

# Sign posting for parents following diagnosis of ASD / ADHD in the Bradford and Craven District

The following information may be helpful to support your child, young person and family following the neuro development assessment..

## Contents:

### Section 1- **Support service for autism or ADHD:**

- Support from Bradford District Local Authority
- Support from North Yorkshire County Council for Craven area
- Independent support services for Bradford and Craven

### Section 2 – **Information and Support specifically for autism**

### Section 3 - **Information and Support specifically for ADHD**

### Section 4 - **Sleep problems – support and information**

### Section 5 - **Advocacy Services**

### Section 6 - **Search for more services**

### Section 7 - **Helplines that can provide further support**

## **1. INFORMATION AND SUPPORT FOR AUTISM AND ADHD**

### **Support from Bradford District Local Authority**

**Local Offer** - Bradford's Local Offer gives children and young people from birth to 25 with special educational needs and disabilities (SEND) and their parents or carer's information about what activities and support is available in the area where you live.

Website: [www.localoffer.bradford.gov.uk](http://www.localoffer.bradford.gov.uk) a guide for all local services. ☎ **01274 439261**

**Targeted Early Help** - Support from Bradford Council giving you and your family the right support at the right time, Early Help often means providing support as soon as a problem emerges, at any point in a child's life, from the foundation years through to the teenage years.

Website: <https://www.bradford.gov.uk/children-young-people-and-families/family-hubs/family-hubs/>



Targeted-early-help-1  
eaflet.pdf

**Early Help** (<https://bso.bradford.gov.uk/content/prevention-and-early-help>). Early Help provides behavioural support and interventions. They also offer one to one support from keyworkers and run parenting classes. Parents can self refer by calling ☎ **01274 437500**. Urdu/Punjabi Helpline: 01274 431252. Polish/Slovak/Czech Helpline: ☎ **01274 434905**

## Support from North Yorkshire County Council for Craven area

**Local Offer** <https://www.northyorks.gov.uk/send-local-offer>

Provide advice, information and support for early years, young people and young adults through to adulthood relating to education, schools information and financial information. There is a “live chat” facility (under the “Extra Links” at bottom of page “Contact Us” including an “immediate danger to someone’s safety” ☎ **01609 780780**). There is also an “on-line form” for non emergency contact. Opening hours are 8a.m – 5.30p. Mon-Fri.



## Independent support services

**SENDIAS Bradford** (stands for *Special Educational Needs and Disabilities Information Advise and Support Services*) <https://barnardosendiass.org.uk/bradford-sendiass/>

☎ **01274 513300**. Email: [bradfordSENDIASS@barnardos.org.uk](mailto:bradfordSENDIASS@barnardos.org.uk).

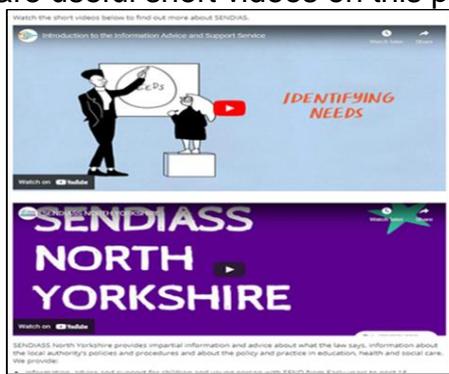
SENDIASS is an impartial service delivered by Barnardos. Address: Unit 40-42 Campus Road, Listerhills Science Park, Bradford BD7 1HR.

Offer a service for parents and carers of children and young people 0-25 with special educational needs and disabilities in the Bradford area and for their children too.

### **SENDIAS North Yorkshire**

<https://www.northyorks.gov.uk/sendiass-north-yorkshire>

The Special Educational Needs and Disabilities Information, Advice and Support Service, North Yorkshire (SENDIASS North Yorkshire) works with parents, carers children or young people that live within the county. It is a free confidential and impartial information, advice and support service that must be arm's length to all other services including the Local Authority. See more details on their website. There are useful short videos on this page:

