefit them and their families outside of their education.

Telephone: 03000 260 270

Email: [shortbreaksolutions@durham.gov.uk](mailto:shortbreaksolutions@durham.gov.uk)

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## **Humankind (formerly DISC)**

**Horizons Durham Young Adult Carers** is a project run by Humankind (formally Disc). It provides transition support for young adult carers, between the ages of 14 and 25, and their families. They help empower young adult carers to be heard, access services, gain confidence, have choices and enjoy life.

Tel: 01325 731 160

[www.humankindcharity.org.uk](http://www.humankindcharity.org.uk)

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## **Durham Young Carers Service – The Bridge**

Is a project run by Family Action. It provides support for children, young people and their families who have a challenging caring responsibility.

Tel: 0191 383 2520

[www.family-action.org.uk](http://www.family-action.org.uk)

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## Talking Changes

Is a self help and talking therapies service for anyone dealing with common mental health problems. This free confidential service is open to anyone aged 16 years or over who is not accessing adult mental health services.

Telephone: 0191 333 3300  
[www.talkingchanges.org.uk](http://www.talkingchanges.org.uk)

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## Durham County Carers Support Carers Counselling Service

Durham County Carers Support offer a free counselling service to carers registered with the organisation. To access this service, speak to your Carer Support Coordinator. If you aren't sure who this is speak to our Contact Team who will be happy to help.

Tel: 03000 051 213

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## Samaritans

Whatever you're going through, a Samaritan will face it with you. They are there 24 hours a day, 365 days a year.

Call 116 123 for free.  
[www.samaritans.org](http://www.samaritans.org)

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## Harbour

Work with families and individuals who are affected by abuse from a partner, former partner or other family member, including children.

[www.myharbour.org.uk](http://www.myharbour.org.uk)

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## Durham County Council SEND Support and Inclusion Service

Promote inclusion and equality of opportunity to ensure improved outcomes for children and young people with special educational needs and disabilities through a variety of specialisms and teams. Including Educational Psychology, Speech and Language, Movement Team, Emotional Wellbeing Team and others.

For more information telephone: 03000 267 800

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## **National Autistic Society**

### **The Education Rights helpline**

Can provide general information about educational rights and entitlements, as well as advice on specific topics such as getting extra help in school, assessments, education plans, reviews or school transport.

0808 800 4102

### **The Education Tribunal Support Helpline**

Can provide advice and support to families who have a right of appeal against a decision about a child or young person's educational needs.

0808 196 2010

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## **IPSEA**

IPSEA offers free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). They also provide training on the SEND legal framework to parents and carers, professionals and other organisations.

Tel: 01799 582 030

[www.ipsea.org.uk](http://www.ipsea.org.uk)

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## **Durham SEND IASS SEND Information & Support Service**

Offers confidential and impartial information, advice and support on matters relating to all special educational needs and disabilities, including Education Health and Care Plans.

Tel: 0191 587 3541 or 03000 267 007

[www.durhamsendiass.info](http://www.durhamsendiass.info)

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## **ROLLER COASTER**

Support for parents/carers who are caring for a child/young person (0-25 years) with emotional or mental health difficulties.

Support groups  
Digital and 1:1 support  
Involvement opportunities  
Training

For more information contact the team:

Tel: 07377 213 952

Email: [support@rollercoasterfs.co.uk](mailto:support@rollercoasterfs.co.uk)

[www.rollercoasterfamilysupport.co.uk](http://www.rollercoasterfamilysupport.co.uk)

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## **MindEd**

This is a free educational resource regarding children and young people's mental health. This website provides information for parents and carers that are concerned about their child's mental health and wellbeing.

[www.minded.org.uk](http://www.minded.org.uk)

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## **Young Minds**

Are the UK's leading charity fighting for children and young people's mental health. If you are worried about your child's mental wellbeing, contact the Parents Helpline for free, confidential advice via the phone, email or webchat.

Tel: 0808 802 5544

[www.youngminds.org.uk](http://www.youngminds.org.uk)

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## **Kooth**

Free, safe and anonymous online support for young people. Counselling, self help and community support available at:

[www.kooth.com](http://www.kooth.com)

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## **Anna Freud National Centre for Children and Families**

The Anna Freud Centre is a mental health charity for children and families, working to effectively support families to build on their strengths and encourage them to achieve their goals in life. There is a wealth of information on their website.

[www.annafreud.org](http://www.annafreud.org)

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## **Autism Parent Carer Support Group County Durham**

This is a closed Facebook group providing a safe place for parents of children diagnosed with or being assessed for ASD to post and share experiences.

Request to join by sending an email to:

[differentnotless680@gmail.com](mailto:differentnotless680@gmail.com)

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