

# Thinking about reaching out?

If you are becoming worried about your child's needs, here's where you can go for free, information advice and guidance

## SEND and YOU

Independent advice and support service for special educational needs and disabilities

0117 989 7725

[www.sendandyou.org.uk](http://www.sendandyou.org.uk)

[support@sendandyou.org.uk](mailto:support@sendandyou.org.uk)



## Bristol's Local Offer

website: a single place of information about services and support for children and young people from birth to 25 years old who have Special Educational Needs or Disabilities, and for their families and carers.

**Sign up to the mailing list**



## FLORA

Families Local Offer Resources and Advice:

A free helpline for early support with your child's additional needs

0117 352 6020

[flora@bristol.gov.uk](mailto:flora@bristol.gov.uk)



The person responsible for SEN, normally referred to as the

### **SEND Coordinator or SENDCo**

at your child's nursery, school or college can help you to understand the SEN policy and the help that can be put in place to support your child.

**Parent Carer and SEND Community groups who may be able to offer further support**



# SEND and Community Support Groups



## **Autism Independence**

is a Bristol-based organisation which works with families and local authorities to help transform the lives of children with autism



## **Bristol Autism Support**

provide 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.



## **National Autistic Society (Bristol Branch)**

is run by a small group of volunteer parents, carers and friends of people on the autism spectrum who give their time and energy to support autistic people and their parents/carers.



## **Bristol Parent Carer Forum**

We work together as partners with Bristol City Council and NHS Bristol to shape the services provided for our families – this is called ‘parent carer participation’. By participating, parent carers can have a voice and make a difference



## **Bristol Black Carers**

provide culturally appropriate support and services for young and adult carers from the Caribbean, African and Asian communities and their families across Bristol.



## **Barton Hill Activity Club**

Young kids: we offer a number of activities/ holiday/ half term activities. Families/residents with language barriers we provide support with communication. Elderly: shopping, errands deliver medication, fill in forms



## **Extraordinary Links**

Create a safe environment for families to enjoy time together and build a support network for the entire family. We encourage parents of a disabled child to bring all children, as siblings need support too!

# SEND and Community Support Groups



## **Incredible Kids**

Offer inclusive play sessions in Bristol. Whether you are looking for support, advice, friendship or fun inclusive family play you will find something for everyone in your family at Incredible Kids.



## **Khaas**

Offer recreational, respite & educational activities for children & their families, alongside support, information & advice. Culturally competent to working with the BAME community and have the skills and knowledge to deliver services that meet the needs of the community



## **Murmuration Community Therapy**

Murmuration runs nurture groups - 8 week-courses supporting the mental health & social connections of SEND parents, leaving them with an ongoing network of support. For parents of children with any disability or at pre-diagnosis stage.



## **Neon Daisy**

NeonDaisy helps girls who are identified as autistic to make connections with each other. We also inspire and inform professionals and families about neurodiversity to build better support, sooner



## **Nothing Special**

is an interactive group set up to help those who wish there was something out there for their young person. If you can't find anything out there, create it and make it happen





### **Somali Resource Centre**

Help Somalis to access mainstream services and navigate complex UK systems so that we are creating a healthy, vibrant Somali community, integrated into British society as active social and economic participants.



### **Family Centre, Deaf Children**

Provide information, advice, and a sense of community to deaf families. We run workshops, BSL courses & provide social, emotional, and educational support for the whole family together with recreational activities and opportunities for the children.



### **Ups and Downs**

Are a Down Syndrome support charity serving children & young people, their parents/carers and all linked professionals dealing with the health and education of children and young people who have Down Syndrome

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## **Support From Bristol City Council Teams**



### **Family courses provided by the Bristol Autism Team**

The BAT team support children and young people who have a formal diagnosis of autism and those on the pathway to diagnosis



### **Family courses by the Families in Focus team**

Families in Focus offer a range of parenting courses for parents of children aged 3 to 17 years old. All courses are free, term time only and unless stated are available to Bristol Parents and Carers

[For more information about SEND groups and activities see Bristol's Local Offer Website and Facebook page](#)