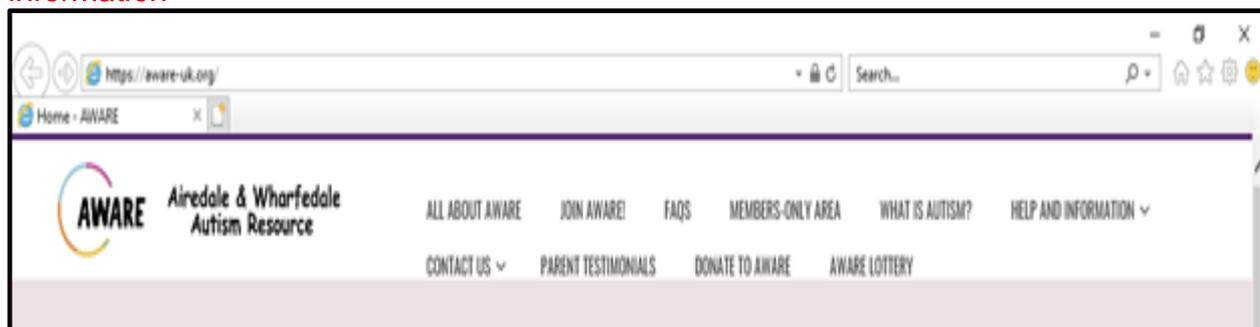


## Independent support services for Bradford and Craven

**AWARE support group** - AWARE run many groups and activities for young people up to age 25 and their families in the Bradford and Keighley area. Website : <https://aware-uk.org/>

AWARE ☎ **01535 661275** Email: [info@aware-uk.org](mailto:info@aware-uk.org)

*Go to website from address above and Click on your area of interest shown below for more information*

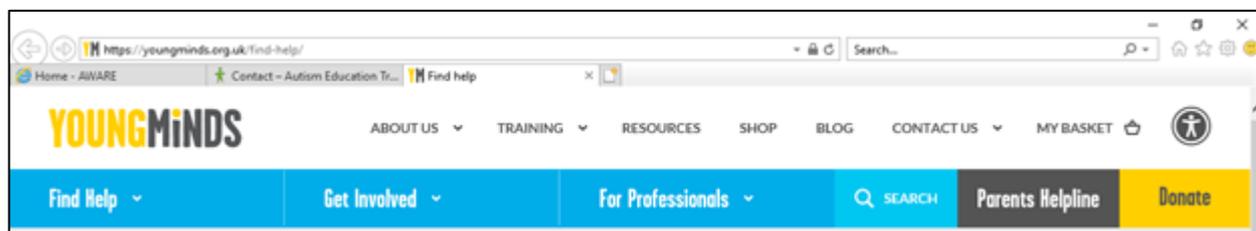


**Young Minds** - Reliable information for parents and carers if they have common mental health and behaviour concerns about children and young people aged 0-25. A section of their website includes, **Young Minds Parents' Survival Guide** - A guide with tips and information to help parents cope with the ups and downs of parenthood'.

Website: <https://youngminds.org.uk/find-help/>

Email: <https://youngminds.org.uk/contact-us/parents-helpline-enquiries/> ☎ **0808 802 5544**

*Go to website from address above and Click on your area of interest shown below for more information*



**IPSEA** –Offer Free legal guides and resources relating to education for children with special educational needs and disabilities. Children and young people with special educational needs and disabilities are entitled to support with their education. Follow the links below to find out more and to access our free resources. Website: <https://www.ipsea.org.uk/>  
☎ **01799 582030** (Monday to Friday, 9am-5pm)

**Bradford and Airedale Parents Forum** - Parents' forum is a support network for parents and carers of children and young people with additional needs. The forum works to improve channels of communication between services, professionals and parents and carers:  
☎ **01274 397396**. Website: [www.pfba.org.uk](http://www.pfba.org.uk) Email via website - <https://pfba.org.uk/contact/>

**Carer's Resource** is a charity that provides advice and support for carers providing a listening ear and advising about your rights. They hold a monthly wellbeing group for carers at their Shipley address on the second Tuesday of every month.

Looking after a child with an additional need classifies you as a parent carer. Carer's Resource will do a wellbeing review and identify if you require any additional support; they also run a Young Carers service for siblings of children with a disability and may be able to offer respite  
Website: [www.carersresource.org](http://www.carersresource.org) ☎ **01274 449660 Bradford**. ☎ **01756 700888 for Skipton**.

