

ASD Family Help

funded through



Parent Support



ASD Family Help have provided a parent support document to support you during this time. Below you will find a variety of services in the Berkshire area.

West Berkshire Family Hub – West

West Berkshire Family Hub are offering support:

- Postnatal support
- Feeding your baby and child
- Toilet training
- Managing unwanted behaviours
- Keeping your children entertained
- Support to manage mental health and wellbeing
- Signposting for families in financial need
- A listening ear

Contact details:

- Sally Lawson: West Family Hub covering Newbury and Area – 07820 658805 – slawson@victoriapark.w-berks.sch.uk
- Sharon Pearce: Central Family Hub covering Thatcham and Area – 07824 408456 – Sharon.pearce2@westberks.gov.uk
- Jo Roberts: East Family Hub covering Calcot and Area – 07500 951014 – Joanne.roberts@westberks.gov.uk
- Shelly Hambrecht: Hungerford and Area Family Centre – 01488 682628 Opt 2 – Shelly@hungerfordnursery.w-berks.sch.uk

Dingley's Promise

Any family of a child with SEND aged between 0 and 5 years old.
You do not have to have a child at Dingley's Promise

Dingley's Promise is offering:

- Chats on the phone
- Online coffee mornings and drop ins
- Home learning resources
- Links to other services
- Closed Facebook group

Contact details:

Helen – Wokingham – 07958373305 – Helen.hart@dingley.org.uk

Paula – Reading and West Berkshire – 07495446053 – Paula.chambers@dingley.org.uk

Emotional Health Academy

The Emotional Health Academy (EHA) telephone service is available to young people (11-18 years old) in West Berkshire to talk about their difficulties and concerns around coronavirus and to receive support, advice and guidance to access self-help tools from trained workers.

The helpline is open from 9am – 5pm on weekdays during the lock down.

EHA helpline – 01635 503587

Promise Inclusion – Wokingham, Bracknell and Districts Mencap

Wokingham, Bracknell and Districts Mencap is a user-led, local charity, working with people with learning disabilities and / or an Autism Spectrum Condition.

Promise Inclusion are offering support including emotional support via telephone and email and signposting.

Admin@wokinghammencap.org

Family Liaison Officers: Rachel (children) 07827 340409 / Simone (18 – 25 yrs) 07827 340408

SEND Voices Wokingham

SEND Voices Wokingham can signpost to resources and regularly update their website.

info@sendvoiceswokingham.org.uk

West Berkshire Community Support Hub

To support those in the community. They are able to deliver food parcels.

Email – westberksbct@westberks.gov.uk

Telephone – 01635 503579

ASD Family Help

Wokingham One Front Door

Front Door to link you with the right level of support – working with Wokingham Borough Council and organisations including local foodbanks, Wokingham Volunteer Centre, First Days, Involve, Link Visiting Scheme, and many more – including mental health and wellbeing support

One Front Door request for help through the online website;

<http://citizensadvicewokingham.org.uk/coronavirus>

Call 0300 330 1189 (entering 0118 978 7258 if prompted) Monday to Saturday 9am-5pm – you can leave a voicemail out of hours and a member of the team will get back to you as soon as possible.

Autism Berkshire

The new online services offers support for all ages of children, focused support groups and Autism advice workshops.

To register an interest in taking part in any of these workshops or support groups please follow this link;

<http://www.autismberkshire.org.uk/register-for-autism-berkshire-online-support-services/>

Helpline service

Autism Berkshire offer a **helpline service** which is operating via email and telephone. Email contact@autismberkshire.org.uk or call **01189 594 594 (option 1)** and leave a voicemail message. Remember to include your contact details. One of their advisers will get in touch.

Benefits service

Email benefits@autismberkshire.org.uk or call 01189 594 594 (option 2) and leave a voicemail message. Remember to include your contact details. One of their advisers will get in touch to offer advice about benefits applications, reconsiderations and appeals

West Berkshire Parent Carer Forum

For signposting to SEND information & activities in West Berkshire:

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

www.facebook.com/westberkparentcarerforum

Those with Learning Disabilities and / or Autism are allowed to leave their house more than once a day or travel beyond your local area if it is important to their health. But it is important to be careful and only go out if you need. You should also ensure that you stay 2 metres away from others who are not living with you or carer's. Please refer to the GOV website for more information .

Parenting Special Children

Support is available via their Helpline.

dss@parentingspecialchildren.co.uk

For more general enquiries please continue to contact

admin@parentingspecialchildren.co.uk

Helpline telephone number – 0118 9863532

Monday – Thursday 10am -2:30pm

Me2 Club

- Conducting home visits via phone
- Virtual teenage meet up's of the Me2 Club Crew
- Weekly online activities for Me2 Club children and volunteers
- Contact with families via video links and telephone
- Support via Facebook, text and email

Info@me2club.org.uk

Further details can be found on www.me2club.uk

Scope

6 week mentoring (online/phone) for any parent of a child under 18 on the pathway for diagnosis or diagnosed within the last year.

www.scope.org.uk

IPSEA

FAQ page on how COVID-19 measures affect children with SEN in relation to education.

www.ipsea.org