

RAINBOW Guide

SUNDERLAND'S GUIDE TO SEND SUPPORT
BY PARENT CARERS FOR PARENT CARERS

2024/2025

Hello!

Hello and welcome to the Rainbow Guide, our go-to guide for parent carers by parent carers!

Firstly, we know how difficult it may be for you right now, so we wanted to say, we get it, and although we don't know you yet, we hope our paths cross in the future.

Secondly, Sunderland is full of lovely little groups, organisations, and support services that offer a wonderful network to support people like you and I. Whether these are commissioned services, passionate people, or parent carers who have set out to help others.

We wanted this booklet to be at hand, to be a light in a possibly dark time, and a reminder that we, among others are here.

With Love & understanding,

Another parent carer

"You'll never find a rainbow if you're looking down." - Charlie Chaplin





About Us

CWS was established in February 2023 by parent carers, for parent carers. We were aware of the need for mental health care and support in the Sunderland area specifically post diagnosis. With this in mind, we wanted to ensure that all parents carers had access to an individually unique support service.

What We Do -

- Offer a non judgemental space for those caring for children with additional needs, with or without diagnosis.
- We want you, the parent carer, to be able to choose you.
- We offer a space for others, practitioners and more to gain a better insight.
- We aim to offer impartial advice and guidance where possible.
- A safe space for mental health support, including counselling and a holistic support service with our wellbeing practitioners.

What We Don't Do -

- We can't affect any decisions made by other organisations or services in the area.
- We can advocate, but we can't be YOUR voice.
- We do NOT pigeon hole, we want your experience here to be individual to you.
- We can't change the weather, and we don't hold a magic wand.

You can find more information about our service at -

www.choicewellbeingservice.org
or

Via Facebook @choicewellbeingservice



About us



Outside the Lines playgroup is an inclusive group for children with disabilities and additional needs; whether they are in mainstream or specialist provision, have a diagnosis or are on the pathway.

What we do –

- We create a safe place for our children to explore and express themselves
- We provide sensory activities and stimulating play
- We provide a listening ear service for the parent carers who feel they need someone to talk to
- We create a non-judgemental space
- We offer an accessible venue

Follow us on:

Facebook and Instagram

@OutsidetheLinesPlaygroup



We DON'T discriminate!
You are welcome to come
to playgroup no matter
what disability you have,
diagnosed or not!





Family Hubs will:

- Bring services together to improve access to services
- Improve the connections between families, professionals, services and providers
- Put relationships at the heart of family support

At the core of every Family Hub network is a great Start for Life for babies, from conception through to 2 years old. Support is also available to families of children aged up to 19, or to children with special educational needs and disabilities (SEND) aged up to 25. Our ambition is to ensure that local families can access the right support, at the right time, in the right place, with the right people.

Within the Family Hubs we have the following SEND support available:

TING Group

Together for Children Individual Needs Group
Informal play sessions
Support from other parents with similar experience
For ages 4 and under
Every Tuesday 10 – 11 at Thorney Close Family Hub
SR3 4JQ

Daisy Chain with Sunderland Family Hubs

Sunderland Coffee Mornings Delivered by the Family Support Service
Do you live within Sunderland local authority?
Do you have concerns that your child, who is 0-18 years old, has autism, sensory processing, ADHD or FASD?

The drop-ins are friendly and welcoming but feel free to bring a friend, partner, relative or anyone else for support if you would like.

Please note, these are group sessions and 1:1 support can't be provided at these drop-ins.

To access 1:1 support, please contact sunderlandfamilysupport@daisychainproject.co.uk

No diagnosis is needed.

The Start for Life offer gives practical advice and tips for families for the first 1001 days of a child's life and is delivered through our Family Hubs and includes:

- Advice from pregnancy up to a child's second birthday
- Practical guidance and parenting tips
- Health and wellbeing advice
- Meet other carers and parents
- Help with accessing extra support (finance, work and more)

The 5 hubs are:

- Coalfield Family Hub
- Rainbow Family Hub
- Bunnyhill Family Hub
- Thorney Close Family Hub
- Winnibell Family Hub

For more

information go to:
www.togetherforchildren.org.uk/startforlife
mybestlife.org.uk



Sunderland Autism Outreach Team

The Autism Outreach Team (AOT) are a well-established team of Teachers, Higher Level Teaching Assistants, Teaching Assistants, an Occupational Therapist and Specialist Mental Health Nurse, who are part of the wider SEND Specialist Support Services Team at Together for Children based at Bunny Hill.

Criteria for access:

- Children and young people must have a diagnosis of Autism.
- Support provided to education settings on referral.

AOT offer a variety of services including:

- Observation of children and young people
- Supporting educational settings to implement personalised support strategies for children and young people
- Consultation with staff in schools, parent carers and multi-agency practitioners
- Support with the EHCP process
- Delivering Autism Education Trust Training for staff in schools
- Targeted support for children and young people attending educational settings. E.g. Autism awareness work, friendship groups and other targeted work as identified
- Weekly playgroup in collaboration with Sunderland Portage Service
- Supporting children and young people who are at risk of suspension and exclusion as part of the Breathing Space Project

What we don't do:

- Provide training to parents/carers
- Provide support to children and young people who live/attend educational settings outside of the Sunderland Area
- We cannot accept referrals from medical professionals or parent/carers. Referrals must come from educational settings
- Unfortunately we cannot support childminders

You can find out more about Autism Outreach Team, including the contact details for individual team members and the education settings they support, on our website as well as some useful resources:

www.sunderlandaot.co.uk

Follow us on Facebook: Sunderland Autism Outreach Team

Email us: Julie.casey@togetherforchildren.org.uk

Telephone: 07776 204182



Breathing Space Project



Breathing Space is a Together for Children ran initiative that provides valuable space, time and support for young people with additional needs who are at risk of suspension/exclusion. Breathing Space offers support to the whole family, providing positive experiences and opportunities to improve emotional wellbeing and develop self-confidence.

What we do:

- Provide a much needed 'Breathing Space' to young people and their families
- Focus on improving emotional wellbeing and supporting school attendance
- Work with young people who are in Year 3 – Year 11
- Provide support through weekly groups, 1:1 mentoring, family activity days and PBS plan
- Provide support through The Healthy Parent Carers programme, a group ran by Sunderland Parent Carers, exploring parent carers' wellbeing by promoting empowerment, confidence, and resilience
- Take referrals from practitioners, parents and carers

What we don't do:

- We can't offer support to young people who are not at risk of suspension/exclusion
- Offer alternative education provisions
- Provide overnight respite care

How to contact:

Scan the QR code to complete our referral form



If you have any questions about Breathing Space, please email us at:

breathing.space@togetherforchildren.org.uk

For more details on the Healthy Parent

Carer Programme, please email: spcfoffice@sunderlandpcf.co.uk



Children with Disabilities Team

Together for Children provides a range of help to disabled children and young people, their families, and carers in Sunderland. The services are intended to support families and use their strengths to enable children and young people to fulfil their potential.

Any child or young person with additional need is entitled to an assessment of need as set out under S17 of the Children Act 1989. The child or young person's level of need will determine which team is responsible for completing this assessment:

Children with Disabilities Team are specialist service targeted at those children and young people who are aged 0 to 17 years 11 months who have:

- a severe long-term physical or sensory impairment
- a severe learning disability
- a life-limiting or life-threatening medical condition
- a diagnosis of autism and associated severe learning disability

How to get in touch:

Referrals for all assessment need to be made via the Integrated Contact and Referral Team at Together for Children on 0191 520 5560.

For more information visit our page on the Together for Children website.



