

Southend on Sea Borough Council Department of
Children and Learning

**SHORT BREAKS FOR CHILDREN AND YOUNG PEOPLE WITH
DISABILITIES 2014 - 15**



Friends and fun at Lwv'Tk g'Southend!



aspiration



achievement



inclusion



participation



excellence



Meeting friends and having fun

Itsmypage online directory a comprehensive directory of child and young people's services specifically for Southend youngsters with disabilities, their parents/carers and young carers. Managed by Southend Mencap and Southend Carers Forum. Easy to use and updated with news about events. Go to www.itsmypage.net

Children's Centres - fun pre school, after school and holiday activities in your local Children's Centres. All are accessible for disabled children. Info on what's happening in Centres – and all the other clubs, organisations and fun events – are on www.southendinfopoint.org or have a chat now with your local Family Information Service (FIS) officer 01702 215007 – leave your details with Customer Services and FIS will phone you back or you can email fissos@southend.gov.uk

Free respite Crèche place available at Cambridge Road Children's Centre for a child with disabilities under 5 years of age. To find out more information call on 01702 220810 and speak to the Crèche Supervisor. Crèche runs every Wednesday from 9.30-11.30am

Southend Mencap weekend and school holiday clubs (5 – 16yrs) morning and/or afternoon fun activities (art, craft, games, sport) every Saturday in term time or daily in school holidays. Contact Marc 01702 341250 or marc.mcowens@southendmencap.co.uk

Southend Mencap - offers a range of special interest clubs (music, sport etc) for all ages. They also run a youth club for 16+. To find out more contact Marc on 01702 341250 marc.mcowens@southendmencap.co.uk or look at their super interactive directory on www.southendmencap.org.uk

Club Inklusion (13 – 18yrs) Vacancies now for this popular inclusive youth club at Shoebury Youth Centre welcoming young people with disabilities. Thursday evenings 5.30 -7.30. Also a later session for 18+ Details from Jackie jackiebyram@southend.gov.uk 01702 298495 or 07775 671866

PHAB (7 – 18 and 18 – 35) lively inclusive clubs for children/young people with physical/sensory disabilities. Sessions for two age ranges. Further details from Jenny 01268 781352 email: jenny@jrphab.org.uk Website: www.jrphab.org.uk facebook.com/southendjuniorphab and facebook.com/leigh.pholk

Whizz Kidz Ambassador Club (10 - 25) – a group for young people with mobility impairment to have fun, increase confidence and take on challenges. For more details contact Jess on j.bool@whizz-kidz.org.uk visit their website on www.whizz-kidz.org.uk or 0800 1513350 or 0207 798 6108

Friends and Places (14 – 18yrs) – a befriending scheme to link/support friendships between disabled young people after school/weekends and holidays. Further details from Denise Nygate 07956 602570 Website – www.friendsandplaces.org.uk

Breaks with Mates (16+) – this is an opportunity for disabled young people to meet up with friends in small groups – going to activities like bowling, football, clubbing and outings. This project has grown out of the successful Friends and Places (for age 14 -18) and funded again this year. For more information www.friendsandplaces.org.uk or Denise denise@friendsandplaces.org.uk

The Woodside Centre (8+) – this day resource operates for young adult members, **but also offers a very popular Friday afterschool club for age 8+**. Activities include the internet café, Wii and a range of craft activities. Call 01702 527273 www.woodside.org.uk

The Woodside Saturday club (age 5 – 14) – new this year. Saturday morning and/or afternoon sessions only £6. A range of exciting activities and trips. Transport available at small additional cost. Contact details above

The St Christopher's school opportunities - After school care from 3 - 7pm for pupils with profound needs who attend the school. SNAC holiday club for pupils who attend the school. Contact 01702 524193 or office@tscs.southend.sch.uk

Chris Cross Club - at The St. Christopher School, a range of sport activities taking place after school for children of all abilities. Contact 01702 524193.

Chris Cross Holiday Club (age 6 - 14) - integrated holiday club run at The St. Christopher School, open to all children of all abilities.

