

Level 2 Early Help



What does Southend have to offer?

A GUIDE FOR FAMILIES AND PROFESSIONALS
SUPPORTING CHILDREN AND YOUNG PEOPLE
WITH ADHD AND/OR ASD.

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Introduction

Welcome to 'What does Southend have to offer- a guide for families and professionals supporting children and young people with ADHD AND/ OR ASD.'

The aim of this guide is to provide information about where you can get help and support for ADHD and/or autistic children and young people living in Southend. The guide includes information on local and national support groups, charities and services for parents and caregivers.

Attending support groups or parenting groups/workshops can be a great way to understand your child better. Many people tell us, it feels like a huge relief attending a group alongside other parents going through similar experiences, as they realised they weren't alone.

You will also find clubs and activities for children/ young people, support for siblings and sections on Health, Education, and Financial Support.

We hope you find this useful

Level 2 Early Help Advisors

Information produced August 2024. We checked all the details of organisations, but information can go out of date and therefore we cannot guarantee it is accurate. Inclusion in the directory does not imply endorsement of a service by Southend City Council.

Parent/Caregivers local community support

Little Heroes is a support group for parents and families of children who are diagnosis or awaiting a diagnosis of autism. Official diagnosis is not required.

On a **Friday morning** 10am-12 noon, during term time Little Heroes has an **adults only** drop-in session for parent/carer during term time. Booking is not required



The sessions provide an opportunity to:

Ask questions that you may find difficult to ask elsewhere

Build up supportive friendships

Meet professionals and services

On the 1st Saturday of every month 10am-12noon, Little Heroes hosts a **Dad's Club**, where dads (or mums) can go along and join their child/ren in doing various activities. play session where you

other parents and carers in a safe and supportive environment. Booking for these sessions is essential. Parent/carer supervision of children is required at all times

For further information visit their website:
<https://littleheroesasd.co.uk/2021/07/04/weekly-little-heroes-asd-support-hub/>



This is an open can chat to environment. supervision of

sessions-at-



Autism Central offers support and guidance for families, parents, and carers of autistic children through a range of information and services. They also offer a Peer Education Programme. For more information see their website:
<https://send.essex.gov.uk/search-support-groups-and-activities/autism-central-peer-education-programme-east-england-hub>



The Family Centres are the hub of services, information and advice there for you and your family during the early years. They offer a variety of free sessions, services and courses to children aged 0-5 years and their families. They provide play sessions, information workshops and parental support from pregnancy. You can book sessions and courses online via their website and access advice and guidance around support in the local community:
<https://www.southendfamilycentres.co.uk/home>

Contact details: 01702 220 810

Email: familycentres@southend.gov.uk

City Family is a community-based service available to lives in the city of Southend with a child under 4 years on the way. The team aims to support expectant parents their parenting journey by providing opportunities to strengths, knowledge, skills, and understanding, as well parental well-being. City Family work in close with Southend Family Centres, Health Visitors and other deliver a range of activities including wellbeing sessions and 121 parenting support. YourFamily also co -deliver Southend's antenatal education course to expectant parents. For more information please contact YFSouthend@cityfamily.org.uk or call 01702 844118



any family that old, or a baby is and parents on develop as promoting collaboration local groups to



Home-Start Essex is an independent local charity, which is part of the Home-Start UK network. They have a team of trained volunteers and dedicated, experienced staff who support families with young children through challenging 'times. For further information see: <https://home-startessex.org.uk/get-support/>

Southend SEND Independent Forum (SSIF) is made up of a group parents and carers of children and young people with Special Educational Needs and/or Disabilities. Their aim is to make sure that in their area meet the needs of local disabled children and their



of services families.

Coffee & Chat 'One of our favourite Events is our regular monthly coffee morning, where Parent & Carers can get together to share their experiences. Every month we have the Local Offer and the SENDCo teams represented and available to offer guidance and advice, plus, we usually have one additional special guest too.' See their website for further information: <https://www.southendsendindependentforum.co.uk/whats-on>



Are you a parent or carer of a child or young person with Special Educational Needs and/or Disabilities?

Join us at our friendly monthly coffee morning.

Chat to other parents, get advice from one of our SEND support service guests, find out how Southend SEND Independent Forum (SSIF) works and how we can help, or just enjoy a hot drink in peace while your little one plays in the creche!

All are welcome - we'd love to meet you!



Toy Library Family Drop-In and Special Needs Service Provider. The Toy Library at The Lighthouse Child Development Centre is for parents/carers with children who have special needs. The library



provides support/advice, specialised equipment, respite days, fun days and outings (members only) and a toy and equipment loan scheme. This is a drop in facility-come and have a coffee and chat. For further information, please see the Livewell website: <https://www.livewellsouthend.com/directory-record/2972/toy-library-family-drop-in-and-special-needs-service-provider>

SEND Our Way is a charity that provides support and training for families with children and young people with additional needs whether diagnosed or not. SEND Our Way offer free coffee mornings for parents and children and young people with SEND, diagnosed or not. They are friends, and isolation. Sessions are free to attend and include messy play for little ones as well as for the adults. See their website for further details: <https://sendourway.org.uk/coffee->



not. SEND Our carers of not. They are friends, and isolation. and activities website for mornings/

The Lighthouse Child Development Centre

The Lighthouse Child Development



regular Parent sessions, which opportunity to to the Lighthouse questions; hear developments;

with other parents, carers and young <https://eput.nhs.uk/the-lighthouse-informed/>

Post Diagnostic Support Sessions
Lighthouse ASD and Jigsaws Team
At
Team Titans, The Hub Little Heroes
Please join us between 16.30 and 18.00 at any of the dates listed below for drop in sessions with members of the Lighthouse ASD and Jigsaws Team for any
Advice, Support and Questions you may have - to register your interest and book a place please email - bookingslittleheroes.asd@gmail.com

