



**Oxford Health**  
NHS Foundation Trust

Oxfordshire CAMHS Autism  
& Learning Disabilities  
Liaison Team



# Information for Parents & Carers

# Introduction



Welcome to the Parents and Carers Information Booklet, it includes information about local and national services and organisations that support families caring for children and young people who have additional needs. If you are viewing the booklet electronically, you can click the links to take you to the organisations' websites. We hope that you find it helpful.

If you have any comments or feedback about this leaflet please email **[DSR-ALDLT@oxfordhealth.nhs.uk](mailto:DSR-ALDLT@oxfordhealth.nhs.uk)**. Please let us know if you are aware of any new groups or sources of help for parents and carers not included in this booklet. Similarly if you are aware that a group included in this booklet has closed or there have been changes please let us know. Thank you.


# Oxfordshire Organisations



## Autism Family Support Oxfordshire

They provide autism-specific information, advice and support to parent/carers, as well as linking you with similar parents and children if you wish. They provide practical information and advice, details of relevant services, or sometimes just a listening ear. You can self-refer by filling out the referral form on their website.

 Online and Telephone Support.

 [info@afso.org.uk](mailto:info@afso.org.uk)

 <http://www.afso.org.uk/parents/>

 01235 754700

**They provide the following for parents/carers of a child aged 0 – 25 living in Oxfordshire (or accessing healthcare, school or social care in Oxfordshire):**

- Email newsletters – monthly newsletters full of news, events, and useful information.
- Online Q&A – online sessions run by our 2 Family Practitioners Vicky and Claire. You can ask a question or just go and listen and feel supported. The sessions run online twice a month. Join their mailing list for details.
- Advice by email for parents/carers.
- 30-minute advice appointments for parents/carers by phone or virtual meetings.
- Strategies to alleviate and cope with challenging behaviour.
- Connecting local families and children.
- Support group for parents who are themselves autistic or identify as autistic. (There are many other parents support groups across Oxfordshire).
- Signposting and access to other services.
- Autism and behaviour we find challenging – a popular training course for parent/carers which we run twice a year in venues across Oxfordshire.
- Other training courses and workshops, on request.

# Oxfordshire Organisations



## Carers Oxfordshire

Carers Oxfordshire is a free service which offers information, advice and support to adult carers of someone living in Oxfordshire.



Mainly online and telephone Support.



01235 754700



<https://www.carersoxfordshire.org.uk>

### What they offer:

- **CarersLine** – Telephone line for advice or support. 9 am – 5 pm Monday to Friday. A voicemail operates outside these hours.
- **Carer assessments** – Advice and support on how to complete a carers assessment.
- **Courses for carers** – A Carers Journey is a series of free workshops and courses created for carers in partnership with Abingdon & Witney College, designed to help you improve your well-being and gain confidence in caring for someone at home. Courses are offered around Oxfordshire and online.
- **Short breaks away** – They have partnered with Carefree – a charity that transforms vacant accommodation into vital breaks for unpaid carers. To qualify for a short break you must be aged 18 and over and a full-time unpaid carer (30+ hours per week). Be able to arrange interim care while you are away and be able to pay for extras (transport, food, travel insurance etc.).
- **Time for you** – A range of offers to give unpaid carers time for themselves. From practical help at home and funding to take up a part-time course, to hotel breaks away, we will help you find a way to rest and recharge.
- **Carer ID** – A Carer ID issued by Carers Oxfordshire will prove you are registered as an unpaid carer. You can use it to ensure you and the person you care for get the support you are entitled to.
- **Max Card** – Max Card is a discount card for SEND children. It can be used at venues across the UK to get free or discounted admission. In Oxfordshire, Max Card is run in partnership between Carers Oxfordshire and the Oxfordshire Children, Education and Families Directorate.
- **Plan for emergencies** – Advice and resources for creating an emergency support plan.

# Oxfordshire Organisations



## OASIS

OASIS is a friendly charity run by parents for parents/carers who are bringing up children/young adults with Autistic Spectrum Disorder or related conditions such as Global Developmental Delay or Sensory Processing Disorder in Oxfordshire. They run informal coffee and chat groups.



Didcot, Grove, Abingdon, Cowley & Witney



[chair@oasionline.org.uk](mailto:chair@oasionline.org.uk)



<http://oasionline.org.uk/coffee-chat-3/>



## Oxfordshire Family Support Network

They provide independent information, advice and support by families for families of people with learning disabilities. Set up by family carers who wanted to use their experience to help others in the same situation we strive to improve the lives of people with learning disabilities and their families.



Online and Telephone Support.