Eco Wings (8+) – a private organisation offering day care for young adults and holiday and after school clubs for children/young people with disabilities. Contact 01702 330577 Email: ecowings@rocketmail.com

Special Cubs, Scouts, Explorers and Network (8 - 24) – these groups enable young people to participate in group activities. Contact Emma emma@themooringsbedandbreakfast.com

SAFE (Supporting Asperger Families in Essex) – a support group for families who have a child with Asperger Syndrome or High Functioning Autism. They organises regular activities and events for children and young people throughout Essex. Support meetings for parents. For information about the local group contact SAFE: info@safeessex.org.uk or www.aspergers.org.uk

Social Bugs (16+) a new 52 week service offering small group support and involvement in the community. Contact Jane or Tracey 01702 292931

Papworth Trust (11+) - is a leading disability charity. They offer a Fun United Youth Club and holiday club for disabled young people in Rochford – although Southend youngsters are welcome to attend. Activities such as film making, street dance, bowling, crafts and much more. To book your place or find out more: Please call - Helen 07764 784469 or visit www.papworth.org.uk/youthclub for more information

Lancaster school - after school and holiday clubs are offered for students attending the school. Contact 01702 342543

Kingsdown school - after school and holiday clubs are offered for pupils attending the school. Contact Donna Slattery 01702 527486

Milton Community Partnership – welcoming all abilities, toddler group and after school club during term time and holiday activities including coach trips for families. Also offer youth activities, trips out etc for children 8+ when parents/carers can leave children with their trained youth volunteers. Contact 01702 341605 or email miltoncommunity@hotmail.com

National Citizen Service (16+) - This scheme is for **all** young people and the project will pay the costs of a carer to accompany young people with disabilities who need additional support. The project is free (ignore the figure of £50 mentioned on the website) and would give any young person aged 16-17 a fantastic opportunity to go on residential breaks, to become involved in community projects and - most importantly have fun and increase their confidence and self esteem. Contact: Adrian Fryer 01702 215778 /07771 551912 <http://www.ncsyes.co.uk> www.southendunited-cet.co.uk/education or call: **01702 341351**

Southend YMCA (14+) – Has a wide range of opportunities for young people of all abilities. Providing Supported Housing, Education, Training, Volunteering, Physical Activity and more. Please visit www.southendymca.org.uk for more information or call 01702 301301.

The Art Ministry - (8 -18yrs) Based in Hadleigh, this long established charity runs a weekly arts and crafts club for children with learning difficulties. Children can make new friends and boost their self confidence while getting creative. Parents/carers can meet for a natter. Caters for children from across south east Essex. Every Monday, 5.00pm to 7.30pm, £3.50 a week. See their website www.theartministry.org.uk or for further details contact info@theartministry.org.uk or 07582 025163

SEPT - Shortbreaks scheme – covering Southend, Castle Point and Rochford. This service is for children with complex health needs and/or learning difficulties. It enables a child or young person to have a short break away from their home environment under the care of an experienced health care assistant. Activities are tailored to the child’s needs or interests. Shortbreak sessions are offered as after school, school holidays and Saturday mornings for a period of 6 to 8 weeks for about 3 hours a week. For information contact: Dee Quy Tel: 01702 508180 / Mobile: 07779289240

Short breaks away from home

Marvellous Minders – a team of specialist childminders some offering short breaks for disabled children (including overnight) as well as a service for working parents. Experienced and committed carers. Contact Fiona Comish 01702 212948 or fionacomish@southend.gov.uk

Camp Whizz Kidz residential holiday (Friday 20th until Sunday 22nd February 2015) – for young people (13 – 18) with mobility impairment – a life skills break for 3 days/2 nights - last year's holiday was voted "excellent" by the youngsters who went (and their parents!). See www.whizz-kidz.org.uk
Contact r.clemence@whizz-kidz.org.uk / 07584 121285

Dimensions (8 -18yrs) see website for details www.dimensions-buddies.org . This experienced organisation has been funded to provide a weekend camping experience in 2014/15 for young people with severe learning disabilities and/or ASD. For further information please contact Lucy on lucy.campbell@dimensions-uk.org – 0300 303 9076.
<http://www.dimensions-uk.org/dimensions-buddies/>

Residential Short Breaks – when children/young people have complex needs stays away from home in a specialist unit such as Christopher's Cottage or My Time may be an option. These would be part of a Care Plan following an assessment by the Children with Disabilities team (CWDT). Contact 01702 507178

Respite – this is another way of having a break from fulltime care responsibilities. As an alternative to your child having a residential break it may be possible to organise for an Agency to come into your home to provide care whilst you take a break in a hotel. Contact the CWDT – details above.

