

Parental support resources

Groups in the local community: -

- Clubs for children with additional needs or LD- face to face - [Keynsham & District Mencap Society \(keynshammencap.org.uk\)](http://keynshammencap.org.uk)
- [BANDs Bath Autism and Neurodiversity spectrums](#)
- Butterflies haven in Keynsham support families affected by additional needs- face to face [Supports Families Affected By Autism | Butterflies Haven | Keynsham \(butterflies-haven.com\)](http://butterflies-haven.com).
- Sporting family change, offer support and encouragement to children to self-manage their behaviour and emotions. Face to face [Sporting Family Change](#)
- Various support services around BaNES- depending on provision, either online or face to face [Support groups and services | Live Well in Bath & North East Somerset \(bathnes.gov.uk\)](http://bathnes.gov.uk)
- Offering support to children with serious illness, giving practical and emotional support- depending on provision, either online or face to face [What Rainbow Trust does | Rainbow Trust Children's Charity](#)

ADHD: -

- Background information on ADHD- online [ADHD \(for Parents\) - Nemours KidsHealth](#)
- Further background information on ADHD from NHS website- online [Attention deficit hyperactivity disorder \(ADHD\) - Symptoms - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Background information from BaNES website- online/face to face [Attention Deficit Hyperactivity Disorder \(ADHD\) | Live Well in Bath & North East Somerset \(bathnes.gov.uk\)](http://bathnes.gov.uk)

ASD: -

- Information on Autism – online [Autism Spectrum Disorder – Brainwave](#)

- Information on Autism- online [Believe in children | Children's charity | Barnardo's \(barnardos.org.uk\)](#)
- BaNES website provides information and steps on how to get early help- online/face to face [Get early help | Bath and North East Somerset Council \(bathnes.gov.uk\)](#)
- Information on the NHS website on children with autism- online [Help for parents and families of autistic children - NHS \(www.nhs.uk\)](#)
- Supporting parents with as much support and information as possible- online [Join Child Autism UK today - Child Autism UK - releasing potential](#)
- Signs on Autism- online [Signs of autism in children - NHS \(www.nhs.uk\)](#)
- Rainbow resource with various services/groups/activities available- online/face to face [Special Educational Need or Disability \(SEND\) Rainbow Resource | Live Well in Bath & North East Somerset \(bathnes.gov.uk\)](#)
- Duties of social services for children with additional needs- online [Support available for children and parents in England \(autism.org.uk\)](#)
- Support, advice and services for children with autism- online [Support, advice and services for children with autism - Child Autism UK - releasing potential](#)
- Discussion on different types of autism- online [What Is Autism? | Autism Speaks](#)

Young mental health support services: -

- Bath and North East Somerset council website- depending on provision, can be face to face or online [Get mental health and wellbeing support for children and young people | Bath and North East Somerset Council \(bathnes.gov.uk\)](#)
- CAMHS- online or face to face [Children and young people's mental health services \(CYPMHS\) - NHS \(www.nhs.uk\)](#)
- Various provisions with pages for services- online [HappyMaps | Support for Your Child's Mental Health](#)
- Magazine, setting goals, discussion board, chat to support workers- online <https://www.kooth.com/>
- MoodGYM is a free, fun, interactive program to help young people with low mood- app online.

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/moodgym/>

- Off the record- online or face to face [Off The Record Banes Off the Record Bath and North East Somerset \(offtherecord-banes.co.uk\)](http://offtherecord-banes.co.uk)
- Suicide prevention services for young people- online [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](http://papyrus-uk.org)
- Family action, charity offering support to the whole family- online/face to face [Special Educational Needs and Disability \(SEND\) Services - Family Action \(family-action.org.uk\)](http://family-action.org.uk)
- The Bridge Foundation is a charity where – Our diverse local communities find access to high quality counselling and psychotherapy. People find a space to explore anything that causes mental or emotional distress. Children, young people, adults and families find help from highly qualified and skilled staff- online and face to face. <https://www.bridgefoundation.org.uk/>
- The mix- online [The Mix - Essential support for under 25s](http://themix.org.uk)
- Young minds- online [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](http://youngminds.org.uk)

Caring responsibilities: -

- Carers centre- online/face to face. [The Carers' Centre | Supporting those looking after someone \(banescarerscentre.org.uk\)](http://banescarerscentre.org.uk).
- Regular primary care network events for carers, keep an eye out on social media and local papers for these events. Likewise, you can discuss with your care co-ordinator based at your GP surgery- face to face.
- BaNES website providing services for carers in the local area- online/face to face [Looking after someone | Bath and North East Somerset Council \(bathnes.gov.uk\)](http://bathnes.gov.uk)

Challenging behaviour: -

- Advice and information on challenging behaviour-online [Challenging behaviour - Advice and Support | Mencap](http://mencap.org.uk)
- Tips, strategies and information on parenting of young children- online [Challenging Behaviour | Parents Guide To Support | YoungMinds](http://youngminds.org.uk)

- NHS website with various tips and information- online [Dealing with child behaviour problems - NHS \(www.nhs.uk\)](#)
- CAMHS support- online/face to face [Get support in BaNES and Wiltshire | Oxford Health CAMHS Oxford Health CAMHS](#)
- Southside offer support for the whole family and domestic violence- face to face. [Home page - Southside \(south-side.org.uk\)](#)
- RUH resources for challenging behaviour- online/face to face [RESOURCES TO SUPPORT CHALLENGING BEHAVIOUR \(ruh.nhs.uk\)](#)