

Dorset Support Services

Family Support		
Service	What they do	Contact details
Action for Children Parent Talk	Down-to-earth parenting advice you can trust. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.	www.parents.actionforchildren.org.uk/
Autism Unlimited (formerly Autism Wessex)	We are the leading regional charity providing specialist education, care and support, to children and adults affected by autism and other associated difficulties.	www.autism-unlimited.org Email: info@autism-unlimited.org Phone: 01202 483360
Dorset Children's Centres	Children's centres are for all families with children under five years old. They provide a range of services, depending on local need and parental choice.	www.dorsetcouncil.gov.uk/children-families/activities-for-children-young-people-and-families/childrens-centres/find-a-childrens-centre.aspx
Dorset Family Information service	Dorset Family Information Service is a free, impartial information service for parents and carers of children and young people aged up to 19, or up to 25 years for those with special educational needs or disability (SEND) .	www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/family-information-service.aspx Email: familyinfo@dorsetcouncil.gov.uk Phone: 01305 221066
Dorset Family support teams (Early Help)	<p>Family support teams provide information, advice and guidance, as well as direct support around anything relating to family life, including:</p> <ul style="list-style-type: none"> • staying safe • keeping healthy • parenting • managing finances • achieving well in the early years, at school and getting a job <p>And can bring together professionals to help your child, for example, by working with your health visitor, doctor or school teacher, provide one-to-one family work, suggest parenting support courses that could help you and your family, offer help and advice for more complex needs, maybe you're concerned about your child's behaviour, or worried about their development or emotional or mental health, link you to local groups that can support you, including activities at your local Children's Centre, help your child be ready for school and help you fill out any relevant forms and paperwork.</p>	<p>www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/getting-help-for-your-family.aspx#fpz</p> <p>Chesil locality Email: chesillocality@dorsetcouncil.gov.uk Tel: 01305 762400</p> <p>Dorchester locality Email: dorchesterlocality@dorsetcouncil.gov.uk Tel: 01305 224220</p> <p>East Dorset locality Email: eastlocality@dorsetcouncil.gov.uk Tel: 01202 868224</p> <p>North Dorset locality Email: northlocality@dorsetcouncil.gov.uk Tel: 01258 474036</p> <p>Purbeck locality Email: purbecklocality@dorsetcouncil.gov.uk Tel: 01929 557000</p> <p>West Dorset locality Email: westlocality@dorsetcouncil.gov.uk Tel: 01308 425241</p>

Dorset Local Offer	Dorset Council's Local Offer for children and young people from 0 to 25 years with special educational needs and/or disability (SEND) provides information, advice and support for children and their families.	www.dorsetcouncil.gov.uk/children-families/sen-and-disability-local-offer/dorsets-local-offer.aspx
Dorset Parent Carer Council	Our aim is to help improve the lives and opportunities for families and children and young people aged 0-25 years who are disabled in Dorset. We are doing this by being a voice to inform all agencies and services about the needs of disabled children and their families in Dorset.	www.dorsetparentcarercouncil.co.uk Email: dpcc@dorsetparentcarercouncil.co.uk Phone: 07827 793 244
Dorset Children's Social Care	Children's social care can provide help to children and their parents if the child: <ul style="list-style-type: none"> • needs support with maintaining their health or development • has a disability • is in need of protection • is unable to live with their family and has been adopted, is living with foster carers or lives in residential care • A social care professional can provide practical advice and information that helps the family. 	Children's Advice and Duty Service Tel: 01305 228866 Children who are disabled social care www.dorsetcouncil.gov.uk/children-families/sen-and-disability-local-offer/education-and-learning/services-to-help-support-your-child/children-who-are-disabled-social-care
The Xchange	An interactive news and information network for children who are disabled and or have additional needs and their families	www.xchangeonline.co.uk