Children with Disabilities Team

The support that can be offered could include:

- supporting them to engage in appropriate activities that enable their families to have a break from their caring role
- providing behavioural support to parents and carers of children who have a diagnosis of Autism Spectrum Disorder and/or a learning disability
- providing overnight short breaks
- personal assistants funded via direct payments, promoting social opportunities, and developing independence
- access to commissioned youth provisions
- support with transition to adult services
- ensuring they are safeguarded

Assessment Team will undertake assessments with the purpose of meeting the needs of children and young people who have the following diagnosis:

- children diagnosed with ADHD (unless also diagnosed with one of the above disabilities/conditions)
- children with mild learning disability/learning difficulties
- children with educational and behavioural difficulties.

The support that can be offered will be assessed and in line with the Local Offer



Special Education Needs and Disabilities (SEND) Team

The SEND Team at Together for Children carries out the statutory functions on behalf of Sunderland Local Authority in relation to Education, Health and Care (EHC) needs assessments and Education Health Care Plans (EHCPs).

EHC Needs Assessments

This Team delivers the Local Authority's statutory duties for SEND in terms of the legislation, regulations and guidance contained within the Children's and Families Act 2014, The Special Educational Needs and Disability Regulations (2014) and the SEND Code of Practice (0-25 years), 2015.

A SEND Caseworker from this team will work with a wide range of practitioners to coordinate the statutory EHC needs assessment for children and young people with Special Educational Needs and Disabilities (SEND).

Where an EHC needs assessment results in a decision to issue an EHCP, this team is also responsible for arranging the special educational provision and education placement for the children or young person. An EHC needs assessment can also lead to the issuing of a summary report. At each key decision point in the EHC needs assessment process, parents / carers are provided with information about how to appeal a decision.

Criteria for an EHC Needs Assessment

The criteria to be considered for an EHC needs assessment and to be considered for an EHCP is prescribed by Section 36(8) of the Children's and Families Act (2014) and applies to children and young people aged 0-25.
Children and Families Act 2014
(legislation.gov.uk)





Schools, or other education settings, typically make a referral to Together for Children for an EHC needs assessment. This referral is then considered within 6 weeks and a decision is made whether or not to carry out an EHC needs assessment. However, parents or carers and young people over the age of 16 may also make their own direct requests to the SEND Team.

Regardless of who makes the referral for an EHC needs assessment, the team will always seek advice from all relevant practitioners, including school, health practitioners and Social Care. Parent and child / young person views are also a key part of the process.

Annual Reviews

Once a child or young person has an EHCP, this team is also responsible for coordinating the Annual Review of the EHCP. However, in most cases the review meeting itself, is organised and chaired by the child or young person's school, who will then submit the paperwork to the SEND team. The team will then make any decisions about proposed amendments to the EHCP, including school placement, based on evidence submitted. EHCPs should be reviewed annually but changes may not always be made following a review. The outcome of an Annual Review will also include a right of appeal, this is detailed within decision letters.

The SEND Team can be contacted on 0191 5617023 or
SEN.admin@togetherforchildren.org.uk
Or more information is available on the Local Offer



Children's Sensory Impairment Team

The Children's Sensory Impairment Team is made up of Specialist Teachers and support staff who have knowledge and experience of supporting children with a hearing and/or vision impairment. We can also offer mobility and habilitation training to children whose vision impairment requires it.

What we do:-

- All children referred to us will have an initial assessment from which we can identify levels of support we can offer. These support levels are reviewed regularly. Information from assessments is required to support the graduated approach.
- Support may be information and advice to school and/or your family as how to best make sure your child can access learning and any additional support they may need, to targeted teaching interventions. There is also a primary and a secondary additionally resourced provision for children who need the highest levels of support.
- We can help you and your child understand their sensory impairment and its impact.
- We also provide opportunities for children and families to come together with other children and families who have sensory impairments with a closed facebook page, baby, preschool and school age groups and events.
- We feedback to health services as to the effectiveness of the management of the sensory impairment and the impact of the hearing and/or vision loss in the everyday life of the child.

We do not:-

- Work with children with sensory regulation/sensitivities (on the Autism Spectrum) unless they also have a medically assessed hearing and/or vision impairment,
- Offer BSL training
- Work with children of deaf parents who do not themselves have a hearing impairment
- Work with children who have dyslexia.
- Recommend schools

If your child has been assessed by Audiology as having a hearing loss you should have been asked if you would like support from this team. If you have said yes, Audiology should have made a referral to us. However, if you have not heard from us or you have moved in from out of area, please do not hesitate to get in touch.

If your child has been assessed by an eye specialist as having a vision impairment which cannot be corrected by glasses, you should have been asked if you would like our support. If you said yes, the eye specialist should have made a referral to us. However, if you have not heard from us or you have moved in from out of area, please do not hesitate to get in touch.

Contact for Children's Sensory Impairment Team

Kelly Shepherd
SEND Business Support/ SEND Specialist Support Services
Together for Children, Bunny Hill Primary Care Centre, Hylton Lane,
Sunderland, SR5 4BW
Kelly.shepherd@togetherforchildren.org.uk
Tel: 07823680280



Portage

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SUNDERLAND

Sunderland Portage Service is a home visiting Service for children aged 0-3 years with additional needs who live within the Sunderland Local Authority.

We form part of Together For Children's SEND Specialist Support Services.

Sunderland Portage are registered as a 5 star service with the National Portage Association (NPA).

We are a small service made up of a Lead Portage Teacher and 3 part time home visitors.

What We Do:

- Work alongside Portage families to help them best support their child with SEND by agreeing long term goals with the child's main carer and breaking these down into smaller achievable steps
- Provide regular home visits to deliver learning through focussed and adult led activities, modelling strategies to support the child's holistic development
- Carry out joint home visits with the Portage child's therapy services or health visitor and observe the child in their nursery setting, where relevant, sharing targets and strategies from home with the child's key professional
- Provide a weekly group session (invite only) as an alternative to home visiting for children whose main need is social and communication difficulties. We also provide ½ termly stay and play sessions to all Sunderland Portage families
- Lead multi professional meetings for Portage children who are not in a nursery setting and hold transition meetings for Portage children the term before they begin their agreed nursery setting
- Deliver Portage Training to parents and professionals

What We Do Not Do:

- Offer support to families who live outside Sunderland Local Authority or for children aged 3yr old attending nursery
- Apply for an EHCP or offer a place at a specialist provision
- Diagnose
- Accept referrals for support in education settings
- We do not have all the answers but we will try to find the solutions families need and signpost to other services

To find out more about Portage visit NPA's website:
www.portage.org.uk

Contact Us:

Referrals or general enquiries:

Email: portage@togetherforchildren.org.uk

Tel: 07823 680280

Follow us on Facebook: Sunderland Portage



SEND Home to School Transport

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Our Home to School Transport Team is responsible for the statutory duties placed on the Local Authority in relation to travel assistance for young people within Sunderland. As of January 2024, we currently provide transport assistance for over 1,200 young people within Sunderland, between the ages of 5 and 25 years.

Things we do:

- School Transport may be offered to young people who meet the eligibility criteria within the Home to School Transport Policy. Distance, Parental preference, and the individual's needs are all taken into consideration during this process.
- Independent Travel Training is a very successful programme funded by TfC, with staff based at Barbra Priestman Academy. Travel Training is tailored to each individual and gives them the confidence and skills to travel to their education, employment and social activities.
- School Transport Mileage Rate (STMR) is an option for parent/carers, if their child is eligible for travel assistance, but for their own reasons, wish to transport the young person to and from school themselves.
- Free Travel Permits for young people aged between 5yrs-16yrs, can be awarded if the eligibility criteria are met. The Travel Permit enables a young person to travel for free before 7pm, on schools' days, to and from school.
- Post 16 Travel Assistance may be offered to young people between the age of 16yrs-25yrs old. The young person must meet the eligibility criteria, and in some instances a travel contribution may be required.