Hamelin House in Billericay offers residential short breaks and outreach services for disabled children. Contact 01277 651266
hamelinhouse@hamelintrust.org.uk www.hamelintrust.org.uk

Fun for the whole family

Little Heroes – ASD support Group - An information and support group for parents and family of children with or awaiting a diagnosis of Autism from 0-8 years. Drop in sessions are held on the first Friday of each month at Summercourt Children's centre in Westcliff from 9.30am-11.00am. No need to book a place, children are welcome and a selection of activities are available for those that attend. Activities are also provided during school holidays for children and siblings to attend. Contact littleheroes.asd@gmail.com or Helen Smith-Vicary on 07775403485 or on Facebook by searching 'Little Heroes ASD Support'

SENsations at Cambridge Road Children Centre - a new group at the centre. Due to the success of this group they will be running this in term time on Thursdays 1.00-2.30pm as a come and play group for parents and children with additional needs for details contact 01702 220810

Specialist Soft Play at Kingsdown school - this is a fabulous accessible indoor soft play resource for disabled children and their siblings, £4 each person. If you would like to know when this is open for community use or hire the centre for a private birthday party then please contact Donna Slattery 01702 527486

Fun activities at Children's Centres (under 5) – all abilities welcome at groups like Little Explorers (6mth – 2 yrs) fun and sensory play, Lets Talk with Under 5s and play sessions for age 1 -3 also courses on baby massage. Events for the whole family during school holidays – from Den Making to creative baking! For more information contact your local Family Information officer 01702 215007 or browse the up to date offers on www.southendinfopoint.org

Megacentre Rayleigh – This is an exciting resource for young people and their families at very low/no cost. There is a weekly session giving young people with additional needs the opportunity to meet and try table tennis, short mat bowls, karaoke/music, badminton and much more - Telephone: 01268 779100 or email: graham.back@megacentrerayleigh.co.uk see this charity's website www.megacentrerayleigh.co.uk

SMART PLAY preschool group (under 5) – daytime sensory play and a chance to meet other parents at this weekly integrated group in Thorpe Bay. Details from Emma Wylie 01702 588468/07982723539 Emswylie@aol.com

Southend Toy Library (up to 16yrs) – weekly support groups and (for members) outings, discos, activities and holidays. Contact Mike or Judie Wilson on 01702 507184 or stlmike.wilson@btconnect.com

Messy Play for Children with Sensory Needs (under 5yrs) a popular session weekly and during school holidays at Sunnydays Children's Centre supported by Portage workers. Contact 01702 520979 or email smitten@eastwoodprimary.southend.sch.uk

Just Ride Southend – this new project is for any age, any ability (or disability). There is a very wide range of adapted cycles available for people to use – or bring your own bike. Sessions during the week (including school holidays) and every Saturday at Garons athletics track. All details on their website www.justridesouthend.com 07971774479

Southend Carers Forum – not only advice and support for parents and young carers but also a wide range of events, holiday activities and coach outings - contact 01702 393933 or www.southendcarers.co.uk

Moments – weekly daytime support group in Shoebury for parents and their children with disabilities. Holiday activities for the whole family. Details from 01702 216332 or janemountain@btinternet.com

Autistic Friendly Film Screenings – in a range of cinemas. For information about the next screening contact 0800 138 3315 or www.dimensions-uk.org

The White Bus Film Shows – this popular group will again be offering a fun packed film opportunity to families who have a disabled child from September 2014. So contact David for details of their venue and programme.
David.simpson399@btinternet.com 07981 824283

Lego club for young people with Aspergers – Tuesdays at 1.00pm during school holidays at Blenheim Children’s Centre. Hosted by SAFE – contact either Claire clare.hudson@live.co.uk or Carolyn at the Children’s Centre carolinereynolds@blenheim.southend.sch.uk
01702 474684 option 4 (school line)

