Parent support and resources

Autism

Organisation	Info	Cost	Link
The National Autistic Society	A charity for people on the autism spectrum and their families. They provide support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.	None	www.autism.org.uk
Bristol Autism Support (BAS)	A registered charity providing information, support and training for parents and carers of autistic children in BS postcodes. Parents and carers do not need a diagnosis for their child in order to access our services. There are support groups, a block of 6 weeks specific topics and calendar events.	None, however to access a greater level of support membership at no extra cost is required.	www.bristolautismsupport.org
BASS (Bristol Autism Spectrum Service)	For transitioning to adult services, they provide a service to adults with an autism spectrum disorder and professionals and carers who support them. There are allocated services for four geographical areas: Bristol, Bath and North East Somerset (BANES), North Somerset and South Gloucestershire.	None	www.awp.nhs.uk/services/specialist/autism-spectrum/

Jigsaw Thornbury	JIGSAW Thornbury support families who have children who are 0-25 years and have any additional needs or disability. This can be anything from learning needs such as dyslexia to complex disabilities, mental health or medical problems. Many children who come have no diagnosis. Our staff and volunteers are passionate about supporting families to help them get the support they need. We run various services including support groups, training, lending library, mental health support, holiday activities, young volunteers service and youth club.		www.jigsawthornbury.org.uk
Butterflies Haven Keynsham	Is a volunteer-led registered organisation that supports families affected by Autism in terms of diagnosis and support sessions. They provide a safe space for children and young people with an Autism spectrum condition, as well as empowering their parents, carers and other family members to support each other. They hold evening sessions for children to play, socialize and parents to chat have a snack.		www.butterflies-haven.com
Bristol City Council	Information about Autism, Autism support and supporting children with Autism through coronavirus changes.	None	www.bristol.gov.uk/web/bristol-local-offer/parents-carers

The Autism Page	A collection of resources created by a local mother of an autistic child.	None	www.theautismpage.com
FACES	FACE stands for **F**amilies with **A**utistic **C**hildren **E**ncouraging **S**upport. FACES was formed by a group of parents in and around the Bath area, who want to help by giving children the chance to enjoy themselves in a non-threatening environment whilst giving parents/carers the chance to share their knowledge and experiences and support each other. The sessions are designed to include siblings without autism on an equal basis. Sessions run once a month in term time.		www.facesautismsupport.org.uk
Bath Out of School Club (run by the National Autistic Society)	An out of school club for autistic children and young people aged 8-21 years old. There are two groups and both run on Tuesday evenings. The group for children aged 8-14 years runs from 6:30pm-8:00pm. The group for young people aged 14-21 years runs from 8:00pm-9:30pm. Activities at the clubs include arts, sports and games, cooking, pool and gaming. Both clubs meet in central Bath. For further information and an application form for your child to attend the group, please contact oosc@nas.org.uk		https://www.autism.org.uk/directory/n/nas-out-ofschool-club-bath-north-eastsomerset
Dimensions	National autism friendly cinema screenings Autism friendly screenings are sometimes called relaxed or sensory friendly screenings. Adjustments are made to reduce stress and	Dependent on each location, you will need to	https://dimensions-uk.org/get-involved/campaigns/autis

	sensory input, such as low lighting and sound, freedom to move and staff trained in autism awareness. Use the website to find autism friendly screenings near you.	contact the cinema directly.	m-friendly-cinema-screenings/
SEND Partnership Service (SPS)	Impartial and confidential information, advice and support about special educational needs and disabilities (SEND) as it relates to education, health and social care. Who can use this service? • Parents and family caring for disabled children and young people. • Professionals working with them We support families with the best possible guidance and information. We bring families together to support each other, and we help families to campaign, volunteer and fundraise to improve life for themselves and others.	None	**www.spsbathnes.org.uk**

ADHD

Organisation	Info	Cost	Link
ADHD Foundation	Advice and guidance on helping your child manage problems and difficulties with Top Tips from an internationally recognized expert.	None	adhdfoundation.org.uk/parents/
Young Minds	If your child is struggling to manage their ADHD, here are some ways you can support them and places you can get help.	None	https://www.youngminds.org.uk/parent/a-z-guide/adhd/
CHADD	Provide support, education and encouragement to parents, educators and professionals. Courses, factsheets, and podcasts.	A free ADHD course that includes 8 lessons for parents.	https://chadd.org/about/
Living with ADHD	This website has been developed to support those who come into contact with Attention Deficit Hyperactivity Disorder (ADHD) - parents/carers and teachers - and also provides resources for children and teenagers themselves, to help them understand and manage the condition.	Free	www.livingwithadhd.co.uk