What we don't do:

- Nexus organise and manage all public transport within Tyne and Wear. They are responsible for 'scholars services' and travel passes.
- Nursery Transport is not something SEND Transport can provide for families, as it is non-statutory education.
- Transition transport for young people moving between schools is not something SEND Transport can facilitate.
- Work Placement transport must be considered by the school/college and family, if required.
- Extra Curriculum Transport is not part of SEND Transport. Legislation deems that transport need only be provided at the start and end of the school day.



Visit our website by scanning the code

Who can you speak to?
Paul Tomlin, SEND Transport Lead
Tel - 0191 528 1408 Email -
paul.tomlin@togetherforchildren.org.uk



NHS Learning Disability Health Transition Team

We are the CNTW NHS Learning Disability Health Transition Team based at Monkwearmouth Hospital.

We work with children and young people from the age of 14-25 years to ensure all health needs are being met before they reach adulthood and if not signpost to relevant service.

Our criteria is to have a diagnosed Learning Disability, a health need and a GP in the Sunderland area..

- We support and coordinate transition of health needs from paediatric to adult services.
- We support to all generic health appointments dental, opticians, annual health checks etc for those who may have anxiety or other complex needs preventing them from attending.
- We can't work with anyone with a learning difficulty they have to have a diagnosed Learning Disability.
- We don't help with transitions from school to college placement other than give advice re any health concerns.
- We are not a part of CYPS Team.

Learning Disabilities Community Treatment Team

Health Transition Team

Monkwearmouth Hospital

Newcastle Road

Sunderland

SR5 1NB

0191 5665633



Wheelchair Services

What we do

- We are commissioned by the Integrated Care Board to provide assessments of seating and posture, that will lead to the provision of a manual or powered wheelchair or buggy or a personal wheelchair budget
- We are required to work within a criteria that sets out the circumstances in which identified items of equipment will be provided, and this criteria is used throughout the northern region
- We are supported to provide assessments and provision of powered wheelchairs and specialist seating systems by the Regional Rehabilitation Engineering Mobility Service (RREMS), who also oversee a range of contracts with providers of wheelchairs and accessories
- We offer assessment services in our clinic, in someone's own home or in schools and we have an e mail address and telephone line that will connect you directly with our service
- We keep in touch with our customers through a telephony solution that regularly reaches out to people who have received a service from us to help us find out whether they would like a review of their equipment

What we do NOT do

- We may not always be able to directly provide something you are looking for, but we will always try to help and connect you to the people and services that can
- We do not provide static seating solutions but we can connect you with the Community Therapy Teams who may be able to assist
- We do not provide wheelchairs for children who are under 2 year old but we can connect you with the Community Therapy Teams who may be able to assist with mobility problems
- We do not provide ramps, wheelchair accessible vehicles or mobility scooters, but we can connect you with the Community Therapy Teams who may be able to assist
- We do not directly provide wheelchair repairs, this service is provided by Ross Care who can be contacted on 0191 4155151



Community Therapy Service

What we Do

- We help people live independent and fulfilling lives in which they can access their home and community, working in partnership with other social and health care teams where necessary to achieve this
- We listen to the things that are important to you, working with you to identify and assess the things you find difficult, co-producing a care plan that is tailored to meet your individual needs and makes the most of the resources available to you
- We help you identify the services and support you are eligible to access to meet your needs, including Blue Badges and a range of specialist equipment and assistive technology
- We facilitate applications for Disabled Facilities Grants to fund adaptations to properties, working closely with the Home Improvement Agency to oversee the process from assessment to provision of facilities
- We provide assessments of people's housing needs to assist the council's housing service to work with registered social landlords, including Gentoo, to identify suitable, accessible accommodation that meets their needs

What we do NOT do

- We may not always be able to directly provide something you are looking for, but we will always try to help and connect you to the people and services that can
- We do not see disability as a barrier to living well
- We do not provide services in education settings but we do work closely with colleagues who do, ensuring that a child's needs are met both at home and in school
- We do not provide sensory integration assessments or Physiotherapy for children
- We do not provide services on Saturdays and Sundays but we will work flexibly with you and can accommodate early morning or later in the day appointments to fit around your home routine

How can the service be contacted?

Wheelchair services direct line: 0191 5618938

Customer Service Network 0191 5205552

Online referral: [Apply For Help With Your Care And Support Needs - Sunderland City Council](#)





SUNDERLAND

PARENT CARER FORUM

Sunderland Parent Carer Forum (SPCF) is run by Parent Carers on a voluntary basis and were founded in 2007. Our two main aims are:

- **to create a parent carer community to help reduce isolation and enables them to further support their families**
- **to facilitate and promote parent participation and co-production between parent carers and statutory services**

What we do:

- Provide opportunities for parent carers to co-produce and influence the decisions that affect their families and to contribute to developing services that meet the needs of their families by raising awareness of issues faced by children and young people with special educational needs and disabilities and their families and ensuring that the voice of Parent Carers is always at the heart of service design and delivery.
- Signpost to services for Parent Carers of children and young people with SEND
- Host coffee mornings, events, workshops, and training for Parent Carers, at no cost to the parent carer.
- Provide information to inform and empower parent carers about the services and issues that affect their families, sharing experiences, knowledge and skills with other relevant organisations and individuals.
- Gather views of Parent Carers across Sunderland

What we don't do:

- Work with children and young people with SEND
- Raise individuals' issues with statutory services.
- Tell Parent Carers what they should do.
- Act for individual Parent Carers

How to find us:

Email

spcfoffice@sunderlandpcf.co.uk

Tel 07393129858

**St Mary's and St Peter's Community
Project, Springwell, Sunderland.**



About Us

At Sunderland Carers Centre we provide support for people who look after others. That doesn't mean professional carers (care workers). We support people who care for their husband, wife, mam, dad, son, daughter, sibling, friend or other relative. We offer information, advice and guidance to unpaid carers in and around Sunderland – and it's all confidential, non-judgemental and impartial.

The Carers Centre is a “centrepiece” for carers in the city, assisting directly when and where we can and linking people with other organisations when more appropriate, to ensure every user gets the support they require.


Things we do

- Support you and your whole family no matter what your caring role/s are which includes if you have a disabled child/young person, have other children in the family that are impacted due to your caring role for your other child/ren, and or have other caring roles.
- Provide information, advice and guidance, including signposting to other services, help you find your way through your caring role understanding education, health and social care and planning for your future and the person you care for
- Offer on-going support with no time limit individual to you and your family.
- Offer a range of services including time out/training/activities and more.
- Work in partnership with other organisations to influence good practice around recognition and support of carers.

What we don't do

- We are not a care provider and don't provide companionship services – so we can't offer services such as sitting services, personal assistant services etc for the person you care for, but we can support you to explore this option
- We don't offer domestic services – clean your house or tidy your garden but we can support you to investigate this.
- We can't organise respite for the person you care for, but we can support you to explore this option.
- We don't offer legal advice but can explain your rights as a carer.
- We are not a health provider, but we can always offer a cup of tea, a safe space to talk in our wellbeing lounge or lovely kitchen and be there to support you in your caring role when you needs us.

Check us out on our website
www.sunderlandcarers.co.uk
and Facebook
@SunderlandCarersCentre

A stylized rainbow graphic with multiple bands of color (red, orange, yellow, green, blue, purple) curving upwards from the bottom right corner of the page.

SUNDERLAND SENDIASS

Sunderland SENDIASS offers free, impartial and confidential information, advice and support to parent/carers of children from 0-25 who have SEND – we can also support children and young people themselves in relation to their rights around education.