[info@oxfsn.org.uk](mailto:info@oxfsn.org.uk)



<https://www.oxfsn.org.uk/family-support/>



07891 734987

# Oxfordshire Organisations



## Oxfordshire Inclusive Communication

Oxfordshire inclusive communication (formally known as total communication) is a network partnership organisation that has evolved out of a need for information and resources about communicating with people with a learning disability in Oxfordshire. They run training courses, and an Introduction and Resource Day which is open to anyone to attend.



Cowley, Oxford



01865 904555



<https://www.oxfordhealth.nhs.uk/oxtc/service/>



## Oxfordshire Recovery College

We design and deliver free educational courses and workshops that aim to help people to take steps towards recovery from mental health issues, or to support someone in their own recovery journey. Our courses are designed to help develop knowledge and understanding, and to gain some practical tools for recovery, mental health, living well and education.



01865 779613



Mainly Oxford, some courses run in Banbury, Didcot and Witney.



[contactorc@restore.org.uk](mailto:contactorc@restore.org.uk)




<https://oxfordshirerecoverycollege.org.uk>


# Oxfordshire Organisations



## Mental Health Natters

They support families struggling with mental health and school attendance. They provide free, confidential 1:1 sessions to talk through difficulties and can provide ongoing support to overcome these. We also offer 1:1 tuition, group sessions, drop in sessions and training.

 07960 727682

 [dani@mentalhealthnatters.org](mailto:dani@mentalhealthnatters.org)

 Abingdon

 <https://www.mentalhealthnatters.org>



## Rethink Mental Illness

They support anyone who is a relative, partner, friend, or neighbour of someone with a mental health problem. You do not have to live with the person or provide a specific amount of care or support to use their service.

 Online and Telephone Support. Locations across Oxfordshire.

 01865 904499  [oxfordshirecarers@rethink.org](mailto:oxfordshirecarers@rethink.org)

 <https://www.carersoxfordshire.org.uk/rethink-mental-illness/>



# Oxfordshire Organisations



## SENDIASS

They provide impartial information, advice and support to parents and carers of children with SEND. The aim of the service is to empower, enable and encourage parents to take an informed and active part in their child's education, and young people to be involved in decisions about their own education and futures.



Online and telephone Support.



[info@sendiass-oxfordshire.org.uk](mailto:info@sendiass-oxfordshire.org.uk)



<https://www.sendiass-oxfordshire.org.uk>



01865 810516

## What they offer:

- Free confidential & impartial advice and accurate information
- Detailed knowledge and understanding of SEN, Disability Discrimination and Exclusions law.
- Advice on School-based SEN support, Statutory assessments, Education, Health and Care plans, Choice of school, exclusions and Tribunal appeals.
- Jargon-free leaflets on a range of topics
- Trained volunteer Independent Parental Supporters (IPS) to go with parents to school meetings or help with educational paperwork
- Access to impartial trained Independent Supporters for Young people 16- 25 with SEN and Disabilities
- An open door policy- parents can pop in for a chat to talk things through or for help with filing in forms or writing letters about educational issues
- A website with information and events
- Talking SEND briefings for parents covering a range of SEN topics
- Help parents reach agreement with schools or the LA and work with schools and LA to improve communication with parents.
- Support parents in their appeals against decisions made by the LA and can signpost to other sources of support.



# Support Groups



## ADHD Oxfordshire

ADHD Oxfordshire is a small voluntary organisation that provides independent information and support. They also run a support group for parents and carers of children with ADHD which is held once per month on Zoom.



Online



[meeting@adhdoxfordshire.co.uk](mailto:meeting@adhdoxfordshire.co.uk)



<https://www.adhdoxfordshire.co.uk/support-group>



## Autistic Parent Group

Run by Autism Family Support Oxfordshire, this group is for Parents who have ASD (diagnosed or undiagnosed). An opportunity to gain support, information, friendship, and have fun.



Abingdon and online sessions.



[vicky@afso.org.uk](mailto:vicky@afso.org.uk)



[https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service.page?id=Q9V\\_V8viZa4&disabilitieschannel=100](https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service.page?id=Q9V_V8viZa4&disabilitieschannel=100)



## Bicester Autism

We are a group of parents with SEN children, we meet a few times a month and our meetings are very informal. Everyone is welcome whether you have a diagnosis or not.