**Nurture Group** - The nurturing approach offers a range of opportunities for children and young people to engage with missing early nurturing experiences, giving them the social and emotional skills to do well at school and with peers, develop their resilience and their capacity to deal more confidently with the trials and tribulations of life, for life. Find out if your school have a Nurture support group. Website: <https://www.nurtureuk.org/nurture> Contact via website only

**S.N.O.O.P** Special Needs Objective Outreach Project is a charity that provides school clubs, youth clubs, holiday play schemes and support for children and young people with learning difficulties: Website: [www.snoopcharity.org](http://www.snoopcharity.org) Email via "Contact" tab on their website.  
☎ **01274 292126**

**Stronger families** - Stronger Families is one of many services that Barnardo's offers. The charity helps families deal with all kinds of difficult situations such as debt and finances. Website: <https://impact.barnardos.org.uk/our-work/stronger-familie> ☎ **01274 513300**.

**Relate for Parents and Families** – Contact via website . Offer help with family life and parenting and offer a free chat facility online to a trained Relate consultant about problems in any area of your family life. Website: <https://www.relate.org.uk/relationship-help/help-family-life-and-parenting>

## Independent support services Craven area

**Sunbeams**: A parent run support group for parents and carers of children with disabilities and special needs, autism and delayed development (North Craven). ☎ **0845 034 9408**  
email address : [northcravencc@northyorks.gov.uk](mailto:northcravencc@northyorks.gov.uk)

**SELF A**: A local charity supporting children and young people in Skipton and Craven. Their goal is to work towards a community where all children and young people are celebrated and know they belong. They support children and their families experiencing vulnerabilities, to build resilience, thrive and achieve and offer activities and groups for children with additional needs.  
☎ **01756 706384** <https://www.selfa.org.uk/> Email contact: [admin@selfa.org.uk](mailto:admin@selfa.org.uk)

**LS29 Group** Is a local registered charity for families who have children with additional needs who live in Skipton and Craven. [www.ls29group.co.uk](http://www.ls29group.co.uk) ☎ **01943 609861** or **07976 015134**

## **2. INFORMATION AND SUPPORT FOR AUTISM**

### Support from Bradford District Local Authority

**Cygnets** - The Cygnets parenting support programme is for families who have children with a diagnosis of Autism aged between 5-18yrs. Parents can self-refer to the Cygnets parent training group, which is co-ordinated by Early Help team. Please see information leaflet below.  
☎ **01274 432121** email: [parenting@bradford.gov.uk](mailto:parenting@bradford.gov.uk)



Cygnets Parenting  
course flyer.pdf

### Independent support services

**The National Autistic Society** - This site and the helplines offer a wide range of reliable, up-to-date information about autism. The information is easily accessible for people with autism as well as their family and provides support, information and practical advice for the 700,000 autistic adults and children in the UK, as well as their three million family members and carers.  
[www.autism.org.uk](http://www.autism.org.uk) email: [supportercare@nas.org.uk](mailto:supportercare@nas.org.uk) ☎ **0808 800 1050 9Mon-Fri 10a.m – 12 p.m.**

**Autism Education Trust** - The autism education trust supports parents and carers to find a school for their child with autism. Website: <https://www.autismeducationtrust.org.uk/>  
☎ **0207 930 3650** *Go to website from address above and Click on your area of interest shown below for more information*



**Benefits Information – Autistic children** – See website for useful information  
<https://www.autism.org.uk/advice-and-guidance/Topics/benefits-and-money/benefits/benefits-you-can-get/benefits-for-autistic-children>

**The Royal College of Psychiatrists** - offers useful information on Autism:  
<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/autism-aspergers-for-parents-carers> Email: [support@portfolioonline.co.uk](mailto:support@portfolioonline.co.uk)

**Benefits Information – Autistic Young People** – See website for useful information  
<https://www.autism.org.uk/advice-and-guidance/Topics/benefits-and-money/benefits/benefits-you-can-get/benefits-for-young-people>



## **Independent support services Bradford area**

**BIDS Bradford Toy Library** offers a place where children with disabilities and their families can choose from wide range of toys to borrow, can receive guidance and support, and can join a warm and welcoming community for fun and excitement.