Our team consists of 1 x part time coordinator, 1 x part time SENDIASS Lead for Children and Young People, 1 x full time SENDIASS Lead for Parents/Carers and our service manager has strategic oversight and is part of a host of multi-agency partnership working groups.

Things SENDIASS do:

- Provide information, advice and support around education, and the law around this in relation to SEND and your rights and responsibilities as a parent/carer
- Information, advice and support around SEND support
- Information, advice and support around EHCP's and the process, including support around mediation, disagreement resolution and SEND tribunals
- Signposting to other relevant services in relation to education, health and social care
- Support you in making an informed choice about your child's educational journey

SENDIASS do not/cannot:

- Make a decision for you or advise what option would be best for you – decisions must be your own choice
- Assess your child or offer reports around their SEND needs to other professionals
- Take professional referrals – these must only be from the parent/carer only or person with parental responsibility
- Offer indefinite support – our support is usually time bound and will come to a natural end once a piece of work/support has been complete, however, parent/carers can re-refer back to us as many times as they need
- We are not part of the Local Authority and we do not receive information / updates relating to your child's needs unless you tell us and therefore it is vital that parent/carers keep us updated regularly whilst working with us to prevent your case being closed before your support is complete

We are available via telephone, email and social media and our dedicated website

Our details are: 0191 5375764 (normal office hours are Monday – Friday, 9-4 with access to 24 hour voicemail service with call back facility), contactus@sunderlandsendiass.co.uk (email) and www.sunderlandsendiass.co.uk (website)

**Our social media is @sunderlandsendiass with access to the messenger function
We are currently hosted by Sunderland Carers Centre, but we are a separate service.**



SENhub

SENhub was set up by Sunningdale School to provide teachers, parents and carers with training and advice about enhancing the educational experience of children with special educational needs. We work with those teachers and parents whose children are in both mainstream education and those attending special needs schools.

We offer parents:

- A menu of programmes for parents of children that have been diagnosed with specific learning disabilities
- Programmes for parents of children that do not have a formal diagnoses of a learning disability who would like support in addressing developmental issues such as not sleeping, inappropriate behaviour, toileting, pre-reading, fine motor skills.

At times, meeting the needs of children with special educational needs can feel overwhelming and it's sometimes hard to know which way to turn to find useful support, particularly if the child's needs are complex.

At Sunningdale School we recognise the contribution that parents make to children's education. By drawing on the experience of ourselves and our partners in working with children with multiple and profound learning needs, we have developed a range of programmes and activities which we hope will help parents and carers create rewarding educational experiences for their children.



Find us here:
senhub.org.uk
Or contact us at:
jane.shaw@sunningdaleschool.com





About Us

**DANCE
VERSITY**

Created to bring fitness, wellness & healthy lifestyles to those who can't always access it or find something to suit their needs. Everyone deserves to live a healthy life no matter what your ability, At One aims to provide that for you, with no barriers.

Danceversity is one of At Ones newest programs, established in 2022, to provide everyone with the chance to dance. Providing the opportunity for children to dance and express themselves without feeling judged or 'disrupt' sessions is what Danceversity is all about.

What we do:

Personal exercise therapy - bespoke & tailored exercise service to suit each client or group. Flexible approach to exercise allows me to have fun and get creative when exercising.

Inclusive exercise service suitable for all disabilities.

Private sessions & group classes- including family fitness sessions, parent carer exercise (with Choice).

At One provides other programs such as Danceversity - inclusive dance. Baby & Me - baby classes such as Sing & sign (makaton) , massage and yoga.

Specialist service with experienced & qualified personal trainer & disability specialist.

What we don't do:

Discriminate or judge anyone. I aim to be as inclusive as possible.

I don't offer physiotherapy- I am an exercise therapist/ personal trainer not a qualified physiotherapist.

Contact details:

Email Asha - Asha.thomas@atonefit.life

07468595044

Via Facebook @Atonefitlife



About Us



The Sensory Place is a parent-led organisation offering a network of support to families of children with all disabilities aged 0-18 years. We are all parents of a disabled child or children and we felt that there were just not enough places to go or things to do when you have a child who has additional needs as mainstream activities are not accessible for many different reasons. We also experienced judgement and isolation as other people do not always understand the difficulties families like ours face. We knew we weren't alone in thinking this and so The Sensory Place was born in 2019 with a view to changing this for the better.

Since then, we have provided a huge range of activities for families to enjoy. These sessions give the children the opportunity to relax and be themselves in an environment that is safe, relaxed and free from judgement. It also gives parent carers the chance to socialise with other like-minded people, picking up tips and tricks along the way to make their parenting journey a little easier.

What we do

- We offer inclusive, sensory friendly events and activities designed with the whole family in mind as well as working with a variety of organisations and services to make mainstream events accessible to all.
- We provide information, advice and guidance to parent carers in the form of courses based on the needs of their child. We also run parent carer coffee and craft sessions as well as mindfulness and wellbeing sessions.
- Whatever your circumstances, we will never judge you or your child. We know from personal experience how hard it can be to attend activities when you have a child or children with SEND so we plan a range of SEND friendly events where there is hopefully something for everyone to enjoy.
- We know how hard it can be to make that first step through the door to try something new as we have been there too. We provide safe and non-judgemental spaces where everyone can be themselves and relax. We keep our numbers as low as we possibly can so we can get to know

We would love it if you would like to come along and join us one day. To have a look at what we do and to see what we have to offer, please take a look at our website

thesensoryplace.net or give us a follow on our Facebook page
Facebook.com/thesensoryplaceopenpage





TeenyWeenyVR, the brainchild of a Sunderland-based mother of an autistic child, is an award-winning VR platform designed to support SEND children and their siblings and parent carers. Our VR videos are crafted from personal experience and a profound understanding of the unique challenges faced by those within the SEND community and this heartfelt innovation has earned the prestigious Women in Innovation Award on a national level.

What we do:

- Visit Preparation: Using 360-degree mapping, we create VR simulations of tourist destinations, to help SEND children adapt to new places and reduce anxiety.
- Calming Sensory sessions: Our VR sessions offers tranquil sensory experiences in managing sensory overload, promoting relaxation and stress relief which has therapeutic benefits and engaging entertainment.
- VR Employer Visits: We transform 360-degree mapped workplace environments into interactive VR experiences, providing immersive learning to prepare SEND children for future employment opportunities.
- Memorable Moments Capture: We specialize in capturing life's joyful moments, like birthday parties, in 360-degree immersive videos, allowing children and families to relive these precious times.
- Parent-Carer Engagement and Training: Providing therapeutic VR experiences for parent-child bonding and training parent carers in VR use for enhancing child development.

What we Don't do:

- Not a Therapist Substitute: Our VR is cool, but they don't replace professional therapeutic advice. We're here to complement the experts, not impersonate them!
- Not a Time Machine (Yet!): Our VR might take you places, but it won't turn back time or let you fast-forward through Monday mornings.
- No Magic Wands: As much as we wish we could, we can't solve all life's problems with a swish and flick of a VR controller. We focus on what we can do to make a positive impact.
- Not in the Business of Boredom: We're all about fun, engagement, and education. Dull moments? Not on our VR watch!

SENDeLight Gifts

In addition to our VR services, we're excited to introduce SENDeLight Gifts – your source for affordable sensory-focused products, designed with parent carers in mind.

Connect with Us

Discover the world of TeenyWeenyVR and book a session for your next event!

Vijayalakshmi Subramani(VJ), CEO-Kerckhoffs Ltd

The Software Centre, Sunderland SR1 1PB

Website: www.teenyweenyvr.com

Email: info@teenyweenyvr.com

Phone: 07455178011





Tailored Leisure Co.

