

USEFUL CONTACTS FOR PARENTS/CARERS IN Bristol

Supportive Parents holds details of national and local organisations which offer information and support to parents/carers of children with SEN and disabilities. To obtain further details on the organisations listed below, parents/carers and professionals can telephone us on our Information and Support Line 0117 9897725. We try to keep this information list up to date, but unfortunately contact details change rapidly in the Voluntary sector. If you find updating of any of the entries in our list is required, we would welcome feedback! You can always double check information on the web at "1BIGDATABASE" www.1bigdatabase.org.uk We also hold information on other regional organisations who may offer support to parents, phone for details.

To find out about the free book 'Find it Out – Bristol Directory of Services for Children with Additional Needs' phone The Care Forum on 0117 965 4444. This book contains information on a range of local and national voluntary organisations for parents and carers of children with additional needs who live in Bristol.

Supportive Parents:

Our Information and Support Line gives access to other services and information. Please call **0117 9897725** or go to: www.supportiveparents.org.uk

We hold occasional meetings and courses for parents of children with special educational needs in Bristol and some face to face support. For further information and map phone the Helpline or contact our Local Coordinators.

Supportive Parents produces a termly newsletter.

Other Bristol Information Lines and Support Groups for parents/carers of children with disabilities and special educational needs:

Acorns

Support group for parents of pre-school hearing impaired children: Elmfield House 10.30am – 12.00pm weekly on Wednesdays during term time.

Contact Sue Horne **0117 9038442**

ADHD and ADD Bristol and S Glos (Attention Deficit Disorders)

This local support group has folded. Contact **Hop, Skip and Jump** 0117 9677282 for details about other ADHD support at their Centre.

ASBAH (Association for Spina Bifida and Hydrocephalus)

Ann Gillard 01275 331407 or email annq@asbah.org

AUTISTIC SPECTRUM DISORDERS – SEE NATIONAL AUTISTIC SOCIETY

Avon North Mencap

Grimsbury Road, Kingswood, Bristol, BS15 9SE

Contact Liz Cooke on **0117 9614372**

Black Community Education Group (BCEG)

20-23 Hepburn Road, Bristol BS2 8UD Tel 0117 9553276

Black Carers' Project

This support group is for black and ethnic carers (adult and young carers) and has a website which can be accessed at www.blackcarersproject.co.uk

Contact Project Manager on **0117 914 4491/2**

Bristol & Avon Chinese Women's Group

Supports parents in this community.

St Agnes Church, Thomas Street, St Paul's, Bristol, BS2 9LL

0117 9351462

The Care Forum

The Parents and Carers Advisory Forum is no longer meeting. Voluntary Sector Co-ordinator, Bristol and South Glos, Louise Hudson **0117 9589337** or email Louisehudson@thecareforum.org.uk www.thecareforum.org.uk

Cerebral Palsy Plus (formerly SCOPE BRISTOL for children with cerebral palsy)

The Vassall Centre, Gill Avenue, Fishponds BS16 2QQ

Contact Sue Jenkins on **0117 965 5028** or email office@cerebralpalsyplus.org.uk

www.cerebralpalsyplus.org.uk

SCOPE RESPONSE - Information and support line **0808 8003333** 9am - 7pm Mon- Fri and 10am - 2pm Sat www.scope.org.uk

Children Living with Inherited Metabolic Diseases (CLIMB) www.climb.org.uk

Contact Kate Wall for local support and information on **01761 472380**.

National contact **0800 6523181**.

Children's Brain Injury Trust (CBIT) Parent support groups sometimes run at Frenchay Hospital. Contact Will Gosling, Hospital Teacher on **0117 918 6704 (see also SHIPS)**

Children and Young People Information Service: Bristol

Telephone information and outreach service covering areas of childcare and family support, and a signposting service on to other groups and agencies.

Contact Helpline **0845 129 7217**- Monday to Thursday 8.30am-6.00pm & Friday 8.30am-4pm, or use Bristol City Council website for further information.

Contact a Family

A national charity working across the UK to support families caring for children with any disability or special need.

National contact 0800 880 3555 www.cafamily.org.uk

Contact Family worker, Bristol, **Bobby Owen**, Tel: 0117 914 0543, Mobile: 07972285034, e-mail: bobby.owen@cafamily.org.uk

Dhek Bhal

Support for South Asian people in Bristol and South Glos, Children and Youth Liaison Service: 54B St Mark's Road, Easton, Bristol, BS5 0LR (**0117 9393156/9**)

Downs Syndrome Support (BADSS Bristol Area)

A local charity for parents & guardians of children with Downs Syndrome or their friends and family who would benefit from help and support from other parents. Contact Andrew King, **0845 6422377** email: info@badss.org.uk website: www.badss.org.uk

National 0845 2300372 www.downs-syndrome.org.uk

Dyspraxia Foundation (Bristol)

National 01462 454986 www.dyspraxiafoundation.org.uk

Bristol contact: Meryl Woodgate **0117 931 1853** Mobile **07814 438211**.

Also Linda Plowden at Therapy Space 0117 907 9189 (all sensory disabilities)

Sensory Processing Support Group for parents of children with Autism, ADHD, Dyslexia, Dyspraxia, and Down's Syndrome runs 3rd Monday of every month from 7-9pm at Therapy Space, The Park Oppurtunity Centre, Daventry Rd, Knowle, Bristol BS4 1DQ . Contact Linda Plowden (OT) on 0117 9079189.