Growing Together at Trust Links – opportunities to explore gardening and wildlife projects at this local charity’s extensive community garden. Contact 01702 213134 or email office@trustlinks.org

Kingsdown Soft Play Club – open to the community last Saturday of the month. Fabulous indoor resource with **fully accessible play zone**. Contact dslattery@kingsdown.southend.sch.uk 01702 527486

Kids Kingdom SNAP club – special session for disabled children/young people and their families meets once a month. Contact info@kidskingdom-southend.co.uk or 01702 462747

Fun Factory – An exciting fun facility for children/young people of **all** abilities. Includes soft play areas, climbing wall, synthetic ice skating rink, quad bike track and sensory room. Visit www.funfactoryrochford.co.uk

Discounted Adventure Island tickets - organised by the Family Support team at Southend hospital. Contact for details on how to get yours 01702 507113 natalie.brindle@southend.nhs.uk

Swim at Garons – Garons swimming centre offers a weekly swim session for families with a disabled child at only £5 for the whole family. Contact 01702 442902 luke.greenway@legacyleisure.org.uk

SEALS – a weekly swimming club for any person with a disability and their family meeting at Belfairs pool. Contact Kevin kbclow@yahoo.co.uk
www.sealsswimclub.co.uk or 07775952509

Adult Education (FREE!) family sessions – an exciting range of family courses at local Adult Education centres. Contact 01702 445700 or www.southend-adult.ac.uk

Milton Community Partnership – holiday activities including coach trips for families. Contact 01702 341605 or email miltoncommunity@hotmail.com (they also sell half priced Adventure island tickets all year round)

Blues Saturday morning family sports club – Free! This monthly club has activities for everyone. Details from www.southendunited-cet.co.uk/education or call: **01702 341351**

Family Sundays at Belfairs Woodland Centre - This is a monthly outdoor session for families which includes wildlife themed activities, trails, games and crafts from 1pm-3pm. Donation is £5 per child and children must be accompanied. Further info from 01702 477467 belfairs@essexwt.org.uk

Enjoy Music Art Dance or Drama?

Emerge Arts - offers weekly performing and creative arts classes, opportunities to perform in theatre and local festivals, Also offers volunteers training opportunities, for local young people and adults with disabilities. Contact Essex Team Manager - Valerie Herron
Email: emergeartsvalerie@googlemail.com - 0752794567

Southend Mencap Saturday Music club – This popular music session is held at Kingsdown school. It is run by Music Man David Stanley and is extremely popular. To find out more contact Marc on 01702 341250
marc.mcowens@southendmencap.co.uk or visit www.southendmencap.org.uk

The Art Ministry - (8 -18yrs) Based in Hadleigh, this long established charity runs a weekly arts and crafts club for children with learning difficulties. Children can make new friends and boost the self confidence while getting creative. Parents/carers can meet for a natter. Caters for children from across south east Essex. Every Monday, 5.00pm to 7.30pm, £3.50 a week. See their website www.theartministry.org.uk or for further details contact info@theartministry.org.uk or 07582 025163

Mushroom theatre – an integrated drama group meeting in Rayleigh. Details from penni.mushroom@gmail.com or 07985422485
www.mushroomtheatre.co.uk

Thameside Wheelchair Dancing – whether you use a standard chair, electric chair with a joystick or need to be pushed by a friend, you CAN dance! Anyone with mobility problems is welcome as you can use a chair for the activities. Two local groups for different ages. Contact g.s.howlett@btinternet.com or 01702 477697

La Danse Fantastique - Although based in Basildon this ‘fantastique’ inclusive dance troupe would welcome Southend youngsters see website www.ladanse-fantastique.co.uk or contact Moira ladanse@btinternet.com

Essex Stars - cheerleaders group. This integrated group is running locally and disabled children/young people are very welcome. Contact 07816909896 rachelblatch@msn.com <http://essexstars.wordpress.com/>

Southend Youth Art - Art and drama holiday clubs and regular sessions during term time. Staff have considerable experience of working with young people with additional needs. Contact Claire 01702 306742

