

Advice and wellbeing support for families of children with additional needs.

Here are some organisation and services that you might find helpful for advice and support.

PHEW! Parent's Health and Emotional Wellbeing is a course for parents looking to boost their wellbeing and to find local support networks. Call the Children and Family Wellbeing Service Triage Team on 0116 305 8727

Triple P Stepping Stones is a group aimed at parents or carers of children with a disability. It will enable you to learn a broad-based range of parenting skills, manage challenging behaviours, and to promote child development. Call the Children and Family Wellbeing Service Triage Team on 0116 305 8727

Special Mumstop is a group designed specifically for parents and carers of babies and preschool children with special/additional needs. They offer sessions in Stoney Stanton and Market Harborough where you and your child can play and relax. You can try out their multi-sensory room, or the soft play area, enjoy homemade refreshments, and make new friends. Use the following link to find out more:

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

Contact a family for disabled children 'Listening Ear' offer 1-1 telephone appointments with a family support adviser for parent carers looking for a listening ear, reassurance and practical and emotional support. They enable parents and carers the chance to talk to someone who understands the extra challenges you face and who can point you in the right direction to get the support you need for your family. Use the following link to find out more: <https://contact.org.uk/help-for-families/listening-ear/>

This organisation also offers workshops for families of young children with SEND on topics such as support for your **child's anxiety, toilet training, Encouraging Positive Behaviour, Money Matters and parental wellbeing**. These workshops are free of charge and delivered virtually. Use the following link to find out more:

<https://contact.org.uk/help-for-families/workshops-and-events/workshops/early-years-workshops/>

We hope you find these helpful.