

Parent and Carer Support Directory

The information below has been put together to provide support and signposting to services for the families of Birkett House. I hope you find it helpful.

If you would like support with referrals, more information about any of the services, or simply feel you would benefit from having a chat, please don't hesitate to contact me:

Hannah Bowden: DSL@birketthouse.leics.sch.uk

Family Support Worker and Designated Safeguarding Lead, Birkett House School

If you are concerned that a child is at risk of harm or abuse please call Leicestershire First Response on: 0116 305 0005

| | |
|-------------------------------------|--|
| Early Help Offer | |
| Local Offer | SEND activities and support in the Leicestershire area. Visit the Facebook page at "Leics Local Offer" or the county council support directory: https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability |
| Family Help | Targeted early help provided by specialist teams within the county council. Self-referrals can be made by calling 0116 305 8727 or you can ask for support from school to refer. |
| Short Breaks for Disabled Children | More information on the Short Breaks offer can be found here: https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/information-and-support/activities-and-groups/what-are-short-breaks Or alternatively, you can ring 0116 305 0005 to ask for a short breaks assessment. Support from school for referrals is also available. |
| Leicester City families | Leicester City offers a similar service to its families: https://www.leicester.gov.uk/children-young-people-and-families/support-children-and-young-people/early-help-children-young-people-and-families or call: 0116 454 1004 |
| Financial/ Household Support | |
| Turn2Us | A charity helping those in financial need, offering information such as available grants, benefit entitlements and support with bills. https://www.turn2us.org/ |

| | |
|--|--|
| Family Fund | Families with disabled children can apply for grants to fund different resources and activities. Check eligibility and what funding is available at: https://www.familyfund.org.uk/ |
| Money Helper | Money Helper provides guidance and advice on all things financial including pensions and budgeting. They provide a confidential service for those who are in financial crisis. https://www.moneyhelper.org.uk/en |
| Leicestershire Community Fridges | Leicestershire Community Fridges are accessible to all and offer food for free. To find your nearest community fridge visit: https://www.lesswaste.org.uk/2022/10/24/leicestershire-community-fridges/ |
| Leicester South Food Bank | Leicester South Food Bank utilises a voucher system to access it's services. For more information, visit: https://leicestersouth.foodbank.org.uk/get-help/how-to-get-help/ |
| Helping Hands Oadby/ Wigston | Helping Hands Community Trust offers free, independent advice for people who need support during difficult times https://www.helpinghandsadvice.co.uk/ |
| Citizen's advice | https://www.citizensadvice.org.uk/ |
| Mental Health Support for parents/ carers | |
| Mind | Call Mind's support line on 0300 102 1234, open 9am to 6pm, Monday to Friday (except bank holidays). |
| NHS 111 | Call NHS 111 for mental health crisis support – for people of all ages including children. |
| Domestic Abuse Support | |
| FREEVA | Support for women in Leicester, Leicestershire and Rutland at risk of domestic violence and abuse https://freeva.org.uk/ 24-hour National Domestic Abuse Helpline: 0808 2000 247 |
| Men's Advice Line | Support for men affected by domestic abuse: https://mensadvice.org.uk/ |
| Child to Parent aggression/ behaviour support | |
| CAPA First Response | Free, specialist tailored support for parents and carers experiencing child-to-parent aggression |

| | |
|---|--|
| | and harmful behaviours, including parents/ carers of young people with neurodiversity up to 25 years old: https://capafirstresponse.org/ |
| The Challenging Behaviour Foundation | A charity specialising in supporting families with children and young people with learning disabilities who present with challenging behaviour: https://www.challengingbehaviour.org.uk/for-family-carers/family-support-service/ |
| PEGS (Parental Education Growth Support) | Self-referral and professional-led support for parents and carers experiencing child to parent harm: https://www.pegssupport.co.uk/parents |
| Other support | |
| Contact | National charity for families caring for children with disabilities. Includes a website and helpline: https://contact.org.uk/ Helpline: 0808 808 3555 |
| ERIC – the Children’s Bladder and Bowel charity | National charity providing information and support for families and children with bladder and bowel care, including toilet training and health conditions. There is also a helpline to speak to an advisor. https://eric.org.uk/ |
| My Adult, still My Child | Transition support for parents and carers of young adults with disabilities and the transition to adult services: https://myadultstillmychild.co.uk/ |

If there are any charities or support networks that you know of that you think would be useful to include, please share these by emailing: DSL@birketthouse.leics.sch.uk