[www.bradfordinclusivedisabilityservice.co.uk](http://www.bradfordinclusivedisabilityservice.co.uk) ☎ **01274 365463**

**Wrose Adventurers** - Young people (11-25years) may like to attend a youth group in Wrose and Shipley for young people with high functioning autism. Contact: Helen Derham:

☎ **07598 112037** Email: [helencoordinatorwaa@gmail.com](mailto:helencoordinatorwaa@gmail.com) or [wroseadventurers@googlemail.com](mailto:wroseadventurers@googlemail.com)

## Independent support services Craven area

**Sparkle:** Local Autism Parent Support Group (Skipton based). For more information:  
email : [sparkle.skipton@gmail.com](mailto:sparkle.skipton@gmail.com)

### **Books:**

For those who care for children or young people with ASD understand the nature of this condition, can be supported by literature :

#### **For Parents:**



#### **For Children:**



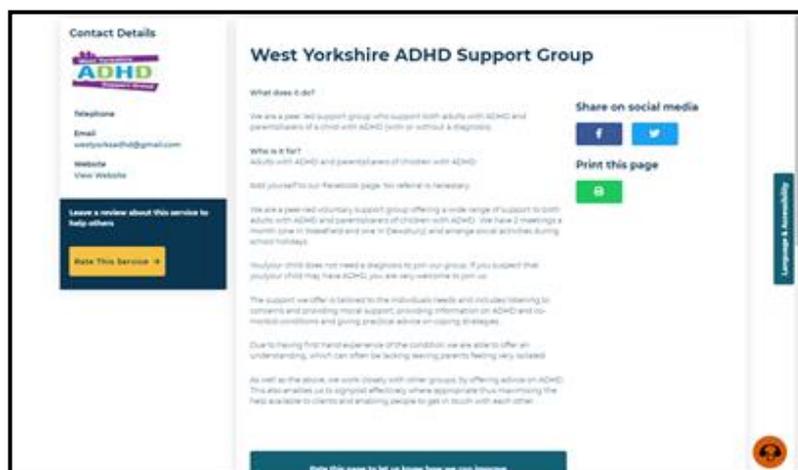
## **3. INFORMATION AND SUPPORT FOR ADHD**

### Support from Bradford District Local Authority

**Bradford Council – Local Offer – ADHD Support Group** ☎ 01274 439261

<https://localoffer.bradford.gov.uk/service/704-west-yorkshire-adhd-support-group>

Look here to find information on the support group. “What it Does – a peer led support group who support both adults with ADHD and parents/carers of a child with ADHD (with our without a diagnosis). You can add yourself to their Facebook page. No referral is necessary.



## Support from North Yorkshire County Council for Craven area

### **North Yorkshire ADHD SEND and Support Group lists**

<https://www.sendinfo.org/send-directory/local-organisations-charities/send-support-groups-north-yorks>

Page shows a list of 20+ SEND and Support Groups.