ADDISS (The National Attention Deficit Disorder Information and Support Service)	Provides people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals.	None	www.addiss.co.uk
South Gloucestershire Council – ADHD	The signs of ADHD, seeking advice or referral for assessment, further support and information.	None	https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=9B4hbHwX1Ik

General

Organisation	Info	Cost	Link
NSPCC (National Society for the Prevention of Cruelty to Children).	Contains parenting tips for all stages of a child's life, as well as advice on how to deal with difficult situations, including how to manage behavior and dealing with separation and divorce.	None	www.nspcc.org.uk
South Glos Parents and Carers	If you are a Parent/Carer in South Gloucestershire with a child aged 0-25 with a Special Educational Need		www.sglospc.org.uk

	and/or Disability, South Glos Parents & Carers help connect and bring families together by offering support through our community base, support groups, stay & play sessions, closed Facebook group or our workshops. No diagnosis is needed to part of our group!		
Bristol Parent Carers	Bristol Parent Carers is an independent, parent-led organisation, providing the new way forward. They aim to reach out to more parent carers, involve them in a variety of different exciting ways, build on past good work and continue to provide a voice for all. We are a group of parents and carers of children with disabilities and special needs who live in Bristol.	None	www.bristolparentcarers.org.uk
Youth Directory	List of local and national organisations that support young people, can be used by young people, teachers and parents.	None	www.annafreud.org/on-my-mind/youth-wellbeing
Childline	Free helpline for children 24/7.	None	www.childline.org.uk
Supportive Parents	Provide information, advice, and support about SEND to children,	None	www.sendandyou.org.uk

	young people and their parents and carers. SEND and You now delivers the 'SENDIAS' (Special Educational Needs & Disability Information Advice & Support) service for three local authorities; Bristol, North Somerset and South Gloucestershire. Our office is in Bristol. Events, support groups, resources and events.		
Gympanzees	We support all forms of disability from mild to profound physical disability, learning difficulties together with sensory and behavioral disorders. - Pop ups, lending libraries, on line resource hub and Therapy Webinars.	Free advice, ideas and online resources hub. Lending library initially free then charges apply see website. Roadshows and pops ups see website for costing.	www.gympanzees.org
Nova Sports	Nova Sports and Coaching is a not-for-profit organisation who deliver high-quality, inclusive sport to people with disabilities in bath, Bristol and Somerset. Outreach, sensory sports, holiday activity programe and sports club.	Charges may apply and vary, see website.	www.novasportsandcoaching.co.uk
Incredible kids	Inclusive play centre, play & support for families with young people with additional needs. Based in Bristol.	Membership is free, donations encouraged.	www.incrediblekids.org.uk

Special Friends Club	Special Friends Club is a charity operating through Bristol and South Gloucestershire. They provide support for families of children with special needs and disabilities by organising a wide range of weekend and School holiday activities that can be enjoyed by the whole family!	Activity dependent.	www.specialfriendsclubs.org.uk
SENDIASS	The Special Educational Needs and Disabilities Information Advice and Support Services offer information, advice and support for parents and carers of children and young people with special educational needs and disabilities (SEND). This service is also offered directly to young people. The service is free, impartial and confidential. KIDS SENDIASS have developed resources providing information and advice for parents, carers, professionals and young people.	None	www.kids.org.uk

Bristol City Council, Families, Local Offer, Resources and Advice (FLORA)	The FLORA team provide information and advice for children and young people with additional needs and their parents and carers. For more information, email flora@bristol.gov.uk with your name and phone number. The team will contact you within 2 working days. You can also call FLORA on 0117 352 6020	None	www.bristol.gov.uk/web/bristol-local-offer/advice-and-support-for-parents-and-carers
Carers Support Centre	They offer a range of services for parent carers with a child 18 years or under in Bristol and South Glos. These include practical and emotional support, support to complete parent carer assessments, advice, information and signposting. We help to run support groups for parent carers, carers' support and activity groups.	None	www.carerssupportcentre.org.uk/our-services/parent-carers
Bath and north East Somerset Council	Spilt into the following sections Age 5 – 11, 11-14 and 14 – 25 (preparing	None	https://livewell.bathnes.gov.uk

	for adulthood) relating to Benefits and funding information, health, social care, home to school transport assistance, youth offending, medication, EHCP, education and information, advice and support and an Autism section including what is Autism? Assessment and diagnosis, Autism after Diagnosis, Autism and EHCP, Support groups and services, information for young people.		
The Bath Area Play Project	They promote and facilitate opportunities for children and young people to play and participate in positive activities. Specialist provision for children with SEND. Holiday playschemes, SOFA (Summer of Fun Activities), open play access days.	None	https://www.bapp.org.uk/about-us/
Wheels For All	An inclusive programme enabling disabled and non-disabled children and adults, with a wide range of social, emotional, physical and learning requirements, to engage in and enjoy cycling. Nearest are:-	Individual to each location	https://cycling.org.uk/wheels-for-all