Thursday 1st February 2024
Thursday 2nd May 2024
Thursday 1st August 2024
Thursday 7th November 2024

Centre holds Carer Network give you the meet and speak team; ask about service and connect people. keeping-you-

SAFE is a support group for individuals affected by Asperger Syndrome (AS) and Functioning Autism (HFA) in Essex, including the Southend and Thurrock. <https://safeessex.org.uk/>



and families High unitaries of



STRM - SEND the Right Message
Registered Charity 1193572

SEND the Right Message Charity aims to support neurodivergent and disabled children, young people, adults, and their parents or carers in Essex and Southend. <https://strmsupport.co.uk/>

‘Family Work: we work with families, parents, children and young people who might need a support or friendship, someone to come alongside them to help weather the storms that sometimes throws at us and just some fun and times to have together as a family. We support families who have a child with any additional need, young parents, new parents (after all, children do not come with a manual!), parents of teenagers – all through one-to-one meetings over a tea or coffee, parenting sessions, groups and family fun sessions.’



little

life

relaxing

<https://www.megacentrerayleigh.co.uk/community-services/>

Parent and baby/ young child community sessions



Little Heroes Play and Stay Wednesday 10-12noon during term time. These sessions encourage children to explore the playroom and sensory area, whilst parent & carers chat with others and access support from staff and volunteers. See their website for further information: <https://littleheroesasd.co.uk/>

Play and Development Group for parent/carers and families of children with SEND aged 0 to 5 in the Southend Area. The stay and play sessions are designed to support parents and child with a variety of play and sensory experiences. A range of different services also join the sessions to provide support and information. See below for information. Sessions run fortnightly on Wednesdays 1pm to 2.30pm.

<https://www.livewellsouthend.com/directory-record/2950/play-and-development-group-for-under-5s-with-send>

Chaos & Calm

Chaos & Calm Activity/Sensory Session – every Thursday from either 9:30-10:30, or 10:45-11:45.

The activity and sensory session is open for all families in Southend (ABSS and non ABSS) with children with disabilities and neurological difference who are up to the age of 4. To attend the sessions please book directly with Chaos & Calm as they are unable to take drop ins. To do this, email admin@chaosandcalm.org to be added to waiting list, and Hannah will be in contact with you!



Chaos & Calm Twinkles play Sessions – every Tuesday 13:00-14:30. This weekly session is available to all families in Southend (ABSS and non ABSS) with children with disabilities and neurological difference who are up to the age of 2.

For further information see: <https://abetterstartsouthend.co.uk/chaos-and-calm-weekly-sessions/>

Financial Support



You and your child may be entitled to extra financial support. Southend's Livewell website provides information about benefits and finance support for children and young people with SEND aged 0 to 16.

It includes information about:

- Disability Living Allowance (DLA)
- Blue Badge
- Child Tax Credit and Universal Credit
- Personal budgets and Direct Payments
- Childcare funding
- Personal Independence payments
- Bus passes

For further information, please see the Livewell website: <https://www.livewellsouthend.com/money-housing-legal/benefits-finance-send>

Citizen Advice can provide help with:

- filling in the DLA form for your child
- Advice with challenging a DLA decision - the tribunal hearing
- Carer's Allowance advice

Citizens advice recommend keeping a diary of your child's care needs before filling in a DLA form, as this can help when it comes to answering the questions. They have a free template you can use to assist with noting what help is needed, why, when and for how long.

You can contact them via their adviceline telephone service Monday to Friday 10am – 4pm free on 08082 78 79 78, visit face to face, use their webchat or email them. See their website: <https://www.citizensadvicesouthend.org.uk/advice>

Send the Right Message is a 'by parents charity whose aim is to support families and young people who have special needs (SEND). They offer disability benefits and can provide support with filling out

Contact 07359068827 or email info@strmsupport.co.uk for further



Disability Benefit Appointments

Booking essential:

- Do I qualify for additional financial assistance for my child?
- Where do I begin if we are eligible?
- Are you feeling overwhelmed with how to complete the forms?
- Are you confused about where to start?

SEND the Right Message can help!
If you are a parent or carer of a child with disabilities, there are various ways in which you can receive support for additional expenses. If you require help in filling out a claim form, STRM can assist you throughout the process.

What can we help with?

- DLA – Child Disability Living Allowance 0-15 years.
- PIP – Child Personal Independence Payment 16-25 years.
- Mandatory Reconsiderations
- Blue Badge Support

When:
Tuesdays*
By appointment only
09.45am – 11.15am
12.00 noon – 13.30pm

Where:
St Mary's Centre,
East Hall,
11 Hill Road,
Southend-on-Sea,
Essex, SS2 6JT
or online via Microsoft Teams

Tel: 07359 068 827 **Email: Info@strmsupport.co.uk**

*Term time only. To cover the expenses associated with printing and administration, we have come to the difficult decision of introducing a booking fee. This fee will be applied to all bookings and will be non-refundable. We hope that you understand the need for this. Thank you for your continued support.

community investment board

and for parents' with children or disabilities appointment DLA forms.

information.

Family Fund

Helping disabled children

Family Fund provides a wide range of grants to families raising a disabled or seriously ill child, or young adult, on a low income. <https://www.familyfund.org.uk/>

See also Autism Central for further various grants:

<https://www.autism-funding>



Autism Central

information about

[anglia.org.uk/grants-](https://www.autism-funding.org.uk/grants-)

Parenting Programmes/ Workshops

What does SBP stand for?

Strength-Based Parenting. It's a programme developed by members of the Supporting Families team; who you will get to meet at the sessions.