Parenting Support Programmes

Service	What they do	Contact details
<p>Cygnets (a diagnosis is required to access)</p>	<p>A parenting support programme for parents and carers of children and young people aged 8-18 with autistic spectrum condition.</p>	<p>If you would like to add your details to the waiting list for training please contact EforE@thomas-hardye.net with the subject: Cygnets</p>
<p>Incredible Years Programme</p>	<p>The Incredible Years is a series of evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and help young children's behaviour problems and promote their social, emotional, and academic competence. Programmes running include: The Incredible Years Pre-school group programme for parents of children aged 3-6 years (14 weeks), The Incredible Years School Age group programme for parents of children aged 6-12 years (12 weeks) and The Incredible Years group programme for parents of children aged 6 to 12 with a diagnosis of ADHD (18 weeks).</p>	<p>www.incredibleyears.com</p> <p>Speak to your local family support service for access to local programmes www.dorsetcouncil.gov.uk/children-families/get-help-for-your-family/parenting-support-courses.aspx</p> <p>Action for Children www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/dorset-parent-training-and-education/ Tel: 01202 525643</p>
<p>NAS EarlyBird plus programme (a diagnosis is required to access)</p>	<p>The National Autistic Society (NAS) EarlyBird Plus Programme runs across Dorset, in the following venues: Westfield Arts College in Weymouth (co-ordinators for Dorset), Yewstock School in Sturminster Newton, and Beaucroft School in Wimborne. The NAS Early Bird Plus programme will help you to:</p> <ul style="list-style-type: none"> • understand your child's autistic spectrum disorder. • help improve communication with your child. • help to develop practical strategies to pre-empt problem behaviours and/or manage those which do occur. 	<p>www.nas.org.uk/nas/earlybird</p> <p>Contact Caroline Hubbuck or Kate Flute at Westfield for more details, an information pack or an informal chat</p> <p>Email: earlybird@westfield.dorset.sch.uk</p> <p>Phone: 01305 833518</p> <p>Mob: 07444836954</p>

Education Support

Service	What they do	Contact details
Blandford Opportunity Group (Pre-school)	We are a pre-school for children with special needs. We work with children from Blandford Forum and the surrounding areas.	www.blandfordopportunitygroup.co.uk Email: blandfordoppgrp@talktalk.net Phone: 01258 456187
Dorchester Opportunity Group (Pre-School)	A Pre-school facility for Children with Additional Needs.	www.dorchesteropportunitygroup.co.uk Email: dorchester-opportunity-group@btconnect.com Phone: 01305 751707
DEAL Dorset Education Advice Line	Dorset Education Advice Line is a phone line for parents, carers and professionals who support children who may have special educational needs and disabilities (SEND). This advice line is part of our Local Offer to children, young people and families and will work alongside existing services such as SENDIASS and the Education Psychology helpline.	www.dorsetcouncil.gov.uk/dorset-education-advice-line-deal Phone: 0800 14 040 41
SENDIASS Special Educational Needs and Disability Information, Advice and Support Service	We are a free, impartial and confidential service that provides information, advice and support to children and young people aged 0 to 25 with special educational needs and disability (SEND) and parents and carers of children and young people with SEND.	www.dorsetsendiass.co.uk Email: dorset.sendiass@family-action.org.uk Telephone: 01305 595477
The schools SENDCo (Special Educational Needs and Disabilities Coordinator)	<p>The SENDCo is a teacher who coordinates the provision for children with special educational needs or disabilities in schools.</p> <p>They can talk to you about any worries you might have about your child in school.</p>	Contact your child's school directly to speak to the SENDCo

Mental Health Support

Service	What they do	Contact details
<p>Child and Adolescent Mental Health Service (CAMHS)</p>	<p>CAMHS is a specialist service that provides support to children and young people who are coping with significant mental health difficulties. A separate referral is needed to access the service.</p> <p>The CAMHS website contains lots of information and resources around mental health as well as information on the referral process.</p>	<p>www.camhsdorset.org</p>
<p>Dorset Family Counselling Trust (DFCT)</p>	<p>DFCT delivers low-cost counselling services for children & young people aged 4-18 and their families in Bournemouth, Poole, Wimborne, Weymouth, Blandford, Dorchester and all other areas of the county.</p> <p>We currently accept referrals from GPs, schools & other professionals working with children, as well as from parents, carers and families.</p>	<p>www.familycounsellingtrust.org/dorset</p> <p>Dorset Family Liaison Officer: Kay Parkinson Email: flo-dorset@familycounsellingtrust.org Phone: 07772 101649</p>
<p>Dorset Mind Your Head</p>	<p>Dorset Mind Your Head is a Dorset-wide programme aimed to help young people of Dorset to be as mentally healthy as possible. Young people cope with the stresses and strains of life in different ways. Growing up in the 21st century is not always easy. We aim to equip young people to have the resources, tools, support and information they need to build resilience, learn how to deal with difficult emotions and live a mentally healthy life.</p>	<p>www.dorsetmindyourhead.co.uk/</p> <p>Email: dmyh@dorsetmind.uk</p> <p>Phone: 01202 315329 ext. 2. (For information about Dorset Mind Your Head Groups and Support ONLY)</p>

