

Parent/carer - Who can support me?

PODS

[Making a Difference Why should I join my local Parent Carer Forum - YouTube](#)



<https://www.youtube.com/watch?v=vcfmJHiGoKw>

Find out why joining your local Parent Carer forum to have your voice heard for all things linked to Special Educational Needs. If you have a child living in Telford and Wrekin, your local Parent Carer Forum can be found here <https://www.podstelford.org/> - **Together We Can Make a Difference.** Please see below a message from Jayne Stevens – Strategic Lead for Parents Opening Doors (PODS).



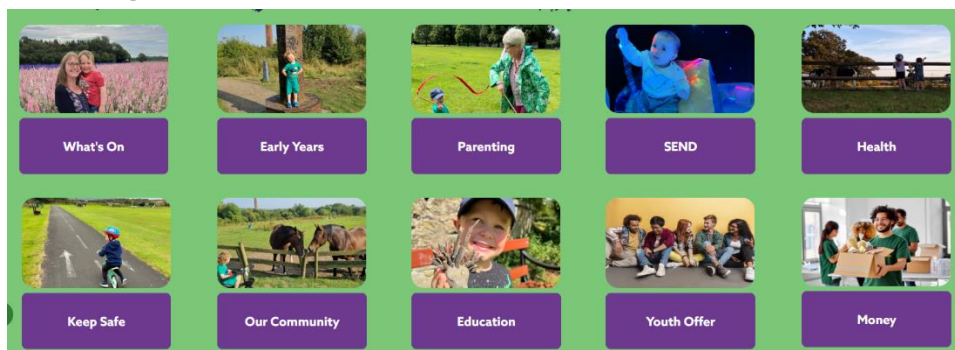
[Working together with parents and carers - our approach to support children & young people with SEND](#)

https://www.youtube.com/watch?v=bEx_BOgEiNc

If you have a child living in Shropshire, your local Parent Carer Forum can be found here - **Parent Carer Council Shropshire (PACC)**

<https://www.paccshropshire.org.uk/> Please see below a message from Sarah Thomas – Influence & Change Strategic Lead for PACC.

Family Hubs <https://www.telfordfamilyhubs.co.uk/>



Parenting Together <https://www.telfordfamilyhubs.co.uk/parenting>

Is a 4-week interactive online programme that is ran live by the Family Hubs team, that you can access in the comfort of your own home. We offer mornings, afternoons and evenings.

Week One: Parental Wellbeing, Family Scripts, Understanding Behaviour as Communication

Week Two: Building Secure Attachment, Fostering Positive Relationships and Emotional Regulation

Week Three: Setting Boundaries, Exploring Consequences and Promoting Positive Parenting

Week Four: Keeping Children Safe - Online, Offline and in the Community

Children's Occupational Therapy (OT)

The OT service can provide advice and support children who have functional difficulties. There is lots of support for sensory issues including a video for parents and carers to introduce sensory processing.

<https://www.shropscommunityhealth.nhs.uk/childrens-occupational-therapy>



<https://www.shropscommunityhealth.nhs.uk/chot-senses>

<https://www.shropscommunityhealth.nhs.uk/chot-senses-resources>



School Nurse

The school nursing service works closely with health visitors to support children and their families from age 5 to Post 16 (or 25 for those with SEN). See the following link for more information on the services they offer: [Shropshire School Nurses](https://www.shropscommunityhealth.nhs.uk/school-nurses-shropshire) <https://www.shropscommunityhealth.nhs.uk/school-nurses-shropshire>

Understanding Autism and ADHD

www.autismwestmidlands.org.uk

www.autism.org.uk

The Telford Autism Hub <https://www.telfordautismhub.org.uk/>

<https://stw-healthiertgether.nhs.uk/parents-carers/neurodiversity>

ADHD Support For Your Child | Parents Advice Guide | YoungMinds

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/#HowcanIhelpmychildwithADHD>

ADHD Foundation

<https://www.adhdfoundation.org.uk/resources/>

SENDIASS – Telford

Who are we and what do we do?

We're here for you . . .

- If you're a parent/carer of a child or young person with special educational needs or a disability
- If you're a young person with special educational needs or a disability 16-25
- If you have an issue or concern in the areas of education, health or social care
- If you live in Telford and Wrekin
- If you think your child has or may have a special educational need



To find out more visit - [Telford SENDIASS | SENDIASS Telford](https://www.telfordsendiass.org.uk/) <https://www.telfordsendiass.org.uk/>

Speech and Language Therapy (SaLT)

The SaLT team can support and young people's speech, language and communication and their eating.



Shropshire Community NHS Trust
Children's Speech and Language Therapy

Find out more about the SaLT teams services here: [Speech & language therapy](https://www.shropscommunityhealth.nhs.uk/childrenspeechlanguagetherapy#onthispage0)

<https://www.shropscommunityhealth.nhs.uk/childrenspeechlanguagetherapy#onthispage0>

Family connect

FamilyConnect

Family Connect is a free, confidential service providing, impartial advice, information, guidance and support on a full range of children's services available across the borough including childcare, activities, school admissions and finance.

Family Connect aims to ensure that families are getting the right help at the right time.

<https://www.familyconnecttelford.co.uk/site/index.php>

Place 2Be - Parenting Smart <https://parentingsmart.place2be.org.uk/>

Parenting advice from our child mental health experts

Practical tips to support children's wellbeing and behaviour

Cranstoun Telford - Telford & Wrekin Domestic Abuse Service

<https://cranstoun.org/help-and-advice/domestic-abuse/telford-das/>

Telford Crisis support - [Telford Crisis Support – Volunteer led since 2013](#)

<https://telfordcrisissupport.org.uk/>

Health Visitors for 0-5 - [Health Visitors](#) <https://stw->

[healthiertogether.nhs.uk/parentscarers/who-can-help-my-child-stay-healthy/health-visitors](https://stwhalthiertogether.nhs.uk/parentscarers/who-can-help-my-child-stay-healthy/health-visitors)

Parental Education Growth Support <https://www.pegsupport.co.uk/>

PEGS is a social enterprise set up to support parents, carers and guardians who are experiencing Child to Parent Abuse (including those with adult offspring). We don't directly work with the child displaying the behaviours but have a network of partners whose expertise lies in this area