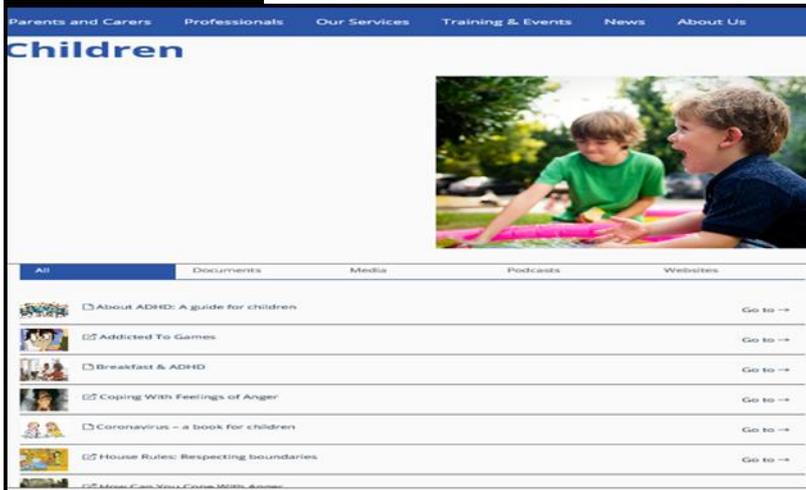
## Independent support services

**ADHD Foundation:** <https://adhdfoundation.org.uk/childrens/>

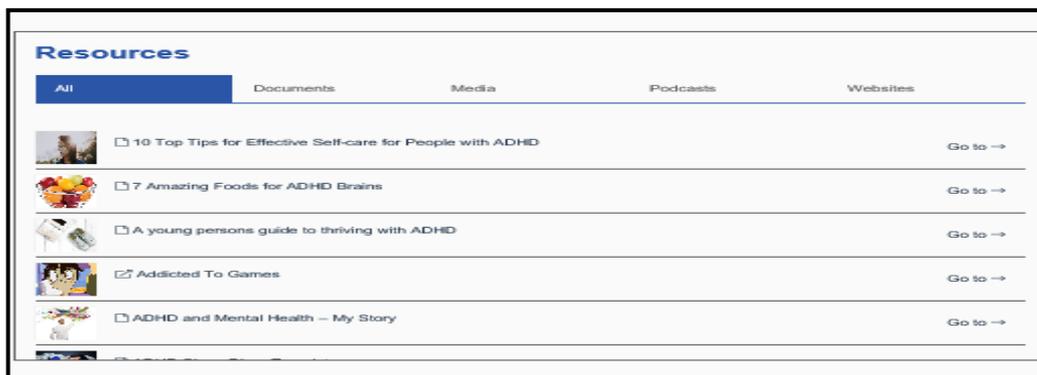
Aims to:

- Improve life chances through better understanding and management of ADHD, autism spectrum, dyslexia, dyspraxia, dyscalculia and Tourette's syndrome.
- Raise awareness and understanding of neurodiverse individuals, to enable services to better meet the needs of the 1 in 5 human beings who are neurodiverse.
- Change the negative perceptions, cultural and institutional prejudices, that exclude neurodiverse individuals and communities.
- Bring about positive change and inclusion within policy and practice and reduce inequalities in health, education, employability and socio-economic opportunities.
- Support schools, health professionals and all public service providers who work with the neurodiverse population.
- Support and enable achievement, educational attainment, mental health and employability

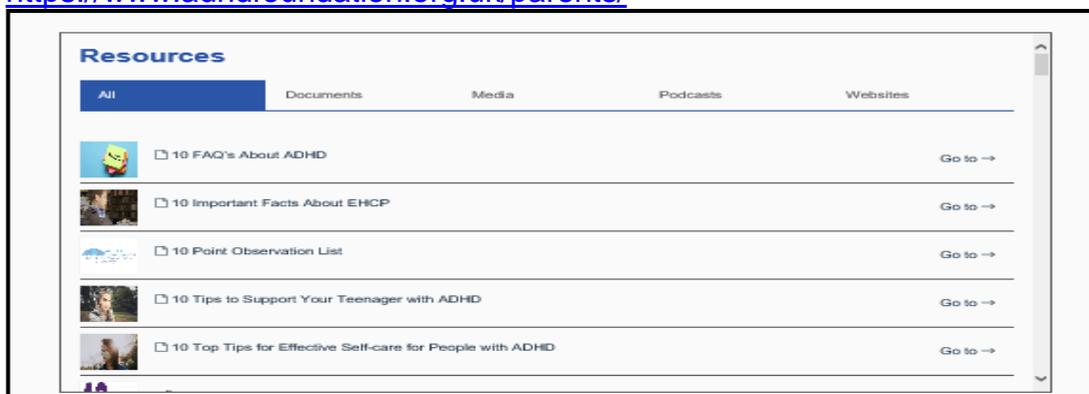
**ADHD – Children:** Look for useful resources to download in this section



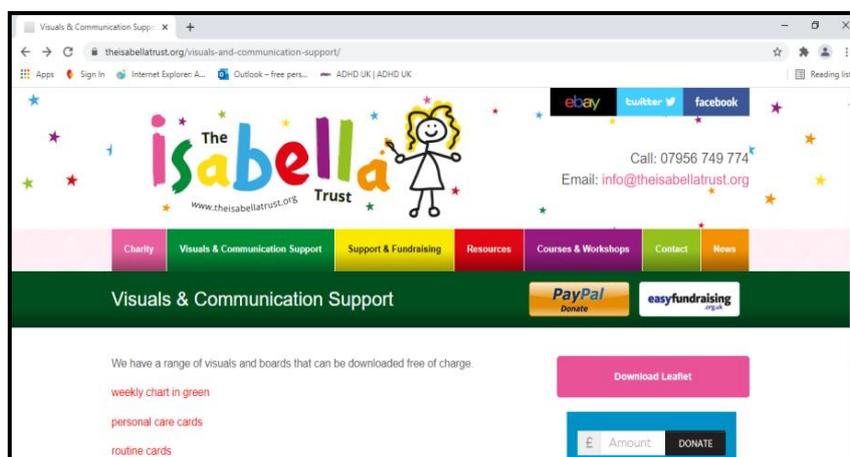
**ADHD – Teens** : Look here books and resources and skill building training information  
<https://www.adhdfoundation.org.uk/young-people/>



