

## Warwickshire School Health & Wellbeing Service

Tel: 03300 245 204

Email: [warwickshireSH&WService@compass-uk.org](mailto:warwickshireSH&WService@compass-uk.org)

Website: [www.compass-uk.org/services/wshwbs](http://www.compass-uk.org/services/wshwbs)

Helpful information and useful websites for parents/carers on health & wellbeing for children & young people with additional needs.



### ParentLine text messaging service

Parents/Carers can now text a school nurse from their mobile phone. Parentline, the school nurse messaging service, is confidential and available Monday to Friday from 9am to 5pm. You can message for advice about general health, child development, behaviour, toileting and emotional health and wellbeing.

**Text number: 07520 619 376**

### Warwickshire Family Information Service – [www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

**NHS Choices** – [www.nhs.uk](http://www.nhs.uk)

**Family Lives** – [www.familylives.org.uk](http://www.familylives.org.uk)

Advice & support on a range of topics including sleep, behaviour, bullying, health & wellbeing, family & relationship issues.

**Contact a family** – [www.cafamily.org.uk](http://www.cafamily.org.uk)

Freephone helpline **0808 8083555**

Bullying, feeding, behaviour, speech, teeth, education, toilet training & learning support

### Special Educational Needs and Disabilities (SEND)

**CW RISE** – [www.cwrise.com](http://www.cwrise.com)

**RISE** is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people.

**Hidden disabilities** – <https://hiddendisabilitiesstore.com/>

Not all disabilities are visible – some are not immediately obvious, such as autism, chronic pain, dementia, anxiety, visual or hearing impairment. Living with a hidden disability can make daily life more demanding for many people, but it can be difficult for others to identify, acknowledge or understand the challenges you face.

**SENDIASS** – [www.kids.org.uk/warwickshire-sendias-front-page](http://www.kids.org.uk/warwickshire-sendias-front-page)

Team of local advisors offers impartial, confidential advice and support on all matters relating to SEND.

[www.ileap.co.uk](http://www.ileap.co.uk) – the ILEAP Charity is for people with Additional Needs and operates in South Warwickshire, although anyone is welcome to join no matter where they live.

[sendsupported.com](http://sendsupported.com) – SEND supported works with schools and families to better understand young people's underlying barriers to learning, including challenges that may be associated with attachment difficulties or trauma of some kind.

[www.cerebra.org.uk](http://www.cerebra.org.uk) – sleep, transition to adulthood and other support for children with brain conditions

[www.scope.org.uk](http://www.scope.org.uk) – 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.

[www.mencap.org.uk](http://www.mencap.org.uk) – advice and support. Finding the right information and support for you can be confusing. We're here to help

[www.warwickshire.gov.uk/send](http://www.warwickshire.gov.uk/send) – Warwickshire's SEND local offer brings together information about the local services and support available across education, health, and social care for families with children and young people aged 0 to 25, who have special educational needs and/or disabilities.

### **Bereavement**

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

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

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

[www.guysgift.co.uk](http://www.guysgift.co.uk)

### **Bullying**

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

[www.bullying.co.uk](http://www.bullying.co.uk)

### **Accidents & Safety**

[www.rospa.com](http://www.rospa.com)

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

[www.safetynetkids.org.uk](http://www.safetynetkids.org.uk) – personal safety, bullying, online safety

### **Staying safe online**

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) – sex & relationships, abuse and child exploitation, young people online, internet safety

### **Young Carers**

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

### **Sleep**

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

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

### **Emotional Health**

[www.youngminds.org.uk](http://www.youngminds.org.uk) – mental health, bullying, anger, death & loss, abuse, eating problems, self-harm, problems at school, sleep problems

[www.rcpsych.ac.uk/healthadvice/parentsand youthinfo.aspx](http://www.rcpsych.ac.uk/healthadvice/parentsand youthinfo.aspx) – drugs & alcohol, depression, anxiety, ADHD, stress, mental health, sleep and more.

