

SEND support and signposting for Derby City families

Advisors will signpost to the most appropriate service. Use the table below to support (key areas identified as what parents want through lockdown via PCT).

Theme	Area identified	Service available
General	National Contact Helpline	Contact.org 0808 808 3555. They can offer lots of advice regarding SEND, Benefits, Social Care etc. https://contact.org.uk/
	Support & guidance	SENDIASS 01332 641414 Bookable appointments Mon – Fri 9.00 - 4.30 Can offer support/guidance around SEND issues and queries related to education, and sign- post re: health and Social Care matters. later appointments can be requested where required derbysendiass.org.uk Derby SEND Information Advice and Support Service - Home Facebook Disability Direct PIP/form completing support Disability Direct Derby Homestart https://homestartderby.co.uk/
	COVID SEND Updates	SENDIASS https://derbysendiass.org.uk/contact/ https://www.facebook.com/DerbySENDIASS/ Derby City Council Local Offer https://www.derby.gov.uk/education-and-learning/derbys-send-local-offer/ https://www.facebook.com/DCCLocalOffer/
	Meet the professionals/ Explanation of your service/ role/Q&A Sessions	SENDIASS 01332 641414 SENDIASS to attend/host sessions for anyone wanting to understand the role of SENDIASS followed by a question and answer session and provide a link to general FAQ's https://derbysendiass.org.uk/about/faqs/ Parents Carers Together to signpost
	Food/poverty /school vouchers	DCC Community Hub 01332 640000 https://www.derby.gov.uk/news/2020/november/call-for-support-from-the-community/index.html DCC Winter fuel The COVID Winter Support Payment is a one-off payment in vouchers to help pay the fuel and water bills for the winter months. The scheme is NOT open to the public, and is a referral scheme only by any professional https://myaccount.derby.gov.uk/service/COVID_Winter_Grant
	Fun/ engagement for family's activities, Fun kids' clubs	Parent Carers Together Creative Craft Sat 10-11am 6-11 years https://en-gb.facebook.com/derbycityparentcarerstogether/

		<p>Umbrella Play and Leisure Services – Umbrella</p> <p>Autism East Midlands http://www.autismeastmidlands.org.uk/</p> <p>Fun-abili8y https://www.autismlittlelearners.com/search/label/COVID-19 https://connectability.ca/2014/07/17/creative-circle-time-music-stories-games/ https://www.widgit.com/resources/popular-topics/index.htm</p>
Education	SENCOS/Teachers understanding parents points of views	<p>SENDIASS 01332 641414 – Can co-deliver a session or be a port of call for advice for SENCO's</p> <p>STEPS 01332 641400– For children with a diagnosed hearing, vision or physical impairment parents can ring STePS direct to speak to a specialist teacher or specialist education officer. For children with Autism or Social Communication needs, parents and Childrens Centre Autism Champions can contact the service to book a parent/carer appointment to speak to a member of the team.</p>
	Graduated response and how it works	<p>SENDIASS 01332 641414</p> <p>STEPS – Graduated Response Leaflet for Parents</p>
	The EHCP process, expectations and laws	<p>SENDIASS 01332 641414 Podcast EHCP Online Workshop – SENDIASS (sendiassleicester.org.uk)</p>
	Education/school updates	<p>https://www.derby.gov.uk/education-and-learning/schools-and-colleges/</p>
	PFA-becoming independent and choices 16 plus	<p>SENDIASS 01332 641414 Can support by talking to YP about their options and supporting them through the processes</p>
Parenting	Behaviour management advice, Practical Strategies – Positive re-enforcement for children	<p>Online Safety https://parentzone.org.uk/advice/parent-guides</p> <p>Guidance, Boundaries, Consequences, Routines STEPS – for useful advice and guidance see this Information pack for parents of children with learning disabilities and Autism. See this letter to parents Letter to Parents of ASD Learners from the Social Communication and Autism Team Alternatively parents and Childrens Centre Autism Champions can contact the service to book a parent appointment to speak to a member of the team. Wednesday 9am -5pm Hotline 01332 715620</p> <p>Parent Carers Together Weds 9.30 – 10.30 virtual parenting support https://en-gb.facebook.com/derbycityparentcarerstgether/</p> <p>Children's Centres ASD Drop-in – contact Children's Centres to book an appointment Mackworth Morley 01332 208175</p>