What are the workshops all about?

The sessions have been designed to support parents of children with possible ND (Neuro-Diverse) needs. Perhaps your child has been referred to the Lighthouse for a Paediatric assessment or maybe they have already received their diagnosis? Either way, the course will help you to understand your child's varied and complex behaviours and the best ways to respond to them.

Main topics covered will include:

attachment, significant life events (trauma), communication and anxiety. In Week 1 you will help to compile a list of all the things you would like to know more about and we will do our best to cover these topics.

The **Strength Based Parenting (SBP)** Workshops are held on Wednesday mornings for 5 weeks at the Civic Centre. Sessions have been designed to support parents of school aged children (between 4-11 years old) with Neuro-Diverse needs. Children do not have to have a formal diagnosis. If you would like to know more about SBP, please email a member of the team:

SallyHixson@southend.gov.uk

CharlotteSawyer@southend.gov.uk

MelanieWatson@southend.gov.uk

The Lighthouse Development Centre- 'Parent and for children with Autism or ADHD 12 week programme different topics for parents and carers of children with diagnosis of autism or ADHD. Parents and carers are attend all sessions, however, if a session isn't relevant needs then you do not have to attend. The sessions are a mix of face to face and virtual and are free to attend. For more information see their website <https://eput.nhs.uk/news-events/posts/updated-parent-and-carer-sessions-for-children-with-autism-or-adhd/>

Bookings for these sessions is essential, please email epunft.Lighthouse.adhd@nhs.net or epunft.Lighthouse.ASD@nhs.net



carer sessions covering or awaiting a encouraged to to your family's




Supporting Children with additional needs



A 10-week group that supports the parent-child relationship by helping to understand why our children do what they do. For parents of 0 - 5 year olds with additional needs (diagnoses not required); explores areas such as:

- Neurological development
- Developmental and Emotional Milestones
- How to respond to behaviour
- Trying to understand their feelings and behaviour
- Help with self-regulation

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

For more information or to book, please scan the code or contact Mary Whitelaw on 01702 220 810.



Book Here

Supporting Children with additional needs is a 10-week group that supports the parent-child relationship by helping to understand why our children do what they do. For parents of 0 - 5-year-olds with additional needs. For more information contact Mary Whitelaw on 01702 220810

Non-Violent Resistance (NVR) is a programme to support parents in overcoming their child's violent, dangerous and destructive behaviour. The programme is held at the Civic Centre. If you would like to know more about the NVR, please speak with your child's school or anyone working with your family.

SEND Our Way is a six-week parenting course for caregivers to children aged five to eleven. Each be for an hour and a half with booklets provided by Family, Time Out for Parents. See website for further <https://sendourway.org.uk/>



parent and session will 'Care for the details:

Resources for parents/ caregivers

The Local Offer Under Special Educational Needs and (SEND) Law each local authority must publish and keep information about services available for children and young SEND aged 0-25. Further information can be found here and support for children, young people and their families in Southend-on-Sea. The site includes information on **Early and childcare, education, preparing for adulthood, housing and legal, events and activities, respite care, social care, health and wellbeing and support for parents and carers.** <https://www.livewellsouthend.com/send-local-offer>



Disability
under review
people with
about services
the city of
**Years support
money,**

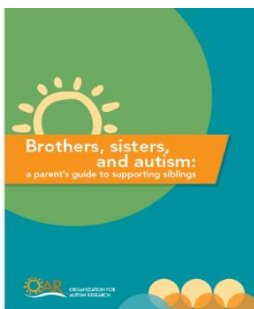


The Lighthouse Child Development Centre

The Lighthouse Development Centre, has a range of leaflets and top tips for parents and carers covering a range of topics, including ADHD, Anxiety, ADD, OCD and sensory processing disorder, sleep disorder:

<https://eput.nhs.uk/neurodevelopmental-pathway-information-for-parents-and-carers/> Telephone: 0344257 3952

Early Help Advisors have produced ASD and ADHD Parenting support packs. Please speak with your child's school or anyone working with your family for a copy.



Brothers, Sisters, and Autism: A Parent's Guide to Supporting Siblings outlines what parents can do to support children who do not have an autism diagnosis.

The guide can be accessed at the following website:

https://researchautism.org/wp-content/uploads/2016/04/OAR_SiblingResource_Parents_2015.pdf

Southend's Guide To Your Neurodevelopmental Journey is a guide written to help families understand different Neurodevelopmental (ND) including ADHD and Autism. It includes information, and support.

Please see the website for further information:

<https://www.southendsendindependentforum.co.uk/neurodevelopment>



conditions
signposting

Violent & Challenging behaviour



Yvonne Newbold is a specialist in violent and challenging behaviour. She hosts webinars and training courses for professionals and families. On the website you will find the **family toolbox** where you will find videos and helpful reads to help better understand why a child or young person's behaviour may become extremely difficult, dangerous or even violent and provides ideas into how to help a child to significantly reduce these behaviours in terms of intensity, duration and frequency. There is also a **professionals toolbox**, see the website <https://www.newboldhope.com/>

The Autism Navigation Service

SUMMIT offers a professional advocacy and support navigation service.

Autism Navigation in Action

Our Advocates can discuss your issues and concerns, helping you to identify and explore your choices.

We can provide information on your legal rights, the services available to you and how you can access them, for example you may be entitled to extra support at work due to a disability under the Equalities Act 2010. We can support you to access specialist help, such as Housing or Benefits Advisors.

We can support you to plan for meetings, draft correspondence and raise the issues you want to. We can accompany you to meetings that concern your rights and entitlements:

- ◆ In the workplace to talk to your employers
- ◆ Medical appointments
- ◆ Benefits advisors
- ◆ Education
- ◆ Community Connection
- ◆ Group and peer to peer support

SUMMIT will work in partnership with you and engage using your preferred method of contact

4



Autism Navigation Support across Essex, Southend and Thurrock.