	Warmley Wheelers Whether you're a seasoned cyclist, have additional needs or have never been on a bicycle before, we have a wide range of standard and specially adapted bicycles you can use to ride on the Bristol to Bath cycle path. Our new opening times are: Wednesday - Friday 10am - 3pm 1st & 3rd Saturdays 10am - 3pm *book in advance **Bristol Family Cycling Centre** The former Whitchurch Stadium athletics track has been transformed into a Family Cycling Centre that provides a traffic-free cycling space to perfect riders' skills and abilities, regardless of age, ability, or access needs.	The cost is £5 per hour per person, or £10 per hour for our horizontal tandem and wheelchair platform bikes. Price shown on booking.	Contact details Warmley Wheelers Warmley Bristol BS30 5JB **Telephone:** 07587 034366 **Email:** warmleywheelers@milestonestrust.org.uk https://betterbybike.info/cycling-centres/bristol-family-cycling-centre/#about-us

	Wheels For All Bath & West Odd Down cycle circuit 1.5km (closed road) Wheels for All uses a number of circuits within the main circuit. Wheels for All Twilights Join us for some after school, after work or just post siesta pedaling. Wheels for All Saturday Club	Payment on the day via contactless (preferred). £6 pp. £8 one-plus carer who rides. Family: £12 (3-5 persons)	For bookings call Chris on 0753 0263014 or chris.revill@cycling.org.uk or online
Felix Road Playground	Our playground is supervised by trained qualified playworkers. We are always on hand to offer help, support and advice while allowing the children to test their abilities, problem solve and work things out for themselves.	None	Felix Road is a unique space dedicated to children's play (eastsidecommunitytrust.org.uk)

Mental Health and Counselling

Organisation	Info	Cost	Link
Young Minds	A mental health charity for children, young people and their parents,	None	www.youngminds.org.uk

	making sure all young people can get the mental health support they need. Resources for parents and professionals. Young Minds Crisis Messenger: free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.		
Mind You	A mental health and emotional wellbeing hub for young people in South Gloucestershire.	None	www.southglos.gov.uk/mind-you
Off the record	A free and confidential mental health support for 11-25 year olds, in Bristol, South Glos, Bath and North East Somerset. You can find out more on their website or by calling 0808 808 9120.	None	www.otrbristol.org.uk
Bourne Family Project	They offer client-centred creative and talking therapies, for both adults and children in Bristol and South Glos. Services include talking therapy, children's play therapy speech and language therapy and dance movement therapy.	You are invited to make a regular contribution towards the cost of each session, but if you are not able to afford this it will not prevent you from receiving our services.	www.bournefamilyproject.org
Reading Well	Reading well supports you to understand and manage your health and wellbeing using helpful reading. Reading Well books are all recommended by health experts, as well as people with lived	None	www.reading-well.org.uk

	experience of the conditions and topics covered and their relatives and carers.		
Happy Maps	Happy Maps is a charity developed by GPs and CAMHS professionals with help from parents and young people.	Free	www.happymaps.co.uk
Rainbow Resource Scheme	The Rainbow Resource card can entitle you to access an existing concession on offer at venues across B&NES and the wider area. It will also provide discreet recognition if you find yourself needing support from staff at the attraction or venue. You can also use it to reserve a Bag Book from your local library.	Free	Rainbow Resource Scheme | Live Well in Bath & North East Somerset (bathnes.gov.uk)

Dyslexia

Organisation	Info	Cost	Link
NHS	General information regarding Dyslexia	None	Dyslexia - NHS (www.nhs.uk)
Bristol Dyslexia Assocation	More in depth information	None	https://www.bdadyslexia.org.uk/
Dyslexia Action	Training courses and professional support	See website for specific cost of courses.	Dyslexia Action | Training and Professional Development