Tailored Leisure Co. is a fitness and wellbeing not-for-profit offering a range of “Sit to be Fit” programmes tailored for the needs of people with disabilities and long-term health conditions. This is inclusive of physical, mental health and neurodivergent disabilities and is not limited to a specific age or gender - all are welcome.

What we do

- Sit to be Fit classes inclusive of seated yoga, seated boxercise, seated dance and more.
- Rental of our Luxury Accessible Caravan with features that meet the needs of the most unique families.
- Fitness and wellbeing events to promote physical, mental, emotional and spiritual wellbeing. Access Reviews for groups, businesses, not-for-profits and charities.
- Signposting to other services and organisations.

What we don't do

- We do not offer physiotherapy services or rehabilitation services.
- We do not offer advocacy services.
- We accept persons with multiple disabilities and long-term health conditions, but we do not accept certain heart conditions (please contact staff for details).
- We are not a gym and cannot offer these services.
- We do not yet have a British Sign Language (BSL) interpreter for classes, but two of our volunteers are currently training in BSL and we may be able to offer this accommodation in the future.

For more information go to:
www.tailoredleisure.co.uk
Or find us on Facebook & Twitter
contact us via: 07861247658 or
tailored.leisure@gmail.com



The Chronicle Sunshine Fund is a local North East charity that provides specialist and adapted equipment to children aged 0-19 living with disabilities, additional needs, chronic and terminal illness. The types of equipment we can fund are not available through statutory services like the Local Authority or NHS; yet they are vital to the daily life of our Sunshine kids. These specific pieces of equipment enrich quality of life for not only the children, but their wider families and communities.

We are immensely proud to make a difference to the lives of local disabled children and their families through funding life-changing, specialist and adapted equipment; however, our support and service goes far beyond this.

What we do

- We can help you apply for equipment that otherwise could not be funded by the NHS
- We create multiple events throughout the year for families to get involved in.
- We have the junior and mini GNR that is ran every year to raise vital funds for Sunshine Fund
- We offer opportunities to get involved and volunteer!

What we don't do

- We do not means test or ask for any financial information on our application forms.
- We don't support individuals outside of the Tyne and Wear, Northumberland. and County Durham area.
- We do not deny individuals, charities, and community groups from making applications with us.

For more information go to:
www.thesunshinefund.org
or Call us on:
Families and Applications line
07593 298541
Main Office
0191 201 6289





About us

At Creative Minds it is our mission to work in partnership with the community in order to provide an accessible service that aims to improve the mental health and well-being of children, adults, and young people of all ages and backgrounds. We are a small team of experienced and junior counsellors, including neurodiverse counsellors, student counsellors, and wellbeing assistants.

We are proud to have developed a creative service which combines talking therapies, creativity, and holistic techniques to ensure each session is unique to each person and tailored to everyone's individual needs.

What we offer

- One to one counselling for children, adults, and young people
- Reiki
- Offer support and guidance to individuals and families who wish to explore the possibility of a neurodivergent assessment. We can help refer to the right services.
- Offer wellbeing and therapeutic workshops to all ages.
- Brainspotting
- Couples Therapy
- We work with issues such as low mood, anxiety, trauma, bereavement and loss, autism and ADHD, self esteem, confidence, relationship difficulties and lots more.

What we can't offer

- We can not offer a diagnosis of any kind.
- We are not a crisis service and cannot offer immediate support via email, text, or social media as we are not a 24 hour service.
- We can't always offer funded sessions, but we fight hard to be able to provide therapy and wellbeing services free of charge to our community through successful funding bids.

You can find out more about us at the following:

Webpage: www.creativemindsnsc.com

Email: info@creativemindsnsc.com

Tel: 07388513076

Facebook and Instagram: [@creativemindsnsc](#)





FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

Making Sport Fun for Everyone

For over 20 years the Foundation of Light have been delivering football and sport to children, young people, and adults with a disability with the aim to improve participation, attainment, social skills, and people's attitudes towards all disabilities.

We have a team (Making Moves) specifically created to work with children, young people, and adults with a wide range of disabilities and additional needs.

Our delivery sees well planned and structured specialist programmes, which are suited to the needs of each group being worked with, but more importantly tailored to meet the needs of each young person or adult involved. With the aim being to help develop gross motor skills, balance, and coordination as well as encouraging teamwork, communication, and confidence.

What we do:

- We offer a range of sessions including Football, Multisport and Sensory Play for children, young people, and adults with SEND from the age of 5 years plus.
- We offer a range of CPD for professionals, carers, and volunteers working with children, young people, and adults under our Disability Champions programme.
- Deliver half term activities for children and young people with SEND around Football and Multisport
- Work in partnership with other SEND organisations to deliver festivals and events for their participants
- As an organisation we work throughout Schools in Sunderland, South Tyneside, and County Durham to deliver PE, Sport and Disability education sessions for all children and young people.

What we don't do:

- We don't provide transport to and from activities.
- We don't provide 1-1 support in all sessions (due to staff numbers and participant numbers).
- We don't offer Football Teams to compete in local leagues (but can signpost onto the County FA to support with this).

Contact details:

Email: Kevin.Darke@foundationoflight.co.uk

Telephone: 0191 563 4777

Website: www.foundationoflight.co.uk

Twitter: www.twitter.com/SAFCFoL

Facebook: www.facebook.com/SAFCFoL

Instagram:

www.instagram.com/foundationoflight



Set up as a registered charity in 2000, Gateway Wheelers is the North East's cycling community group for anyone who needs the use of an adapted cycle due to having a disability. This can include but not limited to: - learning disabilities, autism, ADHD, balance problems, eyesight problems, brain injuries, strokes, complex health needs etc.



What We Do

- No need for you to have the ability to ride a two wheeled cycle. We have a wide range of adapted cycles for all ages, including go-karts, trikes, bucket seat cycles, wheelchair cycle, tandem, KMC trikes and more.
- We can adapt our cycles for you, including pedals, seat positions, additional straps and more.
- Our volunteers and qualified British Cycling coach can help you get cycling whatever your ability.
- Based in Houghton Rectory Park, Houghton -le-Spring DH4 4BB, we cycle around the traffic free track on Houghton Rectory Playing Field.
- We cycle all year round, just remember your warm coat and gloves in the winter.

What We Don't Do

- We don't have a hoist to help people onto the cycle seat, but we do have a roll-on wheelchair cycle.
- We don't stop cycling and cycle all year round, suitable clothing is essential for the time of year, especially gloves and a warm coat in the colder months.
- We don't control the weather, sometimes we must cancel sessions on the day due to the weather. By booking on to our sessions we will let you know if this happens.
- We mainly cycle in Houghton Rectory Park as our adapted cycles are bulky to transport around to other locations, we can however get 6 go karts in our van and visit other locations that way.



You can find more information about our service at –
<https://linktr.ee/gatewaywheelers>
or
www.Gatewaywheelers.org.uk





FASD Network is an organisation that specialises in providing information, support and training on FASD. It was founded in 2011 in the Durham Tees Valley region which is an area that includes: Durham, Stockton-on-Tees, Middlesbrough, Hartlepool, Darlington and Redcar & Cleveland. Our work has since expanded into the north to include Northumbria, Tyneside and Wearside and also to the south to cover the Yorkshire, Hull and East Riding areas. Whilst we have a UK wide remit to press for change, our particular focus is on the Northern regions and we firmly believe that local services are best delivered by local people and local organisations.

What we do

- We can offer bespoke training for organisations to give individuals further knowledge about FASD and how to support families and individuals more effectively.
- We offer support groups for families who are raising children with FASD on a termly basis.
- We work with a range of partners to examine structural service deficits in the UK and advocate for change.
- We conduct our own research and work with multi-agency partners to develop further research.

