

For parents of children 0-5 years with

**additional needs affecting their
development and learning**



If your child has additional needs affecting their development and learning there is support and services that your child and family will be offered in Cambridgeshire. Not every child with additional needs will require all of the services and not every child will need each service at the same time. However your lead professional and/or Early Support coordinator will be able to assist you in organising support for your child and in turn support your family on this journey.

Support to help meet your child's needs is available, as for all children 0-5 years old, from your:

Health Visitor; a qualified nurse or midwife with additional specialist training and experience in child health. They can work with you offering support and informed advice from before your baby is born until they start school at 5 years. The support for your child and family will be personalised for your family depending on the specific issue affecting your children's health and development and what will work for you.

Children's Centres can offer you a range of activity groups and support for your child and family. Some centres have specific groups for children with

additional needs. Children's Centre Family Workers can support you with coping skills, parenting support and signposting to other relevant support. They also deliver parenting courses, including Stepping Stones, designed to support parents of children with additional needs.

Childcare settings are all able to support a child with additional needs, although some may have particular skills or expertise. Together with you the setting will discuss your child's needs, the support that is needed and have regular reviews of their progress.

If your child appears to have more significant and complex needs your health visitor, family worker and/or setting will provide, with your consent, information about your child's needs and make a referral to Early Support.

Early Support is for children that are likely to need long-term support across education, health and care whose needs cannot be met alone by support from universal services listed above.

Early Support

Early Support Coordinators help to coordinate information, referrals, services and support. They also support the professionals working as a team around your child and family and can be contacted by you if your 'lead professional' is not available.

www.cambridgeshire.gov.uk/early-support

01223 884491 (Cambridge, East & South Cambs)

01480 418646 (Huntingdonshire & Fenland)

01945 488048 (Countywide)

Support will be tailored and coordinated following assessment to meet your child's individual needs, if required from:

SEND (Special Educational Needs and/or Disabilities) Specialist Services; a multi-disciplinary team which includes specialist teachers, specialist practitioners and educational psychologists. If needed they can help you plan activities and ways to help your child learn in small achievable steps. This may be at a 'specialist group' at a Children's Centre or similar venue or at your child's setting/school. If your child has social communication difficulties you will be invited to attend a parent's course; Social Communication, Interaction & Learning Skills (SCILS).

Speech & Language Therapy (SaLT); if required, advice and strategies will be provided to:

- Support the development of your child's speech, language and communication. This may include the use of alternative, augmentative communication (AAC) such as Makaton signing or use of symbols and pictures.
- Support for eating and drinking difficulties can be provided where necessary.

Occupational Therapy; if required can:

- Assess your child, if needed, for any equipment requirements and help to aid development in the early stages.
- Give advice and strategies, if needed, on managing sensory sensitivities in the context of everyday activities; this is delivered within parent workshops.
- Provide a consultation and advice if you have concerns about your child's safety in the home.

Physiotherapy; if needed will give advice on your child's physical needs and help to progress gross motor skills, such as crawling and walking.

Community Paediatricians are children's doctors who have an expertise in children's behavioural and developmental difficulties. They are involved in diagnosing children with behavioural and developmental difficulties, arranging medical investigations to understand the reasons why children have these difficulties and also treat medical conditions associated with them such as sleep difficulties, constipation etc.

Additional information available from Early Support Coordinators

- Early Support-Information booklets about e.g. Looking after yourself, Sleep, Behaviour
- Detailed service offer for children from:
 - Cambridgeshire County Council SEND Specialist Services
 - Speech & Language Therapy
 - Occupational Therapy & Physiotherapy
 - Community Paediatrician
 - Health Visiting Team
 - Children's Centres
 - Early Years Settings
- Specialist Groups for children with additional needs
- Parent and Carer courses e.g. Social Communication Interaction & Learning Skills (SCILS), Stepping Stones.
- Starting childcare
- Using pictures to aid communication
- Cambridgeshire multi-agency offers e.g. for Autism, Cognition & Learning, Visual/Hearing Impairment
- Disabled Children's Social Care Service
- Toileting difficulties/issues
- Sleep difficulties/issues
- List of books for parents and families
- Information as your child gets older:
 - Special Educational Needs & Disability Information, Advice and Support Service (SENDIASS)
 - Education Health & Care Plan – support at school
 - Child & Adolescent Mental Health Services (CAMHS)
 - Preparing for Adulthood
 - List of books for children

Further Information

Local Community Support Groups

- Local activities can help your child's physical development, such as: swimming, Tumble Tots, ballet, football and martial arts ...
www.cambridgeshire.net
- Opportunity Playgroup-provides play for preschool children with additional needs and disabilities and their siblings with a chance for parents and carers to meet and chat.
St Andrews Centre, Histon, Cambridge
www.impingtonopportunityplaygroup.btck.co.uk
Sally Abbott, 01223 315024
- Opportunity Group-Ellesmere Centre, Stetchworth, East Cambs
www.ellesmerecentre.org.uk/classes/preschool/opportunity-group
Christina Turner, 01638 507223
cjturner24@hotmail.com
- Little Miracles – Parent led support groups and registered charity for families with children with additional needs, disabilities and life limiting conditions, their carers and siblings.
www.littlemiraclescharity.org
01353 664 644 • hello@littlemiraclescharity.org

Support organisations

- Pinpoint – local parent support and involvement network, run by parents for parents. Details of local support groups. **www.pinpoint-cambs.org.uk**
- Special needs Community Information Point (SCIP) – Community support and activities
www.cambridgeshire.gov.uk/scip
01480 379827 • scip@cambridgeshire.gov.uk
- Contact A Family- information and support for the families of disabled children whatever their condition or disability
www.cafamily.org.uk • Facebook Page:
www.facebook.com/contactafamily
0808 808 3555 • helpline@cafamily.org.uk
- Cerebra-national charity that strives to improve the lives of children with neurological conditions, through research, information and direct, on-going support • **www.cerebra.org.uk** • T: 0800 328 1159
info@cerebra.org.uk

- Centre 33 Young Carers – For children and young people 8-18 years who have a sibling or parent with a disability • **www.centre33.org.uk** • 01223 307 488 • youngcarers@centre33.org.uk
- Carers Trust- Family Carers Prescription Service to access a short break from caring
www.carerstrustcambridgeshire.org/support/carers-prescription • 0345 241 0954
care@carerstrustcambridgeshire.org

Local social care 'short break' offer

'Short breaks' are part of the range of support available through the Disabled Children's Social Care Service. You may be able to receive 'short breaks' funding for your child so that they can join in activities. As they grow up this funding may be able to help develop their independence, do enjoyable activities with other young people and to enable parents/carers to have a short break •
www.cambridgeshire.gov.uk/short-breaks
01480 379 800 • dceh@cambridgeshire.gov.uk

Resources

Fledglings-Source of products to help solve the practical problems families have.
www.fledglings.org.uk

Finance

Government financial assistance

Disability Living Allowance; Carers Allowance; Tax Credits • **www.gov.uk/browse/disabilities**

Benefits advice

- Disability Cambridgeshire
www.disability-cambridgeshire.org.uk
- Disability Huntingdonshire
www.dish.org.uk
- Contact A Family-national free helpline for advice and putting you in touch with local help to complete forms • 0808 808 3555 (9.30am-5pm, Monday-Friday)

Grants / support funding

- Family Fund • **www.familyfund.org.uk**
- Directory of potential funds •
www.disability-grants.org

You may also be interested in:

Search Facebook for:

- Pinpoint Cambridgeshire • Cambridgeshire SEN Parent/Carer Support Group • SEND in the Early Years
- Little Miracles • Fledglings charity