Dyslexia Association Bristol

This parent support group has folded. Contact Supportive Parents for further information and support, or the National Helpline - British Dyslexia Association **0118 966 8271** www.bda-dyslexia.org.uk

Easton Multi-Agency Project (EMAP) and Easton Youth Inclusion and Support Panel

Community projects for children at risk of social exclusion (NCH).
Phone: **0117 941 5385**

Epilepsy: www.epilepsy.org.uk

ERIC (Enuresis Resource and Information Centre) www.eric.org.uk

34 Old School House, Britannia Road, Kingswood. Teleconferencing can be set up for parent support. Contact 0845 3078008, Mon-Fri 10 am till 4 pm.

Family Centre for Deaf Children www.fcdc.org.uk within Elmfield School For Deaf Children, Greystoke Avenue, Westbury-On-Trym, Bristol BS10 6AY. Tel/Fax: 0117 3307575 Minicom: 0117 9031480 Email: office@fcdc.org.uk
Grandparents and siblings signing classes. Newsletter produced

KHAAS

Information and groups for Asian parents with children who have disabilities or special needs. Contact Gulbarshan Dhanjal **0117 9554070**. Some meetings held at **Hop Skip and Jump**.

Look West

Support group for families with blind or visually impaired children.
Contact the RNIB, Stillhouse Lane, Bristol on **0117 9537750**. www.rnib.org.uk/parents
Or Angie Walker **01225 421717**

National Autistic Society (NAS) – Bristol Branch

Meet at Windmill Hill City Farm, usually the first Wednesday of every month, except school holidays. 10.30 – 12.15 p.m. Newsletters produced. Other social activities in the area too, including a club for teenagers with Asperger's Syndrome.
For further information phone **0117 904 7682** or email nasbristol2@hotmail.com

Also for out of School Clubs for children and young people with Asperger syndrome (12-16 years) contact Helen Hydes, Development Coordinator, NAS, Church House, Church Road, Bristol BS34 7BD Telephone 0117 9748437.

The NAS nationally also offers a Befriending scheme, contact 08450704004.
National website: www.nas.org.uk

Our Place

This community-based centre for foster and adoptive families and for professionals who support them provides a centre for parents and children where they can meet and find support, join activities , have fun in the playroom and attend workshops in early childhood

development and special needs education. It is located at 139 Fishponds Road, Eastville BS5 6PR (0117 951 2433) www.ourplacebristol.org.uk

PACE (Parents & Carers of Children with Epilepsy) www.epilepsy.org.uk (national)
No confirmed contact details available at this time for local group. Ring Supportive Parents on 0117 9897725 for update.

PARENTS IN PARTNERSHIP ADVANCING INCLUSION (PIPA)

Parent support and advocacy on educational issues for Hartcliffe, Withywood and Knowle.

Helpline **0117 902 2562**

Princess Royal Trust Carers' Centre www.carers-bs.org.uk

Run Carers' groups in S. Glos including Young Carers. Carers can ring the Carer's information line **0117 9652200**. A "Break for Carers" Project (sitting service) is also run. A new support group for parents/carers of disabled children to provide a chance for carers to meet up and relax has been set up. An evening support line Share with a Carer is available on 0117 9587906.

For further information email admin@carers-bs.org.uk .

SENSE, Avon www.sense.org.uk (national)

Support group for children with single or dual sensory impairment. Woodside Family Centre, Kingswood, Bristol.

For details of parent support groups contact **0117 9670008**

SHIPS

Support at home and in school for children with acquired brain injury from charity within North Bristol NHS Charitable Trust. www.shipsproject.org.uk or **0117 9673279**

SHAKTI IMANI INCLUSION PROJECT

Support for Asian and Afrikan families

Phone: **0117 955 1703** or email: shakti.imani@bernados.org.uk

South West Children's Heart Circle

A charity that supports children with heart conditions and their families in the units where they receive care www.heartcircle.org.uk **0870 1252307**

Tourettes Syndrome Support Group www.tourettes-disorder.com (national)

Bristol, North Somerset and South Gloucestershire parents welcome.

Contact Carol Bale on **01275 472607**

SOCIAL/LEISURE SUPPORT GROUPS AND CONTACTS FOR PARENTS/CARERS AND THEIR CHILDREN

The **Bournstream Trust**, an outdoor adventure play area for children with special needs. Wooton-Under Edge, Glos 01453843630 www.bournstream.org.uk

Seven Springs South West - www.hopskipandjump.org.uk

The Hop Skip and Jump Centre, Grimsbury Farm, Kingswood. For further information and bookings contact Centre Manager – **0117 9677282**.

Several groups of parents/carers meet here:

- Little Hands: parent and toddler group for hearing impaired adults or children
Parent contact Nanette White via 0117 9677282

- ADHD parent support group
- PANDA-parental advice news and discussion on Autism. Parent contact Jackie Bignell
- Children in Hospital
- Pre school Cerebral Palsy support group
- CLIC Sargent cancer and Leukaemia group
- Downs syndrome support group-parent contact Helen England 0117 9774778
- Khaas- support for Asian families
- Diabetic support group

Special Friends Club

A group offering fun and friendship to children with special needs and their families. Holiday club all ages and Youth club 11+ www.specialfriendsclub.org.uk
Parent contact Sophie Axford **077982719839**.

PARENTING COURSES - SELF REFERRAL

HELP 1 and 2- contact NAS WEBSITE www.autism.org.uk or phone 08450704004

Supportive Parents

Run courses to offer parents /carers training in the SEN process. Contact 0117 9897724.
www.supportiveparents.org.uk

Primary Care Trust (Bristol and South Gloucestershire)

Run free courses open to parents and carers of young people with any long-term health condition or disability – “Learn how to meet your own needs” Contact 0117 9841510

Other parenting courses and support can be accessed by referral by professionals e.g. Early Bird, Webster Stratton, Parent talk, Managing Difficult Behaviour (Adolescence) and Positive Parenting. Contact your School Health Nursing Service, Health Visitor, Social Worker or Education Psychologist to discuss whether a referral can be made.