Maria Catterick

Email: fasdnetwork@mail.com

Facebook: FASD Network UK

Twitter: FASDNETUK

Telephone: 07743 380163





Founded by Fiona Pattison in 2020 in remembrance of her late brother David who suffered from a rare form of Alexanders Leukodystrophy. Rainbows Sensory Space Ltd is a small multi-sensory centre located in Seaham, County Durham. It has been specifically designed to support children, young people and adults with special needs and disabilities, their families, schools and groups.

We provide opportunities for bridging the barriers that disabled people often face by creating an accessible, inclusive and non-judgemental environment where children and adults can control a variety of sensory experiences in a safe space. Rainbows Sensory Space has access to ceiling track hoists, a disabled toilet with hand rails and height-adjustable changing bed.



We use a combination of light, sound, touch and smell to provide a unique sensory experience for stimulation, de-escalation or relaxation purposes. The sensory environment can be adjusted to fit the motivation, interests and individual needs of the user.

Our facilities can be used for a variety of purposes. We offer private hire to families, schools and groups, coffee mornings, SEND support groups, SEND social opportunities (after school clubs), playgroups, baby sessions, home education peer support, training events for parents/carers and birthday parties available on request. Specialist therapy sessions available: TACPAC music therapy, story massage and sensory stories.

We do not provide childcare or respite and parents/carers must remain in the centre at all times during each session and are responsible for those in their care at all times.

No diagnosis needed to attend.
Pre-booked sessions only, no drop-in sessions available.

Contact information:

Email: hello@rainbows-sensoryspace.com

Website: www.rainbows-sensoryspace.com

Telephone: 07968314561

Follow us on Facebook & Instagram





north east autism society

Founded in 1980 by a group of parents who came together to establish Thornhill Park School in Sunderland, the North East Autism Society grew out of a desire to provide a better standard of education for autistic children. Having remortgaged their homes to purchase the building, our founders were dedicated to helping autistic young people fulfil their potential - and that commitment remains at the heart of everything we do.

Our family development service provides support for autistic people and their families across the North-east pre, during and post diagnosis. Our mission is to provide the right support, at the right time, and in the right way to ensure the best outcomes.

What we do

- We run Parent and toddler groups
- We have available Autism support hubs to help individuals and families
- Activists project
- Closed Facebook group for families to offer support and guidance to one another within a closed trusted space

Contact us via:

Head Office - 0191 4109974 /
info@ne-as.org.uk

Website - <https://www.ne-as.org.uk/>
or via social media platforms,
closed facebook page -
[North East Autism Society - Family](#)
[Networking](#)



AutismAble™

We are a service for neurodivergent people specialising in autism, learning disabilities and complex disabilities with multiple needs. We work with our members to support them to achieve their ambitions. Whether someone requires one-to-one support, navigates life independently, or falls somewhere in between, our mission remains the same – to enable, empower and enrich.

Locations: South Shields, Sunderland and North Shields.

What we do:

- Bespoke, person-centred support all year round
 - Pathways which include independence and life skills, employability skills and work experience, music and creative arts, socialising and friendships and at home support
 - New Youth Hub for ages 14-25 with SEND
- Outreach activities including social clubs, disability-friendly football team, Youth Music, children's Lego club, holiday activities, parent support group and autism acceptance training
- Support with applying for Direct Payments

What we don't do:

- Support with diagnosis
- Support with writing EHCPs
- Advocacy support services
- Although we have a children's Lego club, we do not currently provide other activities for children under the age of 14

Contact information:

Telephone: 0191 825 0035

Email: info@autismable.com

Website: www.AutismAble.com

Facebook: AutismAble

Instagram: autism_able



Adventure into Art CIC

Our organisation has been running since 2021 and we are a non profit organisation which aims to improve the mental health and well being of local people of the North East of England through the help of arts and crafts.

I am a graduate from Northumbria University and I would like to pass on my love for art on to anyone who would like to attend any of my sessions. My sessions are very relaxed and can be adapted to anyone's needs or abilities.

Every Monday we have a home education group that have thrived since moving into the permanent space, they feel safe and can express themselves with no judgement. Many of the children who attend have ADHD, Autism, etc and they have all excelled on the short journey that they have been on this year. It is also reassuring to see that they continue their creative practice when they're at home and ask their parents to send us photos of their projects.

<https://adventureinto.art/creative-workshops/>

We also offer evening classes where you can learn the art of working with clay. These classes are always a giggle and you never know what will be created, many friendships have been formed through these sessions (not forgetting the confidence within that has grown). If you would like to have a go you are always welcome and everyone within the sessions are encouraging and never pass any criticism.

<https://adventureinto.art/creative-workshops/>



Contact Us:
adventureintoart@gmail.com

Facebook:
[@adventureintoartcic](https://www.facebook.com/adventureintoartcic)





Family Fund

Helping disabled children

Family Fund is the UK's largest grant-making charity. We support families raising a disabled or seriously ill child or young person, and living on a low income, with grants and practical services alongside providing ways for them to share their experiences.

What we do:

We give grants for of essential items such as kitchen appliances, furniture, bedding, tablets and more

We provide eligible families raising a child under three years old with a car-leasing package.

We support young adults with grants to enhance their life and increase their independence

We offer services and practical workshops and e-courses to parents and carers



What we can't offer:

Help with the cost of energy bills

Support with home improvements

Grants for boiler replacement

Driving lessons for parents

Find out more:

www.familyfund.org.uk

www.facebook.com/familyfund

Get in touch:

01904 550055



Diverse Fitness & Wellbeing is an inclusive small group fitness class open to young people with disabilities in the North East of England. Founded by Nicholas Kane, Diverse seeks to break down the physical and social barriers that many children with learning disabilities face through the empowerment of "FUN-ctional" fitness.



What We Do:

Dedicated SEND Instructors:

The fitness programmes are led by dedicated instructors with a deep understanding of the unique needs of individuals with SEND. These instructors are committed to providing a safe and inclusive space for participants to engage in physical activities that promote overall well-being.

Inclusive Fitness Classes:

Diverse Fitness and Wellbeing offers inclusive fitness classes tailored to individuals with Special Educational Needs and Disabilities (SEND). These classes are designed to create a supportive and welcoming environment where everyone can participate and thrive.

Promotion of Mental Well-being:

Recognising the importance of mental well-being, Diverse Fitness and Wellbeing integrates mindfulness and relaxation techniques into their programmes. This holistic approach aims to address both physical and mental aspects of health, promoting a balanced and positive lifestyle for all participants.

Promotion of Mental Well-being:

Recognising the importance of mental well-being, Diverse Fitness and Wellbeing integrates mindfulness and relaxation techniques into their programmes. This holistic approach aims to address both physical and mental aspects of health, promoting a balanced and positive lifestyle for all participants.

Community and Social Interaction:

Beyond fitness, Diverse fosters a sense of community and social interaction. Participants have the opportunity to connect with peers, build friendships, and engage in a supportive network that goes beyond the workout sessions. Social interaction is an integral part of the holistic well-being approach.

What We Don't:

We don't provide transport to and from activities.
We don't provide 1-1 support in all sessions (due to staff numbers and participant numbers).

Phone: 07726282117

Email: diversefitnessandwellbeing@gmail.com

Facebook: Diverse - Fitness & Wellbeing

Instagram: Diverse - Fitness and Wellbeing CIC





RAINBOW SKYES

Our aim at Rainbow Skyes Dog Therapy is to support all children and young people, particularly those with additional needs of any kind. We have a strong focus on mental health and wellbeing, as well as supporting those with specific Special Educational Needs and Disabilities.

We offer a wide range of workshops, focussing on specific themes, that are highly inclusive and accessible to ALL. We adapt to all age ranges and abilities. We also create bespoke packages of support.