**Parents and Carers**: Look here for advice and guidance on helping your child manage problems and difficulties. Also gives access to downloads of useful information.  
<https://www.adhdfoundation.org.uk/parents/>



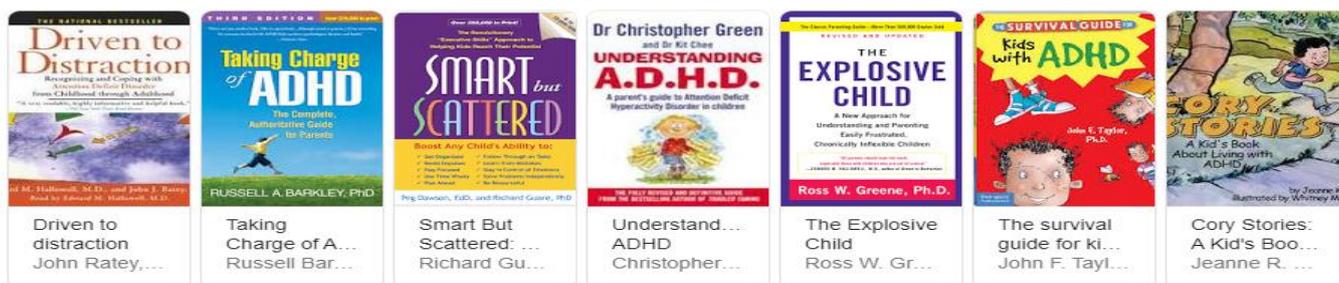
**The Isabella Foundation** – a small charity who provide support to parents and carers of autistic children and children with sensory difficulties. There are a range of visuals and boards that can be downloaded free of charge. <https://www.theisabellatrust.org/visuals-and-communication-support/> Email for enquiries: [info@theisabellatrust.org](mailto:info@theisabellatrust.org) ☎ **07956 749 774**



**The Royal College of Psychiatrists** - offers useful information on ADHD:  
<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/attention-deficit-hyperactivity-disorder-and-hyperkinetic-disorder-information-for-parents-carers-and-anyone-working-with-young-people> Email: [support@portfolionline.co.uk](mailto:support@portfolionline.co.uk)

**Books:**

Books / Family / Attention deficit hyperactivity disorder (ADHD)