Supporting adults and families through the diagnostic process from the beginning and beyond.



Phone: 01255 429778



Summit House
14-16 Orwell Road
Clacton-On-Sea
Essex
CO15 1PP



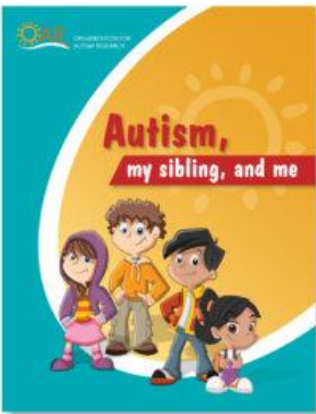
For more information email
info@summitservices.org.uk

Resources for children and young people

Autism Hub

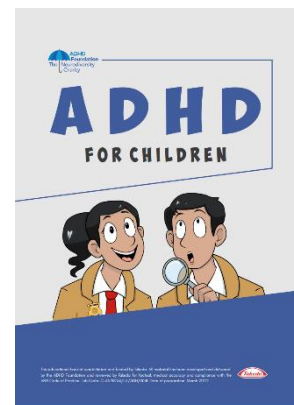
The Kids Autism Hub is for young people aged 12 – 25 who are newly diagnosed with autism, young people who are on the diagnosis pathway, and the family members of those young people.

To access the Autism Hub you have to be referred by an autism professional in the NHS or education. If you are being assessed for autism your NHS team can refer you. <https://autismhub.kids.org.uk/>



‘Autism, My Sibling, and Me is a colourful workbook specifically designed to engage and support young children who have a sibling with autism. Filled with vibrant illustrations and cartoon characters, this workbook takes young readers on a journey of understanding and acceptance.’ https://researchautism.org/wp-content/uploads/2016/04/OAR_YoungSiblingsResource.pdf

The **“ADHD: Guide for children”** is a beautifully illustrated and colourful resource designed to help children better understand what ADHD is, how it affects them, and how to manage its symptoms.

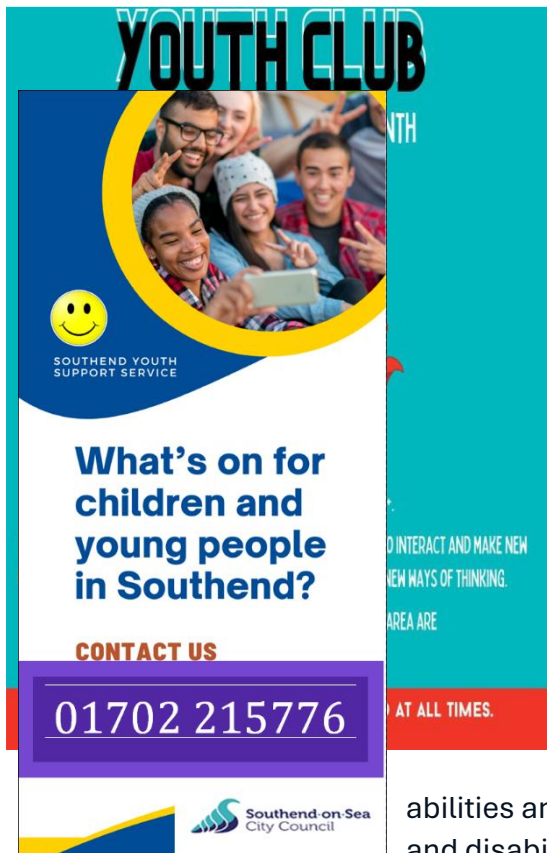


The booklet can be accessed on the following website:

https://www.adhdfoundation.org.uk/wp-content/uploads/2022/05/ADHD_FOUND_Takeda_KidsBooklet_May22_2.pdf

Youth clubs/ activities for children

Little Heroes groups for girls and Youth <https://littleheroesasd.co.uk/>



YOUTH CLUB

SOUTHEND YOUTH SUPPORT SERVICE

What's on for children and young people in Southend?

CONTACT US

01702 215776

Southend-on-Sea City Council

INTERACT AND MAKE NEW FRIENDS. NEW WAYS OF THINKING. BOTH THE FRONT AREA AND THE PLAYROOM/ SENSORY AREA ARE OPEN FOR THIS SESSION.

AT ALL TIMES.



ENABLING FAMILIES OF CHILDREN WITH AUTISM, OFFICIAL DIAGNOSIS IS NOT REQUIRED

GIRLS CLUB

2ND SATURDAY OF EVERY MONTH

10AM - 12NOON

A SESSION FOR CHILDREN WITH AUTISM AGES 7+.

THIS SESSION IS FOR GIRLS, ENCOURAGING THEM TO INTERACT AND MAKE NEW FRIENDS. THERE ARE OCCASIONAL ACTIVITIES IN PLACE TO ENCOURAGE NEW WAYS OF THINKING.

BOTH THE FRONT AREA AND THE PLAYROOM/ SENSORY AREA ARE OPEN FOR THIS SESSION.

PARENT/CARER SUPERVISION IS REQUIRED AT ALL TIMES. BOOKING IS ESSENTIAL.

