

Useful contacts for children and families with Special Education Needs and Disabilities

Support	Organisations	Contact information
LBBD local offer	Where to find information and advice on services and support available locally for children and young people with special education needs and disabilities	https://www.lbld.gov.uk/children-young-people-and-families/local-offer
Health visiting and school nursing	They offer support, information and advice to all families with children aged 0-19, including children with additional or complex needs	0300 300 1813 (Duty Line) DutydeskchildrenBD@nelft.nhs.uk
The Heathway Centre	An inclusive centre for families who have children aged between 0-18 with additional needs or disabilities. Contact them for advice, support or to book activities during term time or school holidays	Becontree Children's Centre, Stevens Road Dagenham RM8 2QR theheathwaycentre@lbld.gov.uk 020 8227 5500
Carers of Barking and Dagenham	A source of advice, information and support for anybody caring for a relative or friend with any additional needs such as health, emotional needs or disabilities	334 Heathway, Dagenham RM10 8NJ 020 8593 4422 https://www.carerscentre.org.uk/ carers@carerscentre.org.uk
Young Carers Service	Providing practical and emotional support and activities for young people who are involved in the care of a family member, or who are affected	334 Heathway, Dagenham RM10 8NJ 020 8593 4422 http://www.youngcarerscentre.org.uk/services/barking-dagenham

	practically or emotionally by the care that adults need to give that family member	carers@carerscentre.org.uk
Young Minds	Offering advice and information for parents and young people on ways to support young people with emotional and mental health difficulties	www.youngminds.org.uk
The Sycamore Trust	A service supporting the needs of families, carers and friends of children with a diagnosis of Autism	27-29 Woodward Road, Dagenham, Essex, RM9 4SJ enquiries@sycamoretrust.org.uk 0208 517 9317 / 0208 262 5330
Sycamore Trust autism Hub	Sycamore Trust U.K. in association with the London Borough of Havering	Unit H14, Laurie Walk, Romford, Essex, RM1 3RT autismhub@sycamoretrust.org.uk 01708 749 816
AddupCharity	Supporting children and families living with ADHD	59 Billet Lane Hornchurch Essex RM11 1AX 01708-454040
Purple Penguin Club	Clubs designed for children aged 8-18 years of age, who have a disability or learning difficulty which makes it difficult for them to access mainstream clubs and groups	The Vibe Youth Club, Becontree Avenue, Dagenham, RM8 2UT 07881 948 799 https://purplepenguinclub.org.uk/contact-us
Level water	Specialist disability swimming lessons for disabled children	www.levelwater.org
Contact charity	Advice, information, free training, listening	www.contact.org.uk www.contact.org.uk/help-for-families/workshops-and-events/

	ear service and lots more	
Sleep management	Scope Cerebra	www.scope.org.uk https://cerebra.org.uk/
Toilet training	ERIC	www.eric.org.uk www.autism.org.uk/advice-and-guidance/topics/behaviour/toileting/parents
Money matters	LBBD homes and money Hub Disability Living Allowance benefit, Carers allowance	www.lbbd.gov.uk/money-and-debt https://www.citizensadvice.org.uk/benefits/ https://www.gov.uk/disability-living-allowance-children/how-to-claim www.turn2us.org.uk
Triple P Parenting	Triple P Online and Teen Triple P Online are available free to all parents and carers of children up to 16 years in the London Borough of Barking and Dagenham.	www.triplep-parenting.uk.net/uk/get-started/triple-p-parenting-in-the-london-borough-of-barking-and-dagenham/

Other useful websites

Family Fund Grant <https://www.familyfund.org.uk/FAQs/how-do-we-apply>

Caudwell Children Charity www.caudwellchildren.com

Make a Wish Charity www.make-a-wish.org.uk

New Life www.newlifecharity.co.uk

Fledglings www.fledglings.org.uk

Afasic www.afasic.org.uk

Swan UK www.undiagnosed.org.uk