We visit schools and support other organisations, attending youth groups, playgroups, support groups, SEND groups, coffee mornings, clubs, events, fairs, fun days, open days and more.

We work closely with the Breathing Space Project, on a referral basis, for children and young people with Social, Emotional and Mental Health (SEMH) needs.

5 things we do:

- We support all children and young people. Everyone means everyone, no matter what their need or disability. Adults engage with and enjoy our sessions too, and we always offer a listening ear.
- We provide a safe space for regulation and relaxation, with opportunities for reflection and to explore feelings, emotions and worries, in a non-threatening way.
- We create bespoke packages of personalised support to cater for individual needs.
- We provide a service, coming from a place of substantial personal experience. Teacher, SENDCo, Parent Carer - I wear all those badges.
- We offer something unique. We are dog therapy with a difference!

5 things we don't do:

- We are not part of any other organisation. We are an independent business. Our services are purchased directly or commissioned.
- We don't require additional adults present during sessions unless this is preferred.
- We don't have lots of therapy dogs, only the gorgeous Skye.
- We don't do visits without prior parent/carer consent.
- We don't provide written feedback unless this is requested and built into the support package.

Contact us:

mel@rainbowskyes.com

07988819355

www.rainbowskyes.com

Scan the QR to see our online
brochure:





HOPS Healing Opportunities



HOPS is a Sunderland based charity established in 1998. We provide holistic therapies, classes and activities to support peoples' wellbeing. HOPS' founder discovered the value of such therapies and knew of the significant help they could bring to people in need but whom often knew little of the treatments' benefits or could not afford to access such support. HOPS supports unpaid carers, older people and those living through difficult circumstances.

Holistic therapies can support people on the path to good health by enabling them to feel better, to deal with anxiety and stress and to support better management of mental health concerns and physical health problems.

What we do

- Monthly Coffee Mornings and Time Out sessions for unpaid carers.
- Weekly Singing for Fun class and online Yoga - open to all.
- Provision of massage, aromatherapy, shiatsu, reiki, Indian head massage and reflexology with highly skilled and experienced therapists.
- Opportunities for group activities, classes and courses to provide social interaction and to support wellbeing.
- We will make you a cuppa; we will give you the opportunity to talk to and listen to others with similar challenges.
- We aim to provide brief periods of respite to help you to recharge your batteries and to take time for yourself.

What we don't do

- We do not work with people under 18 years of age
- We are never short of a friendly face or a listening ear.
- We do not assume what will help you – you talk to our lovely therapists and together decide what therapy will suit you, at that time.
- We can not always offer our services at no cost. Our work is largely grant funded, meaning that at times we can offer activities with either no charge or we can part subsidise it. At other times we may charge but can also offer discounts.

Contact Us:

www.healing-sunderland.org.uk

FB: /HOPSSunderland

Instagram: hops_healingopportunities

Tel: 0191 5483722

Email: info@healing-sunderland.org.uk



Beach Access North East provides FREE loan of specialised equipment at eleven beaches along the north east coast, between the Tweed and the Tees. Anyone can use our equipment who needs it to access the beach safely. Some locations have hoists and powered chairs.



What we do:

- We provide beach wheelchairs, beach walkers, transfer hoists for free loan
- We offer a membership scheme to ease frequent or regular bookings
 - Our volunteers will go through the basic operation of the chairs
- We offer support to organisations wanting to set up similar schemes
- We can mobilise our equipment for events and special occasions at other sites

What we don't do:

- We don't provide people to push the chairs
- We don't provide strops or people to operate the hoists
- We are not liable if the Terms and Conditions are not adhered to
- We don't loan manual chairs to people without a person fit to push them
- We don't loan where the weight maximum of the chair is exceeded

We cover Seaton Carew (Hartlepool), Roker (Sunderland), South Shields, Tynemouth, Whitley Bay (currently suspended due to works), Blyth, Newbiggin-by-the-Sea, Cresswell (2024), Low Newton, Beadnell, Bamburgh and Spital (Berwick).

To book free loan of our equipment please contact us by phone or email with as much notice as possible.

Phone: 0300 999 4444 on Saturdays or Sundays between 10:00 AM and 5:00 PM.

EMAIL:

info@beachaccessnortheast.org





Sensory Worx is a leading sensory and specialist occupational therapy service for adults, children, and young people. We are based in County Durham and operate throughout the whole of the North of the UK. Sensory Worx is passionate about improving understanding of developmental and sensory issues in families, amongst professionals and across the community generally.

Our aim is to:

“Provide the highest quality, supportive therapy services to allow our customers to achieve their potential, gain quality of life, access the support they need at the right time.”

Services Provided:

- **Specialist Sensory Assessments:** Our assessment package and sensory solutions, incorporating Sensory Integration Therapy ensures personalised support every step of the way.
- **Training, Coaching & Support:** From generic to bespoke training, we cover various topics including sensory processing awareness raising, practical support for staff in the classroom, sensory circuits, and more.
- **Sensory Therapy:** Our team offers play-based interventions and successful Talking Mats therapy to address sensory needs effectively.
- **Educational Consultation:** Partnering with schools, we empower children with additional needs to access learning effectively.

Frequently Asked, Not Provided:

- Assessment and medical diagnoses for Autism and ADHD.

Get in touch:

www.sensoryworx.com

0191 592 0007

sensoryworx@outlook.com

Find us on Facebook





**DAISY
CHAIN**
Autism & Neurodiversity

If you live in Sunderland, the Family Support Service, delivered by Daisy Chain, is here for you. The team supports young people aged 0-18 years and their families, no matter where they are on their autism, ADHD, sensory processing or Foetal Alcohol Spectrum Disorder (FASD) journey. This means that your young person does not need to have a diagnosis or be on the neurodevelopmental pathway to access support from the service.

What do we offer?

- Bespoke 1:1 support in a format that works for you e.g. telephone, online, in-person
- Peer support sessions
- Multi-agency drop-ins
- Sessions for children and young people
- Free learning workshops for parents/carers

How can I access support?

Email: sunderlandfamilysupport@daisychainproject.co.uk
or call 01642 531248 (option 1)

If you'd rather not contact us direct you can ask the school, your health visitor or any other professionals involved in your family's care to share your details with us via the methods above, then we will contact you.



Join our Facebook Group:
www.facebook.com/groups/familysupportservicesunderland





Include
'In'
Autism

Include 'In' Autism is dedicated to providing comprehensive and compassionate support to individuals of all ages who have neurodisabilities, including those who are autistic, have learning disabilities, ADHD, challenging behaviour, mental health conditions, and more. We understand the diverse needs and challenges faced by individuals and their families and strive to offer a range of services to address these needs.

From telephone support to group support, we offer a range of resources to help carers navigate the complexities of supporting their loved ones. In addition to supporting parents and siblings, we also provide specialised support for grandparents and men, acknowledging the different roles and challenges they may face in caregiving.

Our ultimate mission is to empower parents, carers and those who do Kinship care to recognise and embrace their own strengths and value, and to provide them with the tools and support they need to navigate their caregiving journey with confidence and resilience. By fostering a sense of community and understanding, we aim to create a supportive environment where carers feel appreciated, empowered, and equipped to provide the best care possible for their loved ones.

Contact Us:
0191 580 5279
information@includeinautism.org.uk





What do we do

We offer a variety of training options to children & young people, adults and families. We have an Olympic Weightlifting club that meets for 4 sessions per week and teaches the sport of Olympic Weightlifting.

Some of our young people are National champions and most have competed at local level. We offer a unique approach to coaching the person in front of us, many of our young people are neurodiverse and we ensure that we coach using methods that are understood. All of our coaches are experienced in working with children and young people with ASD/ADHD and a whole variety of different abilities.