Southend YMCA – Switch 2 Music – offers young people the support they might need to progress with technical musical ability, production skills, as a lyricist, expressionist or helping with artist development. Further information: Phone: Mark James on 01702 301301 or email: markjames@southendymca.org.uk

Southend Mencap Music Man project – this is an exciting venture that encourages music for ages 16+ and offers half or full days. Visit www.themusicmanproject.com

Elusive Dance – this group is fully inclusive and local disabled youngsters have won prizes in national competitions. Visit www.elusivedance.co.uk performtoyourfuture@gmail.com 07814206805

Do-Ra-Mi Drama School (16+) Drama for disabled young people on Tuesdays and during the holidays. Contact: Sue 01702 551125

A number of choirs, music groups, orchestras, musical theatre groups and drama groups are offering some free seats for disabled patrons at the Palace, Cliffs Pavilion and other disabled-ready venues around Southend from autumn 2012. This is in association with Southend on Sea Arts Council and the new Arts Fund. This fund will provide some free seats for music and theatrical events produced by amateur groups, to help encourage attendance by disabled patrons who may not normally visit events of this type. More details of the groups and events that are included are available by contacting Southend on Sea Arts Council (SOSAC) 21a Carnarvon Road Southend on Sea SS2 6LR email: webmaster@sosac.co.uk

Keeping fit and having fun

Monday multi sports club – at Southend Leisure and Tennis Centre 6 – 8pm. A chance to try new sports, get active and have fun. Contact luke.greenway@legacyleisure.org.uk 01702 442902 or Lynn May (07810 765595)

Wheelchair tennis - at Southend Leisure and Tennis Centre. Thursdays 5 – 6pm Contact details above

Level Water swimming classes – funded by Short Breaks for 2014/15 so free to children with physical or sensory disabilities. For further details; contact@levelwater.org

Southend YMCA – OnSide Sports – OnSide offers new Inclusive sport opportunities for young people aged between 14 - 30, with a range of mainstream and adapted sports, suitable for those with disabilities or additional needs. Further information: Phone: Brad Moss on 01702 301301 or email bradmoss@southendymca.org.uk

The Blues Kicks clubs (age 12 – 19) – clubs for ‘Premier League’ and Girls only. Details from www.southendunited-cet.co.uk/education or call: **01702 341351**

Judo club – fully integrated club from age 5+. Visually impaired members attend for free. Contact SouthendJC@gmail.com www.southendjudo.co.uk/

Southend YMCA – Team YP - Team YP is positive activities programme for young people. The project strives to improve confidence, team-work, and general health through a wide range of activities. Further information: Phone: Alex Milne on 01702 301301 or email: teamp@southendymca.org.uk

Athletics – welcoming young people with additional needs/disabilities. To register your interest in athletics at The Eastwood School or for more information, please contact Hayley Pegg on 01702 524341 or hpegg@eastwood.southend.sch.uk

Southend Soccability Football club –various days and times for information about local teams contact Mick Watson on 07783 372110 or mickw.ssfc@blueyonder.co.uk

Soccability – football clubs for young people with disabilities. Advice on what else may be available locally – details from 01245 393095 www.essexfa.com/development

Archery – Chase Bowmen meet locally twice a week. All abilities welcome. Minimum age for most clubs is 8 or 10, but every child assessed on their own merits and they have 5 year olds that shoot regularly. www.chasebowmen.co.uk

Boccia - To register your interest in boccia or for more information, please contact Hayley Pegg on 07763 839863 or hpegg@eastwood.southend.sch.uk

Swim at Garons – Garons swimming centre offers a weekly swim session (Sundays) for families with a disabled child at only £5 for the whole family. To book contact luke.greenway@legacyleisure.org.uk 01702 442902

SEALS – a weekly swimming club for disabled people and their families, meeting at Belfairs pool. Contact or 07775 952509/01268693280 info@sealsswimclub.co.uk

Southend Mencap SMASH Sports club (16+) - Weekly sports club for those aged 16 and over. Held across a variety of community venues and offering over 30 sports a year. To find out more contact Marc McOwens 01702 341250 or marc.mcowens@southendmencap.co.uk or www.southendmencap.org.uk

Chris Cross Club - at The St. Christopher School – a range of sports taking place after school. Contact 01702 534193

