

PARENT SUPPORT

- **Pinpoint Cambridgeshire** - Pinpoint supports, signposts and involves parents in service change in the county we have an events page: <http://www.pinpoint-cambs.org.uk/events/forthcoming> plus a Facebook page that you may find useful: <https://www.facebook.com/pinpointcambs/?ref=hl>
- **Peterborough Family Voice (PFV)** - a local registered charity who actively seek to improve services in all areas of the lives of children and young people with disabilities or additional needs. We are here for Parents and Carers of children and young people aged 0—25 years with a disability or additional needs. Website <https://www.familyvoice.org/> Facebook page <https://www.facebook.com/fvpcommunity/?fref=ts>
- **Cambridge branch of the National Autistic Society** – They're monthly parent support groups are a great chance to meet other parents and carers facing similar challenges, swap ideas, and find out about support and activities in the local area. Anyone caring for a child or adult with ASD is very welcome to attend any of the meetings.
Evening parent support groups are at 7.30-9.30pm at the [Chitra Sethia Autism Centre](#), Cambridge Road, Fulbourn, Cambridge, CB21 5EF
<http://www.nascambridge.org.uk/parent-support-groups/>
- **ADDISS** - National Attention Deficit Disorder Information and Support Service
Provider: ADDISS

Details **Telephone:** 0208 952 2800 **Email:** info@addiss.co.uk **Website:** www.addiss.co.uk

Description: Information, training, support and resources for parents/carers of a child with ADHD (Attention Deficit Hyperactivity Disorder). Information and advice is available online, via the telephone helpline or by email.

- **Contact a Family** Advice, Information and Support (Including benefits)
<http://www.cafamily.org.uk/>
- **ADHD Group** (for those of you who would prefer a specific group focusing on ADHD)
If you have a child or young person in your care that has been diagnosed with Attention Deficit and Hyperactivity Disorder (ADHD), come along and meet with others parents, carers and professionals for some well-earned support! Come along, have a cup of tea and see if it's something you're interested in! All free of charge. We meet on a Wednesday every 2 weeks - (term time only) at the Queen Mary Centre, Queens Road, Wisbech PE13 2PE
Time: 9.30am – 11am
For more information contact – Cat, Marlene or Rachel at Wisbech Locality 01354 750401
- **Carer's Trust:** Family prescription, emergency planning, groups, health and well-being.
<http://www.carerstrustcambridgeshire.org/our-services/support-for-carers/>
- **Cambridgeshire SEN Facebook page** – a closed group that you can post on for advice on every aspect of parenting
<https://www.facebook.com/groups/CambridgeshireSEN?fref=ts>
- **Dads group:** <http://www.pinpoint-cambs.org.uk/news/news-articles/ely-dads-group-new-dates-2016>
- **Ely parent support group:** <http://www.pinpoint-cambs.org.uk/events/ely-parent-support-group-3>

- **Welcome 2 Our World facebook page** - a closed group that you can post on for advice on every aspect of parenting <https://www.facebook.com/groups/202644786588618/>
- **Little Miracles** – More closed group facebook pages.
Peterborough <https://www.facebook.com/groups/littlemiraclespeterborough/?fref=ts>
Cambridge, Ely and Newmarket <https://www.facebook.com/littlemiraclescen/?fref=ts>
Ramsey <https://www.facebook.com/groups/117950891675946/?fref=ts>
St Neots <https://www.facebook.com/groups/1541599642775764/?fref=ts>
Fenland <https://www.facebook.com/groups/871272532954649/?fref=ts>

Most of these facebook pages also run physical groups. More groups can be found here:
<http://www.pinpoint-cambs.org.uk/search-for-support>