Our gym has a sensory room which can be accessed by young people if they need time to process information.

We also offer parent & child sessions, adults classes and personal training sessions. Our facility is completely private and we are able to turn off music and reduce lighting if needed. We are not open to general public, all sessions are private.

Who are we?

We are a community interest company (CIC) who's objective is to offer a different way of training to those in the community who may not feel comfortable training in a mainstream gym environment.

Our core mission is to increase social inclusion, improve fitness and general well-

being as well as improve self-confidence amongst those we engage with. We aim to inspire individuals to achieve their full potential to enable them to live a more connected and healthier lifestyle in our safe and inclusive space based in Sunderland, Tyne and Wear.

We're on a journey to make training, exercising, and sports more accessible to everyone regardless of race, gender, ability, or experience.

Classes:

Olympic Weightlifting, 6-8yr old, 8-12yr old, teens, adults classes

**Strength & Conditioning sessions for adults
1-2-1, small group PT sessions**

Boxercise for adults

Schools sessions

Coffee mornings with peer to peer support

Contact info:

www.weightsandcakes.com

**FB Weights & Cakes barbell
academy**

info@weightsandcakes.com

Tel: 07565964173



Smile Through Sport are a disability sports charity, we work across the North East providing sport and physical activity sessions to children, young people and adults with a disabilities and additional needs. We endeavour to ensure every disabled person can participate in sport and physical activity. Our sessions are inclusive and fun, offering a safe and non-judgmental environment for everyone to get involved in.



• **What we do:**

- We offer weekly multi-sport sessions on an evening (term time) and holiday activity sessions for 8-19 year olds across the North East (session information can be found on the What's On page of the website).
- We offer a Stay & Play session for babies and toddlers aged 0-5 years, which provides a safe space for young children to play, learn and explore whilst giving parent/carers time to chat, relax and have a cuppa (session information can be found on the What's On page of the website).
- We work in partnership with other organisations to provide taster sessions, competitions, festivals, as well as working with schools to deliver P.E lessons or lunch time clubs.
- We provide training courses and CPD to enable other businesses, charities and organisations to engage disabled people into sessions or services.

What we don't do:

- We do not offer any personal care or 1:1 support in our sessions.
- We do not offer football as a main sport; we tend to focus on a lot of different sports and activities to get children and young people active and engaging in physical activity.
- We do not turn anyone away from our sessions.
- We do not need any proof of diagnosis; we welcome those who wouldn't fit or feel comfortable in mainstream settings and sessions.

Contact details:

Email –

info@smilethroughsport.com

Phone number – 01670 457 757

Website –

www.smilethroughsport.com

Facebook - [@smilethroughsport](https://www.facebook.com/smilethroughsport)

Instagram - [@smiletsport](https://www.instagram.com/smiletsport)



As a leading specialist provision for autistic people, we offer the opportunity to develop a wide range of skills so that you leave us equipped to thrive in the workplace, continue your studies, make better choices or simply live a more independent life.

Our College is lively, diverse and vibrant and meets the needs of a wide range of autistic learners. We offer each learner a bespoke, innovative and creative curriculum. All of our planned activities and learning sessions are designed to be engaging, enjoyable, individualised and challenging. We aim to develop the whole person and blend our autism specific core curriculum with a broad range of academic subjects. We offer a range of CQC registered residential accommodation to meet the varied needs and requirements of service users. ESPA's Social Hub is based in venues across the North East of England. The Social Hub facilitates fun, meaningful and fulfilling social activities which enable opportunities for adults with autism to develop and practice life skills.

5 things we provide:

- An individualised specialist autism post-16 curriculum featuring Social Communication, Emotional Literacy, Multi-Disciplinary Team and Positive Behaviour Support from pre-entry level to level 2.
- Full-time and part-time day & residential placements available
- Four College sites across the North East; two in Sunderland, one in Teesside and one in Newcastle.
- Vocational opportunities Enterprise, Work Experience and Supported Internships
- Social Hub provision across the North East facilitating meaningful and fulfilling social activities to develop and practice life skills.

5 things your service gets asked about regularly but doesn't provide:

- We can't offer a pre-16 curriculum.
- We cannot deliver level 3 in-house qualifications, but we can provide support for young people alongside partnership placements with local GFEs.
- We cannot provide educational opportunities for autistic young people without an EHCP.
- We are an autism specialist service and therefore would expect a diagnosis of autism, or in some other conditions with autistic traits.



**For more information, please contact
our Admissions Department :
admission@espa.org.uk
Funding: Michael Smith
email: mike.smith@espa.org.uk
Admissions Co-ordinator: Allison Hardy
allison.hardy@espa.org.uk Tel: 0191
510 2611**





South Tyneside
Parent Carer Forum
Uniting voices in the SEND Community

South Tyneside Parent Carer Forum are a group of volunteer parent carers. We all live in South Tyneside and care for children who have Special Educational Needs and Disabilities (SEND). Each of us has lived experience and first hand knowledge of the challenges parent carers face.

We are an independent group and not part of any statutory service. We receive a grant from the Department of Education to enable participation of parent carers in the development and monitoring of services.

We work alongside strategic bodies, service providers and commissioners to ensure that the needs of children and young people with SEND and their families are met. Our overall mission is to work with these groups to represent the views and experiences of children, young people and families and help work towards a brighter future. The work we do only has meaning if we are a collective. We want to be a platform to raise the challenges we face as a community!

Join us!

Sign up to be a member for free today



Contact us:

info@stpcf.org

/www.facebook.com/stparentcarerforum





Making Special Memories with Special Families

The Special Lioness is a local charity which specialises in creating wonderful, accessible, inclusive events and environments for children with profound and multiple learning disabilities, life limiting conditions and complex needs.

We provide family friendly events to allow children to experience magical events and make memories.

We support families, parents and carers to navigate the world of special needs parenting; with a welcoming network of peers and professionals supporting our coffee groups and helping parents and carers to not feel alone.

Our wonderful smaller specialist groups are a welcome and accepting place for all.

We also have our fully accessible sensory room - The Roaring Rainforest!

We can be contacted on:
Facebook - The Special Lioness
via www.thespeciallioness.com
or
info@thespeciallioness.com

Also in the area

Guide Dogs -
www.guidedogs.org.uk/getting-support

Smile For Life -
www.smileforlife.org.uk

Carers Allowance -
www.gov.uk/carers-allowance

Disability Living Allowance -
<https://www.gov.uk/disability-living-allowance-children>

Disability Facilities Grant -
www.gov.uk/disabled-facilities-grants/what-youll-get

& Many more can be found at -
www.disability-grants.org

Grants and Funding

The Tim Lamb Centre -
www.pathways4all.co.uk/tim-lamb-centre

Alan Shearer Centre -
www.alanshearercentre.org.uk

Contact, for families with disabled children -
www.contact.org.uk

Fledglings -
www.fledglings.org.uk

Sunshine Support -
www.sunshine-support.org

We have more guides and information on our website at
www.choicewellbeingsservice.org



RAINBOW Guide

SUNDERLAND'S GUIDE TO SEND SUPPORT
BY PARENT CARERS FOR PARENT CARERS

"Try to be a rainbow in someone's cloud." - Maya Angelou

This Copy is Kindly Funded by

together for
children
SUNDERLAND



We hope that this booklet has given you a little idea of some of the services in the area.

We are always looking to grow and expand our knowledge of the services in the area, please contact us if you know of any!



Choice Wellbeing Service

HOLISTIC SUPPORT *Service*

A safe, non-judgemental space, specifically for parent carers

Self Referral available via our website
www.choicewellbeingservice.org



Delivered with funding from



This booklet was created by Hayley Harrison & Tracey Huggins from team CUS