Blues Holiday clubs – The Southend United Community and Educational Trust is committed to allowing all children the opportunity to play and develop skills in football and other sports. A range of summer holiday clubs available. Visit www.southendunited-cet.co.uk or 01702 341351

Disability Watersports – at The Southend Marine Activities Centre – Wheelchair accessible boats and many other opportunities from April to October. 01702 612770 smacbookings@southend.gov.uk www.southendmarineactivitiescentre.co.uk

Disability Horse Riding - Belfairs riding school. Currently full with a waiting list but for more info contact Toni Mann 01702 525571 info@belfairsridingschool.co.uk www.belfairsridingschool.co.uk

Visual impairment Tennis – starting at David Lloyds for details contact James at james_caldon@hotmail.com

Just Ride Southend – this new project is for any age, any ability (or disability). There is a very wide range of adapted cycles available for people to use – or bring your own bike. Sessions during the week (including school holidays) and every Saturday at Garons athletics track. All details on their website www.justridesouthend.com 07971774479

Lions Clubs of SE Essex hold an annual Mid Summer Sports Day and Fun Festival (June 2015). A chance to increase confidence with a range of sporting challenges including dance and art projects, BBQ and refreshments. Free entry – further details from sandersonja@hotmail.com

Reduce the cost of swimming and sporting activities at local Centres – up to 50% reduction for many young people and their carers (and in some cases free for carers). The Southend Borough Council Advantage card can get huge reductions for details go to www.southend.gov.uk where you can apply online or contact 01702 215011

Other opportunities

There are many other clubs and groups that young people with disabilities enjoy in Southend – these are mainstream community groups which welcome young people with additional needs. For details of what else is available go to the SHIP directory on www.southendinfopoint.org or contact the Locality Information Officers on 01702 215007

Community Access Grants for clubs and organisations. If a club/activity that you know of would like to discuss funding for equipment or additional staffing, or to start a new service, then please ask them to contact Laura Clarke, commissioning officer on 01702 212310 or lauraclarke@southend.gov.uk

Self Assessed Grants - Social Care is offering a small Grant as a contribution to short break activities to families who have children with high care needs but who **do not** receive any other form of short break (respite) support – eg from the Children with Disabilities team, Health or hospice. For further details please contact Laura Clarke – details above

Direct Payments – may be available for children/young people who have been assessed by the Children with Disabilities team as needing a Care Package to support them and their families. An allocation of Direct Payments can be made so families (or young people aged 16 -18) can purchase their support themselves. Contact the Children with Disabilities team 01702 507178 or for more info on Direct payments www.vibrance.org.uk or sdp@vibrance.org.uk

Personal Assistants – If you need a Personal Assistant (PA) for your child or you are interested in becoming a PA then contact www.vibrance.org.uk or sdp@vibrance.org.uk

Home based support - may be available for children/young people who have been assessed by the Children with Disabilities team as needing a Care Package to support them and their families. Contact the Children with Disabilities team 01702 507178

Health Authority services – Health can provide some services such as home support, sitting (via EPIC) or night care – but this is only available after a specialist assessment. For more details contact your child's health professional (eg Paediatric Community Nurse).

Rainbow Trust Family Support Work Service (age 0 – 18) – provides emotional and practical support to families whose son or daughter is affected by a life threatening or terminal illness. Workers can spend time with the child in the community, at home or in hospital. The service is free to families. Contact 01708 375830 www.rainbowtrust.org.uk
<https://www.facebook.com/RainbowTrust>

Transport

Dial a Ride – this service is operated by the Council and is available for people receiving Higher Rate DLA mobility. It offers transport all around Southend door to door. For details about who qualifies and how to join the scheme go to Southend Borough Council website www.southend.gov.uk and type in 'Dial a Ride' or 01702 212212

Free Bus Passes – available for children/young people with disabilities for information contact www.southend.gov.uk or 01702 215000 or go to Southend Borough Council website www.southend.gov.uk and type in 'Bus Passes.'

Ideas in Motion – for information, advice and ideas about all modes of transport in the town - go to <http://www.ideasinmotionsouthend.co.uk/>

Travel Training – this is designed to help people with special needs to get more out of life by giving them the confidence to travel independently. Being able to use public transport opens up a whole range of exciting new possibilities. Travel training is offered by organisations for individual purchase either using Disability Living Allowance or possibly through Direct Payments.