[www.warwickshire.gov.uk/sorted](http://www.warwickshire.gov.uk/sorted) – self-help books on lots of topics available from libraries

### **LGBTQ+**

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

### **Diet, healthy eating, physical activity, and exercise**

[www.greatgrubclub.com](http://www.greatgrubclub.com)

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

## Medical conditions

### Anaphylaxis/ Allergies

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

[www.allergyuk.org](http://www.allergyuk.org)

### Asthma

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

### Bladder & Bowel, Bedwetting

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

[www.bladderandboweluk.co.uk/children-young-people](http://www.bladderandboweluk.co.uk/children-young-people)

### Cancer

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

[www.cancerresearchuk.org](http://www.cancerresearchuk.org)

### Children's Arthritis

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

### Diabetes

[www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes](http://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes)

### Epilepsy

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

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

### Eczema

[www.eczema.org](http://www.eczema.org)

## Neurological conditions and disabilities

### Autism

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

[www.autismlinks.co.uk](http://www.autismlinks.co.uk)

[www.thegirlwiththecurlyhair.co.uk](http://www.thegirlwiththecurlyhair.co.uk)

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

### ADHD

[www.adhdwise.uk](http://www.adhdwise.uk)

### Hydrocephalus

[www.nhs.uk/conditions/hydrocephalus](http://www.nhs.uk/conditions/hydrocephalus)

[www.hydroassoc.org](http://www.hydroassoc.org)

### Shine – hydrocephalus and spinabifida

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

### Pathological demand avoidance

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

### The Challenging Behaviour Foundation

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

## Facebook support groups and resource groups.

**Sensory processing disorder UK**— sensory needs support and information

**Parenting mental health UK** – support for parents of children with mental health issues

**Development coordination disorder (dyspraxia) and dyslexia support UK** – support with dyslexia and dyspraxia

**Autistic girls' network Worldwide** – support for girls on the spectrum

**Spot drama Warwickshire and West Midlands** – drama for all ages and abilities

**Shires autism support service Warwickshire** – support and information on autism. Workshops and 1:1 support





**Awesometistic CIC UK** – awareness and support

**Warwick ASD support Warwickshire** – support group for parents, families and individuals living with autism

**Special needs apps snapps Worldwide** – committed to improving children with special needs through developing software

**Girls and autism parenting girls on the spectrum Worldwide** – support group for parents

**Motivated mind project UK** – mindfulness, emotions and wellbeing resources

**Chewigem Worldwide** – durable chew jewellery to support sensory needs

**Sensory and special needs equipment UK** – selling group for sensory and special needs equipment

**Speech and Language resources UK** – resources for speech and language

**ASD bright ideas UK** – visual timetables, routines and instructions for sale

**ASD autism visual aids Worldwide** – resource for Autism in the form of visual boards

**Sensory dispensary UK** – education resource information

**The sensory touch UK** – retail of all things sensory

**Relax Kids/Teenagers UK** – supporting children's mental health through relaxation

**The zones of regulation Worldwide** – Educational consultant and resources

**CWPT Neurodevelopment team Coventry and Warwickshire** – mental health service support and updates

**Rise Coventry and Warwickshire** – counselling and mental health service information and updates

**Coventry children's speech and language therapy** – resources and information support

**Warwickshire SEND information and advice** – information and support for families with additional needs

**Entrust care partnership Warwickshire** – support and short break provisions for families with children with additional needs

**Cerebra UK** – charity supporting children affected by brain injuries

**The girl with the curly hair UK** – Training and support, counselling and resources

**Autism one on one Kenilworth Warwickshire** – support group for children and families

**Southam autistic network Warwickshire** – support group for parents/carers

**Leamington and Warwick parent carer group** – support group for parents and carers of children with disabilities

**SEND - National crisis - Warwickshire page** – campaigning for educational equality

**FANS UK families additional needs support group** – support group for families with a child with additional needs.

## **Useful YouTube videos**

### **Yoga & meditation for children and young people**

[Cosmic yoga – yoga delivered in fun stories](#)

[Guided meditation for children](#)

[Mindfulness meditation for children](#)

[Guided meditation for teenagers](#)

[Yoga for special needs children](#)



### **Feelings and emotions**

[Inside Out – introduction to feelings](#)

[Inside Out – guess the feelings](#)

[Why do we lose control of our emotions?](#)

[Anxiety for kids- you are normal](#)

### **Stories**

[Have you filled a bucket today?](#)

[The colour monster- signed in Makaton](#)

[Room on a broom- signed in Makaton](#)

### **Understanding autism**

[Amazing Things Happen by Alexander Amelines - The National Autistic society](#)

### **Understanding dyslexia**

[See dyslexia differently](#)