Little Heroes **LITTLE HEROES ASD SUPPORT GROUP**

A support group for parents and families of children with a diagnosis or awaiting a diagnosis of Autism

Weekly sessions during term time at our support hub and family activities during the holiday periods



Southend Youth Support Services has a group for young people who enjoy testing their skills with board games, card games and Chess. All

abilities and children and young people with special educational needs and disabilities (SEND) are welcome:

JINGAS (Juniors Inclusive Games And Social night)

Thursday, 6:00 - 7:30pm (9- 16yrs) for further information please call 01702 215776

SEN Clubs for Autistic Children. 'We at **Bricks 4 Kidz**, Essex wanted to create a special monthly



LEGO building club for children showing autistic traits or being diagnosed with learning difficulties or autism – giving children a safe environment where, with the support of their adult, they can be creative, imaginative, and engaged. Lego is an amazing tool to help these children immerse themselves in fun and play.' Sessions are for children aged 4+ and are subsidised by Southend City Council. For further information please see the website:

<https://www.bricks4kidz.co.uk/essex/program-events/sen/>



Just Ride Southend runs regular drop-in inclusive cycling sessions for people of all ages and abilities.

Based at Southend Leisure & Tennis Garon Park. We provide a safe traffic-free for all from 0-97yrs. old so far! with our

inc. 2 wheels through to our specially adapted cycles to abilities or health conditions.

<https://justridesouthend.com/>



Centre at experience 135 bikes cater for all



Kids Kingdom SEN

‘Our monthly SEN sessions (formerly Special Needs Activity Play Session) occur on the second Monday of every month, apart from Bank Holidays from 4pm until 7pm. They are suitable for all ages and abilities.’

The Party Club

4:00-6:00pm - The Party Club (every other Thursday)

A free after school club at Labyrinth House for children with educational needs. ‘Specifically designed for children with Educational Needs and Disabilities (SEND), the club aims to inclusive, sensory-friendly environment where every child and valued.’

<https://sunshinebabybank.org.uk/whats-on>



special Special offer an feels welcome

SouthSEND Rugby

Offer rugby themed fun and games for young people aged 4 to 16 with special educational needs and disabilities (SEND) and their siblings. <https://send.essex.gov.uk/search-support-groups-and-activities/southsend-rugby>

Runnymede SwimAbility Club An inclusive swimming club. For further information, please see their website: <https://runnymedeswimmingclub.com/swimability/> or email: disability@runnymedeswimmingclub.com



The Art Ministry

'We aim to involve members of the local community in creative activity to provide them with opportunities for increasing social interaction, boosting self confidence, improving self esteem and having fun to help maintain or improve the mental health and well being. Our regular creative sessions focus on people most likely to benefit from the opportunity of being involved in them, namely children and adults with learning difficulties, physical disabilities, visual impairments and/or mental health issues.'

<https://www.theartministry.org.uk/Schedule.htm>

Bouldering Session for Children & Young people

Every Wednesday Term time 4.30 pm – 5.30 pm

Where: Indirock – 1st Floor, Victoria Shopping Centre, Square, Southend-on-Sea SS2 5SP

Ages: 6-17yrs – Parent required to stay

<https://strmsupport.co.uk/events/>



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Making Waves is group is for children with additional needs, for example, Autism, ADHD, Down syndrome, as well as disabilities etc. They have two groups every Friday at St Cebbs Church, Westcliff:



Group for children aged 2-5 9:30am-2:30pm (parents must attend with their children)

Group for children aged 6-16 3:30pm-5:30pm (parents must accompany children up to the age of 11. For further information call 01702 300402

The Mega Centre

The MegaCentre offer two sessions with SEND



for children

The Mix – Wednesdays 4:30-6pm during term time family club for diagnosed or undiagnosed children and their siblings, sessions are free.

Mega Monday - a SEND soft play session on the 1st and 3rd Monday of each month 4:30-6pm.

The Ramblers Riding Club offer SEN sessions which are 1-1 and held at quieter times. They cater for children from age 2 plus.

<http://theramblers-ridingclub.co.uk/page/services>

For more information email:
theramblersridingclub@gmail.com



1 and held at



Accessible Music Education and Performance for All

The Music Man Project teaches children and adults with learning disabilities to sing, sign and play original music and arrangements

Children's Music School (Southend, age 7-18)

<https://themusicmanproject.com/essex/>

Intrepid Adventures



Intrepid Ventures is an Ofsted registered bushcraft and outdoor activities company based in Leigh on Sea. They offer an array of activities based around outdoor learning and look to promote the amazing experiences that can be had in the outdoors. Birthday parties and children's holiday clubs are their speciality. They run several summer school camps at local secondary schools.

'We work with children with SEND and hope to engage them (most of the time) with amazing activities!'

<https://www.intrepidventures.org/new-page-4>

Chris Cross club

Chris Cross kid club afterschool and holiday programme provides an opportunity for children with disabilities to have fun and enjoy sports and activities. The club is held at St Christopher's school. For further information contact St Christophers School on 01702 524 193

Further information about clubs and activities can be found on the website below.



Livewell Southend is an online directory for Southend containing lots of useful information for parents and carers.
<https://www.livewellsouthend.com/>

Mum's guide to Southend is a parent's directory of local attractions for families in and around Southend. be found on their website:
<https://www.mumsguideto.co.uk/southend/index.php>



activities and Information can

Clubs for teenagers / young adults



Little Heroes Teen Titans are sessions dedicated to ‘bigger heroes’ (year 7 and above) on the 1st Thursday of every month at Garons. They also try to hold an external activity once a month based in the community to help encourage social skills.

For further details see the Livewell website:

<https://www.livewellsouthend.com/directory-record/4532/little-heroes-teen-titans-session>

Friends and Places Together is a local Southend based young people who have learning and physical meet up with their friends

<https://friendsandplacestogether.org.uk/>



charity helping disabilities to

YOGA4 SPECIAL NEEDS

Yoga4all provide both mat based classes, and chair-based classes appropriate for children 12+ and adults with special needs including those with learning disabilities, autism and Asperger’s.