Activities/Support Groups

Service	What they do	Contact details
Activate Performing Arts	The Remix is an inclusive youth performance company open to young people age 12-19, both disabled and non-disabled, from across Dorset. The Premix is a similar group set up for 7-11 year olds. Meet once a month and for holiday clubs.	www.activateperformingarts.org.uk/take-part/the-remix-the-premix/ Email: info@activateperformingarts.co.uk Tel: 01305 260954
Artz+ Sportz+	We provide school holiday arts and sports events for disabled children and young people aged 5 to 18 and their families. Join us at sports and outdoor centres, museums, woodlands, theatres and other venues across Dorset.	Email: leisureWDWP@dorsetcouncil.gov.uk
ASCape ASD & Social Anxiety group	Group for young people aged 11-18 and parents of children of all ages with similar needs	www.ascape.club Phone: Karen 07974 826891 or Indigo 07876 682116
AS Divas and Dudes	A parent and peer support group which meets once a month on the first Tuesday of each month 5.15-7.15pm	Email: Asdivasanddudes@gmail.com Divas Claudia 07443 534178 Rebecca 07810488023 Dudes Jennie 07930585046 Gemma 07488382653
A-Stars	Local support group for families with a child who has Asperger's syndrome or any other Autistic Spectrum Condition which meet every Saturday morning 10.30am-12.30pm at the Asperger Base at Budmouth Technology College.	www.astars.org.uk Email: info@Astars.org.uk Phone: 07929 071513
Diverse Abilities	Dorset's disability charity supporting children and adults with profound physical and learning disabilities.	www.diverseabilities.org.uk Email: info@diverseabilities.org.uk Phone: 01202 718266
Dorset Adult Asperger Support Group	The DAAS Group offers support and information for adults with Asperger's Syndrome and their carers, families, friends and supporters in the Dorset area as well as working to raise awareness and increase understanding of autism and Asperger's.	www.dorsetadultaspergerssupport.org.uk

<p>Parent Support Group(Gillingham)</p>	<p>Parent Support Group for parents and carers of children with an autism spectrum disorder (ASD) or those awaiting possible diagnosis.</p> <p>Dates: 1st Monday of the month Time: 7.00pm – 8.30pm Venue: Bones Youth Club, Cemetary Rd, Gillingham SP8 4AZ</p>	<p>Contact: Helen Shorrocks 01305 224310</p>
<p>The Umbrella Group</p>	<p>Parent led support group for parents of children and young adults with ASD. Meets once a month on a Saturday 10am-12pm at Portfield School in Christchurch.</p>	<p>Contact Debbie Muldoon-Hall Phone: 07900 693131</p>

National Support Services

Service	What they do	Contact details
Ambitious about Autism	Ambitious about Autism is a national charity which provides services, raises awareness and influences policy.	www.ambitiousaboutautism.org.uk
Anna Freud	World leading mental health charity.	http://www.annafreud.org
Autism Speaks	Autism resources and information	https://www.autismspeaks.org/
Cerebra	We're the charity dedicated to helping families with children with brain conditions discover a better life together.	www.cerebra.org.uk Email: enquiries@cerebra.org.uk 01267 244 200
Contact a family	For families with disabled children. Provide information and advice and support.	www.contact.org.uk Email: info@contact.org.uk Free Helpline: 0808 808 3555
National Autistic Society	The UK's leading 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.	www.autism.org.uk Helpline: 0808 800 4104
Rethink	Rethink aim to improve the lives of people severely affected by mental illness through their network of local groups and services, expert information and successful campaigning.	www.rethink.org
Scope	We're Scope, the disability equality charity in England and Wales. We provide practical information and emotional support when it's most needed and campaign relentlessly to create a fairer society. Navigate Service - Navigate is a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs.	www.scope.org.uk Email: helpline@scope.org.uk Phone: 0808 800 3333 Email: navigate@scope.org.uk Phone: 0808 801 0510
Scottish Autism	Scottish Autism is an organisation dedicated to enabling autistic people to lead happy, healthy and fulfilling lives.	www.scottishautism.org/services-support/family-support/women-and-girls-online-support
The Autism Services Directory	Lists ASD services and support groups across the UK.	www.theautismdirectory.com
The Girl with the Curly Hair Project	The Curly Hair Project is an organisation that helps people on the autistic spectrum and the people around them, founded by autistic author Alis Rowe. We use cool things like animated films, comic strips and diagrams to make our work interesting and easy to understand!	www.thegirlwiththecurlyhair.co.uk