Bicester



[bicesterautism@gmail.com](mailto:bicesterautism@gmail.com)



<https://www.bicesterautismadhd.co.uk>

# Support Groups



## Chipping Norton Parent Pals

Chipping Norton Parent Pals is a local support group for parents and carers of children that suffer from mental health, ASD, anxiety or depression. They meet every last Tuesday of the month in the Town Hall in Chipping Norton from 7-9pm



Chipping Norton



[cnparentpals@btinternet.com](mailto:cnparentpals@btinternet.com)



07973 862099



<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service.page?id=pUqP8k-ixF4&disabilitieschannel=100>



## Community Glue

Community Glue are a small community organisation that works collaboratively to support people affected by ill-health, old age or disability. People who use services, or care for people who do, should be at the centre of how services are developed.



Botley Road, Oxford



[info@communityglue.org.uk](mailto:info@communityglue.org.uk)



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



## Jigsaw Coffee & Chat

Jigsaw Oxford would like to you join us for a coffee & chat for parents/carers of children with SEN. Just drop in. Meet new people, share support and information with other parents/carers. All welcome!



Oxford



[jigsawoxford@gmail.com](mailto:jigsawoxford@gmail.com)



<https://www.facebook.com/JigsawOxford/>

# Support Groups



## Oxfordshire Parent Carers Forum

Oxfordshire Parent Carers Forum (OxPCF) is an independent group enabling the voices of parent carers of children and young people with SEND across Oxfordshire to be heard. The forum is committed to making parent carer participation an integral part of service and information development and provision in Oxfordshire.

 Online and locations across Oxfordshire  07394 735666

 <https://www.oxpcf.org.uk/>  [info@oxpcf.org.uk](mailto:info@oxpcf.org.uk)



## Parents Talking Aspergers (PTA)

Parents Talking Asperger's (PTA) is a faith-based, award-winning voluntary support group for parents of children and young adults with Asperger syndrome (diagnosed and undiagnosed)/High Functioning Autism and associated conditions. It offers emotional/practical parent-to-parent support/advice; special educational needs (SEN) advocacy and signposting; home visits; social activities for parents, children and young people with autism; and siblings.

 Banbury

 [karen@parents-talking-aspergers.co.uk](mailto:karen@parents-talking-aspergers.co.uk)  07503 752880

 <https://www.oxmindguide.org.uk/minditem/parents-talking-aspergers/>

# Support Groups



## Shift

Shift is a support group for parents and carers of children with special needs and disabilities. The group meets to chat informally about the joys and challenges of parenting children with SEND, to share information and support each other.

All Shift sessions are run on a drop in basis so parents and carers are welcome to come for the whole session or call in for a short while.

Shift also runs occasional family events offering a safe and supportive environment to meet other families, socialise and have fun. These events are generally held where SHIFT can have exclusive use of a venue unless it is an informal meet up in a park.



Abingdon and online sessions.



[info@shift-abingdon.org.uk](mailto:info@shift-abingdon.org.uk)



<https://shiftabingdon.wordpress.com/?ref=spelling>



## SPACE

SPACE is a weekly, term-time only, coffee morning for parents and carers of children and adults with special needs. A place for parents and carers to meet, chat and feel included. To share experiences, information and support one another.



Witney



07875 890775



<https://fisd.oxfordshire.gov.uk/kb5/oxfordshire/directory/service.page?id=MWTR2yrMfCk&disabilitieschannel=100>

# National Organisations

## Autism Central



Autism Central is a free support service for families. We offer a wealth of resources for parents, carers and personal assistants of autistic people in England – from articles and learning materials to signposting to services and support in the local area. They also run a peer education programme, this is a resource open to anyone including parents, carers and family members. What makes the programme unique, is that it's run by families for families.

 Online

 [autismcentralsoutheast@aspens.org.uk](mailto:autismcentralsoutheast@aspens.org.uk) **OR** [info@autismcentral.org.uk](mailto:info@autismcentral.org.uk)

 <https://www.autismcentral.org.uk>

## Beacon House



Beacon House is a specialist, innovative and creative therapeutic service for young people, families and adults. With a special interest in working with individuals of all ages who have experienced trauma and loss. You have to pay for their therapeutic services however they have some brilliant resources, centred around trauma, available for free on their website.

 Online resources

 <https://beaconhouse.org.uk/resources/>

# National Organisations



## Family Lives

Family lives is a national charity that provides lots of online resources and advice on all aspects of family life, including positive discipline, bullying, communicating with teens and divorce and separation. They also offer a helpline, an online chat service and email support, you can contact them for emotional support, information, advice and guidance on any aspect of parenting and family life.

