




Support for Parents

Please see attached some resources and websites which may be helpful to support you and your child.

<p>Contact Charity for families with disabled children.</p>  <p>Contact website</p>	<p>Contact offer;</p>	
<p>Leeds Local Offer</p> <p>Directory (leedslocaloffer.org.uk)</p> 	<p>The Leeds Local Offer provides information for children and young people with special educational needs and disabilities (SEND) and their parents or carers in a single place. It shows families what they can expect from a range of local agencies including education, health and social care.</p>	
<p>NHS Every Mind Matters</p> <p>Every Mind Matters - NHS (www.nhs.uk)</p> 	<p>This website offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional and mental wellbeing.</p>	
<p>Mindmate Neurodiversity Information Hub.</p>	<p>Mindmate's Neurodiversity information hub is a one-stop shop for neurodivergence information and support for all children, young people and families in Leeds.</p>	



[Workshops & events](#)



[Listening Ear](#)

1-1 emotional support telephone service.









[Parent carer participation](#)

Support parent carer forums in England shaping local services.



[Information & advice](#)

Guidance for your family.

<p>National Autistic Society National Autistic Society (autism.org.uk)</p> 	<p>For parents of children with autism, young people and adults with autism Call: 08088004104 (Monday to Thursday 10am to 4pm, Friday 9am to 3pm)</p>
<p>STARS TEAM STARSAutism support - Support for Parents - Leeds (starsteam.org.uk)</p> 	<p>Parent resources and support videos can be found on the parent section of our website. The STARS Team can be contacted on starsteam@leeds.gov.uk or 0113 3789792</p>
<p>Autism Education Trust For Parents Autism Education Trust</p> 	<p>All children with autism are different. Our tools and resources – developed in collaboration with parents, practitioners and consultants with expertise in autism – are designed to explore and build on these differences to support every single child with autism to reach their full potential. Although our training materials and most of our resources are aimed at teaching professionals, you, as a parent, can help your child by recommending AET training to your child’s teachers and SENCO.</p>
<p>SNAPS SNAPS Yorkshire – Special Needs and Parent Support</p> 	<p>SNAPS (Special Needs and Parent Support) is based in Leeds and provides support services for children with additional needs of all kinds, and their families.</p> <p>SNAPS run swimming, rebound and football sessions which you need to register for. They also run term time Saturday stay and play sessions at Penny field & Broomfield school</p>
<p>Zig Zag Home ZigZag Leeds Autism Support Group (zigzagautismservices.co.uk)</p> 	<p>Zig Zag run trampoline sessions at Gravity on Kirkstall Road on Thursdays and Sundays at 6pm</p> <p>They also run soft play sessions – you can see all their events on their Facebook page here https://www.facebook.com/zigzag.leeds.autism.support/events/?ref=page_internal</p>
<p>Little Hiccups Parent and family support group Little Hiccups – support – share – experience</p> 	<p>Little Hiccups is a Leeds based support group that has been set up by parents who have children with additional needs and disabilities.</p> <p>They have a varied support offer including; stay and play’s, days out, counselling, hire equipment and much more</p> <p>Little Hiccups parent and family support group: Tel: 0783 123 0741 Email: info@littlehiccups.co.uk</p>

ABC Parent support Group Autism Specific

Contact – Leeds ABC Group
(wordpress.com)



ABC Parent support group (Autism specific):
We aim to provide help, support and advice about services, facilities education, care and welfare for parents and families of Autistic children.

Kidz 'n' Co

About Kidz 'n' Co | Kidz 'n' Co
(wordpress.com)



Kidz 'n' Co runs sociable activities every Saturday during term time at Beeston Village Community Centre 11.00am -1.00pm

A friendly, safe environment for families with children and young adults with autism, SEN and additional needs aged 5 to 18 years old

<https://www.facebook.com/Kidz-n-Co-496838057720938>

DASSI



DASSI is a new group started by a mother from Cameroon who has a child with special needs and found it very difficult to access help and services due to the culture and religion barrier.

To break this bias and to improve the mental health of those mums, the lady from Cameroon has worked with Leeds City Council to set up this support group to share experiences, tips and advice.

