

## Advice and Wellbeing Support Services

Here are some organisations and services that you might find helpful.

### Children and Family Wellbeing Service

Provide support to those who have, or still are, suffering from domestic abuse or with their mental health and wellbeing, or those families who need some extra help with SEND. Call the triage team on **0116 305 8727**

### SEND family wellbeing worker

The SEND family support worker can carry out a [short break's assessment](#) to identify the needs of the child for the disabled children's panel to decide whether the child can be awarded a short breaks package. If further needs are found, then a one-to-one family wellbeing worker may be allocated to explore how best additional support needs can be worked with. Call **0116 305 8727** or **0116 3050005** or use the link above.

**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/>

### **Autism Central**

Autism Central is a peer education programme, commissioned by NHS England. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support.

They offer 1:1 support appointments for parents for need support and advice at no cost:

Autism Central for Parents and Carers | Autism Central

[Midlands delivered by Contact and Ambitious about Autism | Autism Central](#)  
[Autism Hub Midlands - 1 to1 support \(contact.org.uk\)](#)

They also offer learning events for parents on topics such as Understanding and supporting an anxious child, Understanding Autism and Understanding your child's behaviour. The events are held online and you are able to book them using the link below:

[Midlands delivered by Contact and Ambitious about Autism | Autism Central](#)

**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/>

**We hope you find these useful.**