**Helpline: 0808 800 2222**

Monday to Friday 9am to 9pm

Weekends 10am to 3pm


**Online Chat: Available via their website**

Monday to Friday between 10.30am to 9pm

**Email Support: [askus@familylives.org.uk](mailto:askus@familylives.org.uk).**

They aim to respond within 24 hours, Monday to Friday (excluding bank holidays).

 Online & Telephone Support

 0808 800 2222

 <https://www.familylives.org.uk>





## Hft

Hft's Family Carer Support Service (FCSS) is a free information and support service for family carers with an autistic relative or a relative with a learning disability. This support includes ongoing one-to-one support via telephone and email, help with email and letter writing, access to resources and bespoke workshops.

 Online and Telephone Support.

 [familycarersupport@hft.org.uk](mailto:familycarersupport@hft.org.uk)

 <https://www.hft.org.uk/our-services/family-carer-support-service/>

 0808 801 0448

# National Organisations



## KIDS

KIDS is a national charity that works with disabled children, young people and their families. The main service currently available to parents and carers in Oxfordshire is “KIDS Changing Our Direction”. This service supports families whose young people present with self-harm behaviours. They work with families of young people aged 11-16 years, including those with mild/moderate learning disabilities, additional needs, Autism and ADHD/ADD. Support is delivered via the ‘Families Learning About Self Harm’ (FLASH) programme, this is delivered over ten 2 hour workshops in a small group-setting.



Online



01924 683890



Changing.ourdirection@kids.org.uk



<https://www.kids.org.uk/changing-our-direction>



## MyLiferaft

Founded by Nicola Murgatroyd, who was a parent carer for her daughter and thus had first hand experience of the stresses and frustrations of having to deal with multiple different services, repeating information over and over and still not getting the joined up, consistent care that was needed. MyLiferaft gives you one single place to add and store information about your child, be that their likes and dislikes, a daily journal, a record of trips to the GP/hospital, operations, test results or details about their education or of their care plan.



Online service.



03302 231192



info@myliferaft.com




<https://www.myliferaft.com>



# National Organisations



 Online & Telephone

 0808 800 3333

 [navigate@scope.org.uk](mailto:navigate@scope.org.uk)

 <https://www.scope.org.uk/family-services/navigate/>

## Navigate (From Scope)

Navigate is designed for parents who have a child on the pathway to diagnosis, or who have a child diagnosed with a disability or impairment within the last 12 months. Navigate offers parents six weeks of phone based and online mentoring designed to provide emotional and practical support at the start of their journey as a parent to a disabled child.



 Online

 [hello@sendfamilyinstincts.com](mailto:hello@sendfamilyinstincts.com)

 <https://notfineinschool.co.uk/home>

## Not Fine In School

*Not Fine in School* was created as a resource for the growing numbers of families with children experiencing school attendance barriers. They provide lots of online resources, videos and advice. As well as a facebook support group for parents. They also offer a comprehensive package to support with EHCP applications and admin, this service is charged at £30 per month (no tie-ins)

# National Organisations



## Sibs

Sibs exists to support people who grow up with or have grown up with a disabled brother or sister.


### **Direct support for young siblings (aged 7-17):**

- Get information about disability and conditions, and tips for enjoying life and dealing with feelings.
- Get help from our team with sibling issues at home and at school.

### **Support for adult siblings:**

- They provide email support for adult siblings.
- They run a network of peer support groups for adult siblings of people with a lifelong disability.
- We produce guides for adult siblings of people with a lifelong learning disability and/or autism on issues such as future planning and managing care.
- We run workshops and events for adult siblings.

 Online

 Contact them via the form on their website.

 <https://www.sibs.org.uk>



## Special Needs Jungle

Special Needs Jungle is a website for parent-led information, resources and informed opinion about children and young people with Special Educational Needs and Disabilities, health conditions and rare diseases.

 Online

 Resources & Email updates available via their website.

 <https://www.specialneedsjungle.com>


# National Organisations



## The Sleep Charity - Sleep Helpline

The sleep charity run a free helpline for anyone struggling with their sleep. It is run by trained sleep advisors, many of whom are specialists in working with SEND. They can talk to young people directly, or parents (they can also talk to adults, including older people, about their sleep issues). The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am.

 Telephone

 03303 530 541


 <https://www.scope.org.uk/family-services/navigate/>





## Youth Mental Health Foundation

They are an organisation who's focus is guiding the parents of young people struggling with mental health or who self-harm to support their child's recovery through a free online course called The Horizon Plan and in-person parent support groups.

 Online

 [ParentSupport@YouthMentalHealthFoundation.org](mailto:ParentSupport@YouthMentalHealthFoundation.org)

 07588 792474

 <https://www.youthmentalhealthfoundation.org>