Some of the benefits of yoga practice include improved strength and flexibility, improved balance and coordination, calmness and peace of mind, improved respiratory ability and capacity, improved focus and concentration. <https://www.yoga4all.co/specialneeds>

Bouldering Session for Children & Young people

Every Wednesday Term time 4.30 pm – 5.30 pm

Where: Indirock – 1st Floor, Victoria Shopping Centre, Square, Southend-on-Sea SS2 5SP

Ages: 6-17yrs – Parent required to stay

<https://strmsupport.co.uk/events/>



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Youth Theatre Groups

‘Southend Theatres is proud to offer two youth theatre groups, known as Total Palace, for children and young people who may identify as neuro diverse or have additional needs. Total Palace has two classes. Our junior group is for 8–11-year-olds and our senior group is for 12–15-year-olds.’



[https://trafalgartickets.com/cliffs-pavilion-](https://trafalgartickets.com/cliffs-pavilion-southend/en-GB/get-involved/creative-learning-classes)

[southend/en-GB/get-involved/creative-learning-classes](https://trafalgartickets.com/cliffs-pavilion-southend/en-GB/get-involved/creative-learning-classes)



Accessible Music Education and Performance for All

The Music Man Project teaches children and adults with learning disabilities to sing, sign and play original music and arrangements

Children's Music School (Southend, age 7-18)

<https://themusicmanproject.com/essex/>



Southend Soccability Football Club provides inclusive free FA qualified coaching sessions and games for young people aged 15 and over. For further information see pitcher.com/clubs/southendsoccabilityfootballclub or find them on facebook.

Odeon Cinema Autism Friendly screenings

‘We’re delighted to host special autism friendly one Sunday morning each month at over 90 across the UK and ROI’

‘At our autism friendly screenings, we

- Keep the house lights on throughout the
- Lower the audio volume
- Remove the advertisements and trailers before the film
- Open the cinema doors early so guests have time to get used to the surroundings’



screenings
cinemas

film

Mental Health activities- Teenagers / Young Adults



A free club for Neurodivergent (ND) (Autistic/PDA/ADHD) teens and young adults (aged 13-15) experiencing mental health difficulties

Being different can be rough on our mental health. Whether that's because of things we may struggle with, how we feel about ourselves, or how others treat us because we are different.

When life gets hard or bad things happen to us, it can make us feel isolated, depressed, anxious, and misunderstood. In times like this, it can really help to be around others who may have experienced the same things as you and who can understand things from your perspective.

At the weekly club, we hang out, do arts and crafts, play the Xbox and Wii, chill out, talk through the hard stuff with ND adults or members of the group who understand.

We go on trips when we can to places like indoor rock-climbing, the beach, Sealife Centre, animal parks, etc.

But, most importantly, it is somewhere where we can drop the mask and be ourselves without being judged or rejected for being different.

If you'd like to check the club out;
We meet every Wednesday 12:00 - 2pm at Neurodivergent Safe Space
9 West Road, Westcliff on sea, Essex, SS0 9AU

Please ensure you book a place for the club as we have a maximum of 12 teens. To book your place, please visit the booking page on our website: <https://www.neurodivergentsafespace.co.uk/book-online>

Charity No: 1203335 Funding received by:   
email: info@neurodivergentsafespace.co.uk
www.neurodivergentsafespace.co.uk
 Neurodivergent Safe Space
 Neurodivergent_SafeSpace



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If you'd like to check the club out;
We meet every Saturday 10:00 - 12pm at Neurodivergent Safe Space
9 West Road, Westcliff on sea, Essex, SS0 9AU

Charity No: 1203335 Funding received by:   
email: info@neurodivergentsafespace.co.uk
www.neurodivergentsafespace.co.uk
 Neurodivergent Safe Space
 Neurodivergent_SafeSpace



A free club for Neurodivergent (ND) (Autistic/PDA/ADHD) teens and young adults (aged 16-21) experiencing mental health difficulties

Being different can be rough on our mental health. Whether that's because of things we may struggle with, how we feel about ourselves, or how others treat us because we are different.

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But, most importantly, it is somewhere where we can drop the mask and be ourselves without being judged or rejected for being different.

If you'd like to check the club out;
We meet every Friday 12:00 - 2:30pm at Neurodivergent Safe Space
9 West Road, Westcliff on sea, Essex, SS0 9AU

Bouldering Together: Our new youth project

Neurodivergent safe space is a free club for neurodivergent teens and young adults (aged 13-21 years) who are experiencing mental health difficulties. They have various weekly sessions in Westcliff on Sea.

For more information, see the website <https://www.neurodivergentsafespace.co.uk/>



‘Bouldering Together provides young people the opportunity to look after their physical and emotional wellbeing by learning to climb, getting active and connecting with other young people. Members of Bouldering Together can make friends while trying something new with the support of trained Indirock staff and our Youth and Families team.’ Can I join Bouldering Together?

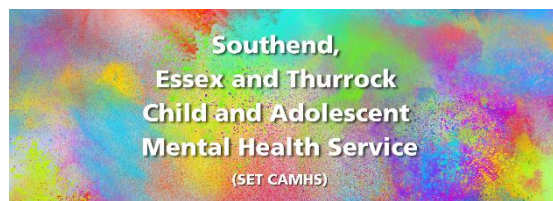
Bouldering Together is available to young people aged 11 to 18 (up to 25 for those with SEND) who are at risk of engaging in antisocial behaviour and would benefit from wellbeing support. Attendees must register to take part, sessions cost just £1! <https://www.trustlinks.org/projects/bouldering-together/>

YOUNGMINDS

Young Minds information on autism and ADHD, how it can affect your mental health, and how to get help if you need it. <https://www.youngminds.org.uk/>

Southend, Essex and Thurrock Child and Adolescent Mental Health Service (SET CAMHS)

provides advice and support to children, people and families who are in need of support with their emotional wellbeing or mental health difficulties.



young
support
health

You can contact the service between the 9am-5pm, Monday to Friday by:

hours of

- calling Freephone 0800 953 0222
- Email: SET-CAMHS.referrals@nelft.nhs.uk

If it is an emergency, immediate danger to life/safety dial 999 or visit Accident and Emergency (A&E).

