



03300 245 204



connectforhealth@compass-uk.org



www.compass-uk.org



Your school nursing service



@c4hwarwickshire



@schoolhealthc4h



@compassc4h

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

NHS Choices – www.nhs.uk

Family Lives – www.familylives.org.uk

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

Contact – www.contact.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

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 – <https://www.kids.org.uk/sendiaass>

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

Special Educational Needs and Disabilities (SEND) continued

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 – 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 – sleep, transition to adulthood and other support for children with brain conditions

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 – advice and support. Finding the right information and support for you can be confusing. We're here to help

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

www.cruse.org.uk

www.winstonswish.org.uk

www.guysgift.co.uk

Bullying

www.kidscape.org.uk

www.bullying.co.uk

Accidents & Safety

www.rospa.com

www.capt.org.uk

www.safetynetkids.org.uk – personal safety, bullying, online safety

Staying safe online

www.thinkuknow.co.uk – sex & relationships, abuse and child exploitation, young people online, internet safety

Young Carers

www.warwickshireyoungcarers.org.uk

Sleep

www.thechildrenssleepcharity.org.uk

www.sleepcouncil.org.uk

Emotional Health

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/parentsandyouthinfo.aspx – drugs & alcohol, depression, anxiety, ADHD, stress, mental health, sleep and more.

www.warwickshire.gov.uk/sorted – self-help books on lots of topics available from libraries

LGBTQ+

www.mermaidsuk.org.uk

Diet, healthy eating, physical activity, and exercise

www.greatgrubclub.com

www.nhs.uk/change4life

www.fitterfutureswarwickshire.co.uk

Medical conditions

Anaphylaxis/ Allergies

www.anaphylaxis.org.uk

www.allergyuk.org

Asthma

www.asthma.org.uk

Bladder & Bowel, Bedwetting

www.eric.org.uk

<https://www.bbuk.org.uk/children-young-people/>

Cancer

www.macmillan.org.uk

www.cancerresearchuk.org

Children's Arthritis

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

Diabetes

www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes

Epilepsy

www.epilepsy.org.uk

www.epilepsysociety.org.uk

Eczema

www.eczema.org

Neurological conditions and disabilities

Autism

www.autism.org.uk

www.autismlinks.co.uk

www.thegirlwiththecurlyhair.co.uk

www.autismwestmidlands.org.uk

ADHD

<https://www.adhdwise.uk/#>

Dyspraxia

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

<https://www.nhs.uk/conditions/developmental-coordination-disorder-dyspraxia/>

Hydrocephalus (and spina bifida)

www.nhs.uk/conditions/hydrocephalus

www.hydroassoc.org

www.shinecharity.org.uk

Pathological demand avoidance

www.pdasociety.org.uk

The Challenging Behaviour Foundation

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

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.

Parenting Mental Health Worldwide - Parent support group for parents and carers of children and young people with mental health issues

Dyspraxia about – parent support group

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

<https://www.youtube.com/watch?v=1KYC5SsJjx8>

[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](#)



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We would love to hear what you thought!