Essex Travel Trainers 07920 467048 www.travel-training.co.uk
Disability Travel Training 07966 304186 www.disabilitytraveltraining.co.uk

Opportunities for Young Carers

SYC&more, COOL and CHIL clubs - Young Carers Project from 5yrs - 18yrs - regular club meetings, outings and events organised by IYSS, Young Carers worker Brenda Lewis :- Mobile 07789 943 430 or brendalewis@southend.gov.uk

Premier Young Carer's service – individual support for young carers and group outings and events Contact Nina Addison 07553343269
nina.addison@pcyp.co.uk

Southend Carers Forum Young Carers aged 5 to 18yrs - monthly meet ups - trips out to Adventure Island, Go Ape, cinema, skating and much more. A chance to make new friends with other Young Carers whilst having lots of fun Young Carers advice & information, Helpline: 01702 393933 Monday—Friday (10am to 2pm) Website: www.southendcarers.co.uk
info@southendcarers.co.uk Facebook/southendcarersfrom
Twitter/southendcarers

Sibs - Support and information for brothers and sisters of disabled people. Sibs works directly with young and adult siblings and parents of siblings
www.sibs.org.uk email info@sibs.org.uk or 01535 645453

Netbuddy - Disability affects the whole family and, just as parents do, siblings need information and support. Netbuddy has launched a [Siblings info pack](#), full of tips for parents, useful resources and information. The info pack has been put together with the help of Sibs, the UK charity for siblings of disabled people. Contact emma@netbuddy.org.uk or 020 8677 7820

Parent's/Carer's advice and support

Southend Carers Forum - Helpline: Monday—Friday (10am to 2pm) 01702 393933 including 24 hour answerphone

FREE Advocacy for Carers and **FREE Counselling for Parent Carers**

Young Carers Advice & Information,

Support Groups for Carers

Benefits advice

Drop in Centre: Monday—Friday (10am to 2pm)

Website: www.southendcarers.co.uk Email: info@southendcarers.co.uk

Facebook/southendcarersfroum Twitter/southendcarers

Counselling for parents and carers this is also available in local resources like Children's Centres. Contact the Family Information service on 01702 215007 – leave your call back details with Customer Services and FIS will phone you back or email fissos@southend.gov.uk

Southend Mencap Family Support Worker - offers support, advice, information and guidance to people with learning disabilities and their families. To enquire about how she can help, please contact her on (01702) 334514 or email southendmencap.advocacy@hotmail.co.uk

Family Voice of Southend - a group of local parents and carers who act as a forum for improving services for disabled children and young people and their families: 07858 799555 familyvoicesouthend@btconnect.com

SNAP directory – information about local, regional and national services for disabled children and their families www.snapcharity.org

YOUNIFY - Open to parents and carers whose children have behavioural or learning difficulties (ASD, ADHD, ODD, etc) offering a safe and welcoming environment to access information and support from others in a similar situation. YOUNIFY runs regular coffee mornings (at The St Christopher School), as well as parent's training courses. Contact Duncan younify@yahoo.co.uk 01702 524 193.

The Southend Sunflower Trust is a registered charity that primarily provides financial assistance for local children with special needs. By helping with funding for equipment, social and health care, education and personal development, they endeavour to enable children to reach their individual potential. enquiries@thesouthendsunflowertrust.co.uk 07712 095 401

www.disability-grants.org is a directory of grants available for disabled people including information on grants for disabled children, housing, disability sport, holidays and much more.