For more information and out of hours contact details, please see their website: <https://www.nelft.nhs.uk/set-camhs>

Bereavements

Bereavement is a difficult time for everyone and can be more so for autistic people, when they struggle to express how they feel or understand their emotions. The following organisations provide advice on how to help a child through a bereavement.

National Autistic Society

<https://www.autism.org.uk/advice-and-guidance/topics/mental-health/bereavement/parents>



Winston's Wish



'We offer support to children and young people with special educational needs and disabilities when dealing with the death of a parent or sibling.'

<https://winstonswish.org/supporting-a-bereaved-child-who-has-autism/>



Haven's Hospice

Haven's hospice provides support and information which covers some of the challenges bereaved children with ASD may face, and ideas for what might help.

<https://www.havenshospices.org.uk/app/uploads/2021/04/ASD-grief-document.pdf>

Education



‘Learning Together is a 12-week programme for young people aged 11-16 who are struggling to attend school due to their mental health and/or special educational needs – both diagnosed and undiagnosed.

The programme provides 2 workshops each week at our Rochford site, offering an enriching learning experience focused on promoting positive mental health and wellbeing.

Each workshop is delivered by our friendly and professional team, sometimes joined by local specialists, with the aim to build confidence, resilience, and increase feelings of positive self-esteem. The workshops will be tailored to meet the individual needs of those attending.’

<https://www.trustlinks.org/projects/learning-together/>

Special Educational Needs & Disability Information, Advice & Support Service (SENDIASS)

<https://www.sendiasssouthend.co.uk/parents-and-carers/>

Southend Council SEND Team

To support families, the Southend Council SEND Team hold monthly SEND Surgery events in locations **across Southend**. The events provide families with an informal opportunity to drop in, ask questions and receive help about a range of areas: <https://www.livewellsouthend.com/events-activities/send-surgeries>



Well at School

Supporting Children with Medical and Mental Health Needs at School. They provide advice for both parents and school. For further details see their website:

<https://wellatschool.org/conditions>

Autism Education Trust (AET) offers support and training to schools but also has information on their



**Autism
Education
Trust**

website for parents and a kidzone with information aimed at young people. www.autismeducationtrust.org.uk

Support for siblings



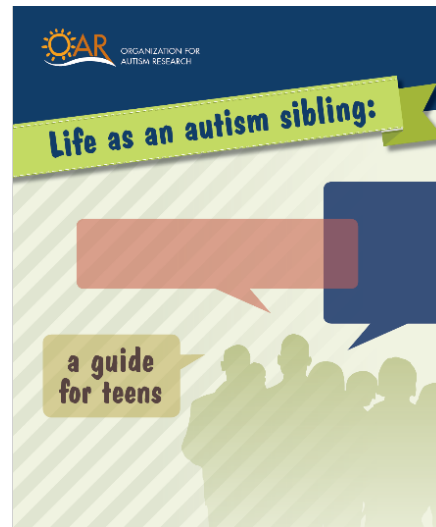
SIBS is the UK charity for brothers disabled children and adults

SIBS <https://www.sibs.org.uk/>

“Life as an Autism Sibling: A Guide for Teens” is a resource written in a Q&A format, specifically address the unique challenges that teenage encounter when they have a brother or sister with

The guide can be accessed here:

https://researchautism.org/wp-content/uploads/2016/04/OAR_TeenSiblingsResource-1.pdf



and sisters of

valuable designed to siblings may autism.

Young carers

Who is a Young carer?

A child or Young Person under the age of 18 who is helping to provide unpaid care/ emotional support for someone they live. Access to our young carer peer support sessions, COOL or CHIL depending on age- or young carer groups that have been set up within the school setting.

<https://www.livewellsouthend.com/directory-record/2900/young-carers-projects-coolchil-for-5-to-18-year-olds---ehfsyos>

Health

Health Visitors are qualified nurses or midwives. They have specialist training and can offer support to families with children aged 0-5. Health Visitors offer support for the health and wellbeing of the whole family. For more information, this is the link to the Livewell website:

If you have any concerns about your child's health/ development, you can contact the team:
<https://www.livewellsouthend.com/health-visiting-0-5-2>

They can be contacted by phone or email:

Call 01702 534911 or via email MSEICB-S.Southend0-19PublicHEalthServiceAdmin@nhs.net



School nurses take over from the Health Visitor on a child's 5th birthday. They offer advice and support with a variety of health issues including growth and development, emotional wellbeing, growing up, sleep, Immunisations, toileting, and healthy lifestyles.

More information can be found on the Livewell website:
<https://www.livewellsouthend.com/directory-record/3292/school-nursing-service-southend-on-sea>.

For support or advice call 01702 534843 or via email southendhealthnurses@nhs.net

Young people living in Southend aged between 11 – 19 years can also access **Chat Health** which is a secure and confidential text messaging service for young people via a text to 07520 649895. Parents and carers of children aged 5-19 in Southend can also text a school nurse on 07507 331884.

