

Telephone/Internet Support Services for Parents of Children with Disabilities

Benefits advice/Welfare Rights:

Tel: 0121 5580018 and 0121 5693158 Email: welfarerights_team@sandwell.gov.uk

CARES, Sandwell

Provides a free and confidential helpline to carers and also run carer support groups and carer away days with the aim of reducing isolation amongst carers in the UK.

Tel: 0121 5587003 Website: <http://cares-sandwell.org.uk>

Carers UK

Offers support and advice to all carers.

Website: <https://www.carersuk.org/> E-mail: advice@carersuk.org.

Our Phone helpline is available on Mondays & Tuesdays, 10am–4pm:0808 808 7777

Crossroads

Support for Sandwell Carers. Tel: 0121 553 6483

Contact (for families with children with disabilities)

Provide excellent advice and support about local and national services available.

Freephone helpline: 0808 8083555

Email: helpline@contact.org.uk Website: www.contact.org.uk

Challenging Behaviour Foundation

Information and support for parents regarding challenging behaviour. Offer peer support and workshops and talks across the UK aimed to reduce challenging behaviour. General Queries: 01634 838739 Family Support Line: 0300 6660126

Cerebra Sleep Support service: <https://www.cerebra.org.uk/help-and-information/sleep-service/>

Parents can complete an online referral form with details of specific sleep problems via their website and then telephone consultation support can be offered.

Tel : 01267 244210 or e-mail us at sleep@cerebra.org.uk

Disability Law Service

Provide free legal advice on issues relevant to individuals with learning disabilities and their families. They offer free phone advice & fact sheets regarding up to date disability law. Website: <https://dls.org.uk/> Tel: 0207 791 9800

Family Fund

Provides funding for small, inexpensive items for children 17 and under who have a disability. Items which may include: furniture, clothing, kitchen appliances, sensory toys, a family break, laptops/tablets and college education equipment.

Tel: 01904 621115 Website: <https://www.familyfund.org.uk>

FRANK

Confidential information and advice for anyone that has worries about alcohol or substance misuse.

Website: www.talktofrank.com

Freephone 0800 77 66 00 (24 hour service, free if call from a landline)

Kooth

Free, confidential, online information, advice and counselling service for 11-25 year olds; about any worry you might have. Website: www.kooth.com

Mencap

Advice and support for people with learning disabilities and their family networks.

Website: <https://www.mencap.org.uk/>

Newlife Foundation

Is the UK's largest provider of children's specialist disability equipment. They provide Newlife grants for essential equipment such as pain relief beds, wheelchairs and communication aids which will meet a disabled child's long term needs as well as loaning sensory boxes to families for a limited period of time. Newlife provides to children aged 19 years and under.

Address: Newlife Centre, Hemlock Way, Cannock, Staffordshire, WS11 7GF

Tel: 01543 462777 Website: <https://newlifecharity.co.uk/>

NHS 111. Can offer advice and support if you have an urgent medical problem and you're not sure what to do. Tel: Dial 111 from your phone.

Web: https://111.nhs.uk/?utm_source=nhsuk&utm_campaign=nhs_services&utm_content=nhs_111

Respond

Respond is a national charity which provides support to people with learning disabilities, autism in a range of ways. Website: <https://respond.org.uk/>

Sandwell Council Contact numbers:

Children with Disabilities Team Tel: 0121 5605616

Children's services. Tel: 0121 569 3100

General enquiries. Tel: 0121 569 2200

Housing – repairs. Tel: 0121 569 6000

EMERGENCY SANDWELL COUNCIL NUMBERS

(ONLY TO BE CALLED IN EMERGENCY AND OUT OF OFFICE HOURS)

Emergency social services contact numbers – Tel: 0121 569 2355

Please only use this number for children's or adult social care advice in an emergency.

Emergency council house repairs – Tel: 0800 844 112

Emergency street cleaning – Tel: 07889 117913

Sandwell Parents for Disabled Children

Provide leisure, play and social opportunities for disabled children and their families around Sandwell. Weekly Sports Activities are offered throughout term-time with activities/trips taking place in the school holidays. Register via application form.

Tel: 0121 5532093

Mobile: 07852 843 470

Email: Info@sp-dc.org

Sandwell SEND IASS (Special Educational Needs and Disabilities Information, Advice & Support Service) Tel: 0121 5551821

Samaritans

There are volunteers who you can talk to in confidence for support if you are feeling sad or upset and don't know where else to turn.

Website: www.samaritans.org.uk Tel: 08457909090 (24 hrs 7 days a week).

Sensory Wise

An online shopping tool which provides creative sensory toys and resources that are fun and affordable.

Tel: 07758 740038

Website: <http://www.sensorywise.co.uk/>

Also **Fledglings** is a similar service:

Website: www.fledglings.org.uk

SCOPE:

Website has advice and support for parents on a range of issues, including specific advice regarding COVID19 Virus:

<https://www.scope.org.uk/coronavirus-information/>

<https://www.scope.org.uk/services/>

Skybadger

Good website with information and resources for families caring for children with LD:

<https://skybadger.co.uk/>

Special Needs UK

Advice and support for people with special needs and their families

<https://www.specialneedsuk.org/>

Syndrome Without A Name (SWAN)

Advice and support for parents caring for children with genetic conditions without a formal diagnosis.

Tel: 020 78310883 Website: <https://www.undiagnosed.org.uk/>

Young Minds Information about children and young people's mental health, and ways to get help if you're struggling. Website: www.youngminds.org.uk

National Autistic Society:

Helpline: 0808 800 4104

Website: <http://www.autism.org.uk/>

Autism West Midlands:

Helpline: 0303 03 00 111

Website: <http://autismwestmidlands.org.uk>