Family Fund - is the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. They can help with essential items such as washing machines, fridges and clothing but can also consider grants for parent's driving lessons, sensory toys, computers and much needed family breaks together. www.familyfund.org.uk

DIAL Southend - Dial Southend also provides information and advice for parents of disabled children, young carers and the general public who need advice about disability. Contact 07706745693 or www.dialsouthend.org

Equipment – local supplies – a local online shop selling simple and practical equipment – which does not require an assessment - to make life easier. Set up by the Council Contact www.southendequipmentsupplies.co.uk

First Aid for parents and carers – organised by the Family Support team at Southend hospital. Contact for details of the next course 01702 507113

Young Minds Parents Helpline - are you worried about the emotional problems or behaviour of a child or young person? www.youngminds.org.uk
Phone free on 0808 802 5544

Cinema - Carers go free - This is a national card providing concessionary cinema tickets for carers accompanying a disabled person to the cinemas across the UK. The card is valid for one year and costs £5.50. The application is made by the disabled person who must be either in receipt of Disability Living Allowance or registered as blind. To apply download an application form and return to The Card Network, Network House, St Ives Way, Sandycroft, CH5 2QS www.ceacard.co.uk

Cerebra – this is a national charity offering a freephone helpline, grants and a wide range of advice on neurological conditions/injuries including ASD. Also, they make available a book written on Stress by their special stress counsellor (one of the many free services they offer). The book can be downloaded for free at their website www.cerebra.org.uk

Cerebra Sleep Service - professional advice/support from a specialist nurse by contacting their free Helpline 0800 328 1159 info@cerebra.org.uk

BSL and Makaton taster sessions and courses - organised locally by the Adult Education service. www.southend-adult.ac.uk 01702 445700

Makaton classes for families – at Summercourt Children's Centre Westcliff. For information contact summercourt@miltonhall.southend.sch.uk
01702 433599

Southend Borough Council Short Breaks Services Statement – an overview of what is provided, why and where. Visit www.southend.gov.uk and type in 'Short Breaks' or contact Laura Clarke

Changing Places Toilets - There are now 5 fully accessible toilet/changing rooms in the Borough with full size beds and hoists. The two public toilets (Chalkwell and City Beach) need a special key – this is simple to acquire and free. Residents must have evidence of top DLA - all details of how to apply are on www.southend.gov.uk type in 'Toilets' or you can telephone 01702 215000 to request that a form is posted to you. The other 3 facilities are at Shoebury and Garons pools and in the new library The Forum in Southend.

Free loan of sensory toys - This kit of specialist sensory toys (costing £1000) is available to organisations/groups for free loan. The kit is held at the Blenheim Children's Centre and for further information contact carolinereynolds2@yahoo.co.uk or 01702 474684 ext 4. A second kit has been relocated so families can now borrow some/all of the toys if they are members of Southend Toy Library based at the Lighthouse Children's Centre. For further information please contact 01702 508180

Contact A Family - helpline which includes benefit advice - experts can do a benefit check. CAF also has a directory of conditions and a range of excellent Advice leaflets. Freephone 08088083555 www.cafamily.org.uk

Netbuddy - is the first online resource of its kind offering hundreds of simple, yet ingenious solutions to everyday issues experienced by parents, carers, teachers and therapists working with learning disability www.netbuddy.org.uk

Epilepsy support – for information on local activities and support se.essex.epilepsysupport@gmail.com

SAFE (Supporting Asperger Families in Essex) – a support group for families who have a child with Asperger Syndrome or High Functioning Autism. Organises regular activities and events for children and young people throughout Essex. For local group information contact: info@safeessex.org.uk or www.aspergers.org.uk

Little Heroes – a drop in coffee morning for parents/carers of children with ASD or awaiting diagnosis. From birth – 8 years – children and siblings welcome. First Friday of every month 9.30-11am. at Summercourt Children's Centre in Westcliff. Contact Summercourt@miltonhall.southend.sch.uk or 01702 433599 Facebook Group (search) : Friends of Summercourt's coffee mornings for ASD families

Down Syndrome Extra 21 - support group for Southend although events cover the whole of Essex and range from organising Information days for parents and Health professionals to Family Days out at Colchester zoo and local coffee mornings. Contact Paul or Alison on 01702 307299 or at paulsmith32@aol.com www.extra21.org.uk

Essex Short Break resources and services – if you are an Essex resident please contact your local Short Breaks service for information.
www.facebook.com/shortbreaksecc **telephone: 03330 139889**

I hope to be able to publish this directory twice a year and to be really useful it needs to be accurate. So, if you notice that any details are incorrect, change or you know of any other resources that could be included please let me know: If you know there are ‘gaps’ that need to be filled with new services then please do contact me.

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