		Alvaston 01332 757991 Becket 01332 380134
	How to stay calm during melt downs and help regulate your child	STEPS - for useful advice and guidance see this Information pack for parents of children with learning disabilities and Autism. Alternatively parents and Childrens Centre Autism Champions can contact the service to book a parent appointment to speak to a member of the team
	Sleeping techniques/regulation	Health Resources Home The Children's Sleep Charity Healthy sleep tips for children - NHS (www.nhs.uk) Sleep tips for teenagers - NHS (www.nhs.uk)
Wellbeing	Knowing who is in your support circle/ who you can call/befriending	Parent Carers Together Wellbeing Wednesdays 7pm. Being kind to yourself https://en-gb.facebook.com/derbycityparentcarerstogether/ Children's Centre ASD Virtual support group – ASD drop in participants will be automatically referred onto this group
	Mindful/wellness/ how to look after yourself as a parent, how to be kind to yourself	Parent Carers Together Wellbeing Wednesdays 7pm. Being kind to yourself https://en-gb.facebook.com/derbycityparentcarerstogether/ STEPS For useful advice and guidance see this Information pack for parents of children with learning disabilities and Autism
	Abuse/Domestic Abuse/Emotional Abuse	Police 0800 612 6505 https://www.core-derbyshire.com/about-core REFUGE 0808 2000 247 DCC Children's Services 01332 641172 Safe and Sound 01332 362120 https://www.safeandsoundgroup.org.uk/ Womens Work 01332 242525 https://www.womens-work.org.uk/ NSPCC 0808 8005000 https://www.nspcc.org.uk/about-us/contact-us/
	How to manage your Childs Mental health	Kooth online (11 – 24 years) https://www.kooth.com/ Targeted Intervention Community Triage School, health or GP can refer https://derbyandderbyshireemotionalhealthandwellbeing.uk/ Early Help therapeutic support. You can request this support by calling on Wednesday 9am -5pm Hotline 01332 715620 Online support https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/ https://youngminds.org.uk/ https://derbyandderbyshireemotionalhealthandwellbeing.uk/
	Mental Health for parents	Quell online https://www.qwell.io/ Self-referral for Talking Mental Health https://derbyandderbyshireemotionalhealthandwellbeing.uk/

		<p>Local Area Co-ordinator Offer local support for people who are feeling lonely or isolated https://www.derby.gov.uk/health-and-social-care/your-life-your-choice/living-independently/local-area-coordinators/</p> <p>Please contact your GP for further support</p>
	Confidence building/self-esteem/self-worth	<p>Build Sound Minds https://services.actionforchildren.org.uk/derbyshire/build-sound-minds/</p>
ASD only	Bookable appointments during lockdown.	<p>Social Communication Autism Team 01332 641400. Weds 9.30 – 11. (15 min appts) The Social Communication and Autism (SCA) team are offering bookable slots available for a Wednesday morning. 6 slots in total every Wednesday morning during lockdown. These slots can be booked by parents carers together, SENDIASS, Childrens Centre staff, Early Help, Schools/ settings or parents themselves. These can be booked by ringing Steps admin</p> <p>The SCA Team can provide support in these areas (from the list above):</p> <ul style="list-style-type: none"> • Behaviour management advice /Practical Strategies (for <i>Autism/ Social Communication</i>) • Looking at everyday sensory triggers • Specific specialist SEND needs (<i>Autism/ Social Communication</i>) • SENCOS/Teachers understanding parents points of views (<i>follow up calls could be made to SENCOS</i>) • Graduated response and how it works/ The EHCP process (for <i>Autism/ Social Communication</i>) • How to stay calm during melt downs (<i>Autism/ Social Communication</i>) • How to help regulate your child (<i>Autism/ Social Communication</i>) • How to create structure and purpose without demands (<i>Autism/ Social Communication</i>) • Positive re-enforcement for children (<i>Autism/ Social Communication</i>) • Motivating children/young people (<i>Autism/ Social Communication</i>) • Curriculum and education/learning (<i>Autism/ Social Communication</i>)