There is also the **specialist nursing service** which provides support for children, young people and their families with additional and complex needs attending a special school in Southend. Further information can be found at: <https://eput.nhs.uk/our-services/specialist-school-nursing-and-children-s-epilepsy-service>

The specialist school nursing team can be contacted at:

Call 01702 507102 or via email epunft.specialist.schoolnursingservice@nhs.net

Sensory processing needs

Sensory sensitivities are very common in neurodevelopmental disorders such as ADHD and Autism. The NHS Essex Partnership website has information which aims to help parents, carers, school staff and young people to have a better understanding of sensory processing and how this impacts on everyday life. It provides information and advice on how to adapt activities and the environment to support children's sensory need.



<https://eput.nhs.uk/patient-carer-and-visitor/children-and-young-people-experiencing-sensory-processing-needs/>

Sleep

Many children and young people with ADHD and Autism experience sleep problems. This can include:

- Difficulty falling asleep
- Frequent waking at night/restless sleep
- Difficulty getting back to sleep/maintaining sleep
- Difficulty waking in the morning

The following websites offer advice that may help if your child struggles to drop off or stay asleep.



<https://thesleepcharity.org.uk/information-support/children/children-with-send/>

National Sleep Helpline: 03303 503 0541

Celebra have a sleep advice service a ‘Sleep Tips booklet’ which introduces and explains different techniques for you to try that may improve your child’s sleep. They also offer one to one support.



Sheffield children’s NHS website lists food which may help with improving sleep. <https://library.sheffieldchildrens.nhs.uk/sleepy-foods/>

Eating and Diet

Children with neurodevelopmental difficulties, such as Autism and ADHD often have problems with eating. Sensory issues may explain why some children and young people tend to eat or avoid certain foods. Certain textures or smells may cause sensory overload, making it difficult for children

to eat them, which can lead to avoidance of those foods or food groups altogether. The National Autistic Society has information about how to help with eating problems.



Eating - a guide for all audiences <https://www.autism.org.uk/advice-and-guidance/topics/behaviour/eating/all-audiences>

Toileting

Many autistic children can experience toileting difficulties. Autistic Society and Education and Resources for Improving Continence (ERIC) have information on toilet training.

<https://eric.org.uk/children-with-additional-support-for-autistic-children/>

<https://www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting/parents>



The National
Childhood

needs/toileting-

National organisations



The National Autistic Society is a charity for autistic people and their families, which provides support, guidance and advice to parents and caregivers.

<https://www.autism.org.uk/advice-and-guidance>



Ambitious about Autism is the national charity standing with autistic children and young people.

<https://www.ambitiousaboutautism.org.uk/what-we-do>



The **ADHD Foundation Neurodiversity Charity** supports parents and carers so they can understand and meet the needs of their child. They offer a range of webinars, courses, resources, and a screening service. They help families to know which interventions and adaptations are right for them.

<https://www.adhdfoundation.org.uk/services-for-families/>

NHS website: **Living with ADHD** provides advice to parents/ caregivers looking after a child with ADHD.

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/living-with/>



SIBS is the UK charity for brothers and sisters of disabled children and adults

For further information can be found on the website:

https://researchautism.org/wp-content/uploads/2016/04/OAR_SiblingResource_Parents_2015.pdf

Short Breaks and Respite

Southend-on-Sea City Council's Children's Short Break programmes are open to children and young people who:

- live in the city of Southend
- are aged between 0 to 18 years
- have a disability and may require support to join fully in leisure or other hobbies

Short breaks services available in Southend

- There are two different types of short breaks which are accessed in different ways:
- a local offer of short breaks which provides families with access to some short breaks' services without any assessment
- package of services suited to the child/children for families following an assessment of families' needs (<https://www.livewellsouthend.com/respite-families-short-breaks/short-breaks-statement-202324>)

The Livewell website: <https://www.livewellsouthend.com/respite-families-short-breaks/short-breaks-statement-202324/5> provides information of activities supported by short breaks funding. Please contact the providers directly for further information and bookings.

Southend Mencap



carers of children with learning disabilities aged 5-16 years. The club is also open to siblings without a disability. PRINCE AVENUE ACADEMY & NURSERY,

HORNBY AVENUE, WESTCLIFF-ON-SEA Telephone (01702) 341250 for more details

<https://southendmencap.org.uk/family-play-respice-club/>



Brick4kidz Saturday clubs (10am to 12pm): Kings Road United Reform Church, 91 Crowstone Road, Westcliff-on-Sea, SS0 8LH

Tuesday Holiday clubs (10am to 12pm): Westcliff Rugby Club, The Gables, Airport Business Park Southend, Cherry Orchard Way, Rochford, SS1 1YG

Cost £5 per session <https://www.brick4kidz.co.uk/essex/>

Little Heroes - Saturday Sessions and Teen Titans

- Dads Club (first Saturday of every month)
- Girls Club (second Saturday of every month)
- Youth Club (third Saturday of every month)
- Teen Titans (for year 7 and up)

See their website: <https://littleheroesasd.co.uk> and
bookings: <https://bookwhen.com/littleheroes>



for session



Friday school holiday
club <https://www.neurodivergentsafespace.co.uk/>

Transport and Road Safety

Home to school transport for children and young people with SEND

Information on school and college transport assistance, including how to apply for lost or replacing travel passes can be found on Southend City council's website: <https://www.southend.gov.uk/help-costs/school-college-transport-assistance>

Road Safety

The National Autistic Society provide practical steps you can take to keep your autistic child safe and to help them develop awareness skills when it comes to road safety.

<https://www.autism.org.uk/advice-and-guidance/topics/transport/road-safety/parents-and-carers>

Travel training

Travel training is to help people with SEND feel more confident when travelling on their own.

<https://send.essex.gov.uk/search-support-groups-and-activities/travel-training>

The Royal Society of Prevention of accidents offers advice on effectively teaching road safety skills to children with specific additional needs. <https://www.rosipa.com/media/documents/road-safety/Teaching-road-safety-skills-to-children-with-additional-needs.pdf>