Dyscalculia

Organisation	Info	Cost	Link
Dyscalculia organisation	General information	None	www.dyscalculia.org/dyscalculia
Steve Chinn	More in depth information	None	www.stevechinn.co.uk/dyscalculia/what-is-dyscalculia

Dyspraxia

Organisation	Info	Cost	Link
NHS	Overview	None	Developmental co-ordination disorder (dyspraxia) in children - NHS (www.nhs.uk)
Dyspraxia Foundation	More in depth information	None	Dyspraxia Foundation - 30th Anniversary | Dyspraxia/DCD Awareness

Resources relating to behaviour

Sleeping

Organisation	Info	Cost	Link
South Gloucestershire Council	Sleep Toolkit Children Age 5 - 13	None	The South Gloucestershire Sleep Toolkit - Childhood (southglos.gov.uk)
South Gloucestershire Council	Sleep Toolkit Children Age 13 - 18	None	The South Gloucestershire Sleep Toolkit - Adolescence (southglos.gov.uk)
South Gloucestershire	Sleep Toolkit	None	The South Gloucestershire Sleep Toolkit - Special Educational Needs and Disability (southglos.gov.uk)
Headspace	Articles on how to sleep better, how to fall back to sleep, mediation for sleep, sleep hacks.	None	www.headspace.com

Various

Organisation	Info	Cost	Link
Action for children	Expert advice on topics such as child's development, behaviour and emotional wellbeing.	None	www.actionforchildren.org.uk
South Gloucestershire Council	Reach is a free and fun programme for families with children and young people aged	None	Child weight management - Reach | South Gloucestershire (southglos.gov.uk)

	4-16 years who are above a healthy weight.		
Well Aware	Provides information on a wide range of organisations; support groups, community groups, events and activities that can help improve your health and wellbeing in Bristol and South Gloucestershire.	None	Home | Change4Life (www.nhs.uk)
Bath and North East Somerset Council	A website for parents with children residing in Bath and North East Somerset, which contains information	None	Parenting and Family support | Live Well in Bath & North East Somerset (bathnes.gov.uk)

Parenting courses/support

Organisation	Info	Cost	Link
Family lives	An online and innovative 'Parents Together Programme'. You can work through six interactive blocks filled with helpful techniques and ideas designed to help you become a more confident parent.	None	www.familylives.org.uk
South Gloucestershire Council	South Gloucestershire Council run two parenting courses (or 'programmes') locally: one for primary-aged children (5 to 11 years old), and one for adolescents	To join a Parents Plus course, you, or someone who is working with you, should contact the Access and Response Team (ART). A referral will need to be completed, either by you or	Support with parenting | South Gloucestershire (southglos.gov.uk)

	(11 to 16 years old). These are called 'Parents Plus'. The course is run 3 times a year and each course consists of 8 sessions Sessions are delivered by experienced facilitators and run in groups of up to 12 parents or carers. Both mothers and fathers are encouraged to participate wherever possible.	by the worker. An ART adviser can help you with this if you need it. It might be the case that you need a different form of support. Once a referral has been accepted facilitators will contact parents near the start date of the course. Facilitators will arrange to meet the parents individually before the start of the course to find out how the course can work best for them and set some goals.	
Southern Brooks or Barnardo's	The Cygnet parenting programme is an evidence-based programme specifically designed for parents of children aged 5-18 with Autism Spectrum Conditions.	None	Cygnet Parenting Programme – Southern Brooks Community Partnerships
Barnardo's	The Dice programme is a four-week early help parenting support programme offering an understanding of the risks young people face in modern society. The four sessions cover:	None	Barnardo's Parenting Support Programmes. (barnardos-parenting.org.uk)

	• Introductions and thinking of life as a teenager • The exploitation of children and young people • Digital dangers • Parenting top tips		

I.T

Organisation	Info	Cost	Link
UK Safer Internet	Tips, advice, guides and resources to help keep your child safe online.	None	Parents and Carers - UK Safer Internet Centre
NSPCC (National society for the prevention of cruelty to children).	Free online safety resources, start a conversation about online safety, book a free online safety webinar, reviews of 80+ apps and platforms on Net Aware.	None	Online Safety for Children - Tips & Guides | NSPCC
Healthy Children Organisation	Tips for Parents in the Digital Age, Make your own family media use plan, Set limits and encourage playtime, Screen time shouldn't always be alone time.	None	Kids & Tech: Tips for Parents in the Digital Age - HealthyChildren.org
Motherly	Article on how to turn off screen time.	None	How to turn off screen time without a struggle, according to a clinical psychologist - Motherly