Her main goal is that mums from BAME backgrounds would learn acceptance and appreciation of their unique children and, in turn, change the way services are presented to such communities.

It's held at the Dewsbury Road Community Hub & Library on the first Wednesday of the month 1:30pm-3:30pm

For more information, [click here](#) to see the leaflet or contact Dasha from Leeds City Council on 07891 27 9161 or Jacky on 07507 72 9494.

Mencap Leeds

[Leeds Mencap - Learning Disability Charity](#) | [Mencap Learning Disability](#)



Leeds Mencap run Jimbo's Community Nursery, a purpose-built nursery in east Leeds

[Jimbo's Community Nursery - Learning Disability Charity - Leeds Mencap](#)

They also run groups and activities for 4 – 18 year olds
[Groups and activities - Learning Disability Charity - Leeds Mencap](#)

They offer family support

[Family support - Learning Disability Charity - Leeds Mencap](#)

Tel: 0113 235 1331

Scope in Leeds

[Parents and carers | Disability charity](#)
[Scope UK](#)

SCOPE = Equality for disabled people

Scope offer 4 family services, you can self-refer to;
Sleep right, Parents connect, Activities for All and Navigate.

Carers Leeds

[Carers Leeds – Supporting unpaid carers](#)



Carers Leeds operates the single point of access for all carers in Leeds and offers information, advice and support.

Carers advice line – 0113 380 4300: Mon – Fri 9am – 5pm

Carers Leeds Facebook page is also good to follow, they have regular parent group meet ups just for parents

<https://www.facebook.com/Carers-Leeds-Parent-Carer-Page-109292184055851>

Rising for the disabled

[About Us - Riding for the Disabled Association \(RDA\)](#)



RDA is an inclusive and diverse organisation. We welcome clients with physical and learning disabilities and autism, and there are no age restrictions. Through our network of member groups, RDA is at work in every corner of the UK, in our cities and remote rural areas, bringing the therapy, achievement and fun of horses to as many people as we can.

Riding for the disabled has several groups in Leeds: Tel: **01926 492915**

Autism Angels

[Autism Angels | Home](#)



Parent support group which provides Equestrian therapy.

Our environment provides lots of opportunities for new adventures and discoveries. By coming back to nature, giving your mind a rest for a while and letting the environment do the work for you, you really do begin to feel like a different person. Come and breath in the fresh air, listen to the birds and relax with a cuppa as we talk about what you need.

Sendiass

Special Educational Needs and Dissabilities Information Adivce Support Service

[Leeds SENDIASS](#)

SENDIASS support children and young people with special educational needs and disabilities (SEND) and their parents and carers to help with any concerns or questions.

They do this by providing a free, impartial and confidential service through their website and online resources. You can also contact them through the helpline: 0113 378 5020 (Monday to Friday, 10am to 3pm).



SENDIASS website news and events page is up to date with workshop dates and times. Service users can book via the advice line sendiass@leeds.gov.uk or through the get in touch page on our website <https://forms.leeds.gov.uk/SENDIASSGetInTouch>



SENDIASS mail
out.pdf

Targeted short breaks

Short Breaks and Activities
www.leedslocaloffer.org.uk



The Fun Activities and Short Breaks Catalogue which gives details on what can be accessed can be found on the Leeds Local offer <https://leedslocaloffer.org.uk/#!/model/page/service/33605>.

Should you wish to speak to somebody or to find out what Fun Activities and Short Breaks would best suit your child, please contact short.breaks@leeds.gov.uk

IPSEA: www.ipsea.org.uk/how-your-nursery-school-or-college-should-help



IPSEA is a registered charity operating in England. 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).

<https://www.ipsea.org.uk/how-your-nursery-school-or-college-should-help>

The STARS Team is committed to promoting the difference not deficit approach to understanding and celebrating autism. As part of this commitment, we encourage the use of neuro-affirmative language. This refers to language that aims to promote positive understanding and responses to autistic people. Examples of neuro-affirmative language can be found in the [STARS Glossary of Terms](#). This commitment is inspired by neurodivergent individuals and neurodivergent led groups, who emphasise the harm deficit-based language does to them.