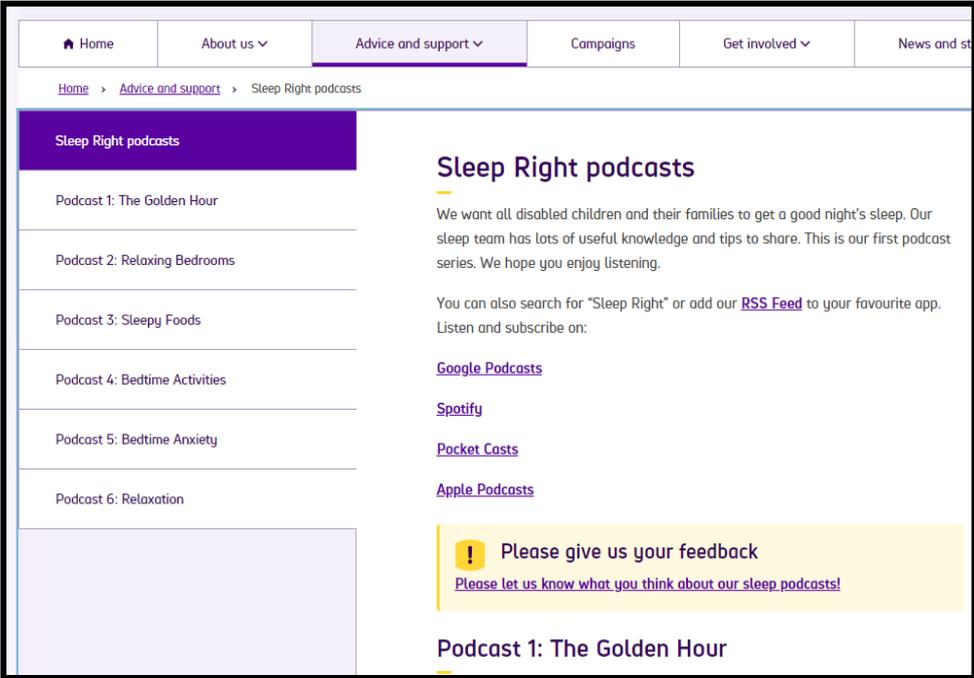
**4. SLEEP PROBLEMS – SUPPORT AND INFORMATION**

The Sleep Charity (incorporating The Sleep Council) provide advice and support for children and adults to empower the nation to sleep better. They aim to raise awareness of the value of a good night’s sleep and promote understanding around the complexities of sleep. They also offer a range of courses for families. [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk) ☎ 01302 751416

**SCOPE – Sleep podcasts** - a charity offering practical information and emotional support when it's needed. They offer a series of podcasts ☎ **0800 800 3333**.

**Email: [helpline@scope.org.uk](mailto:helpline@scope.org.uk)**

[https://www.scope.org.uk/advice-and-support/sleep-podcast/?\\_ga=2.266091723.539786180.1627918719-631031966.1626967194](https://www.scope.org.uk/advice-and-support/sleep-podcast/?_ga=2.266091723.539786180.1627918719-631031966.1626967194)



## 5. ADVOCACY SERVICES

**POhWER** - A charity that helps people to be involved in decisions about their care - ☎ **0300 456 2370** for advice. Website: <https://www.pohwer.net/>

**SeAp Advocacy** - gives advocacy support - their website:

<https://www.autism.org.uk/directory/s/seap-advocacy>

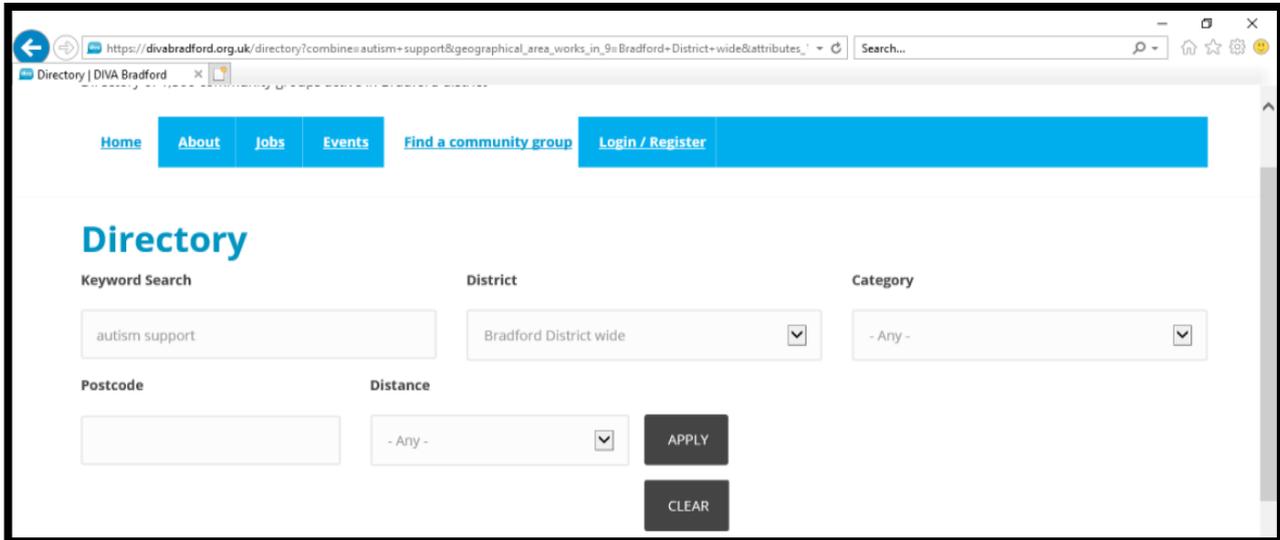
**VoiceAbility** - gives advocacy support - ☎ **01274 888 017** or e-mail [bradford@voiceability.org](mailto:bradford@voiceability.org) for advice or find the phone number for your local VoiceAbility service. Website:

<https://www.voiceability.org/>

## 6. SEARCH FOR MORE SERVICES

Need to find out more about support in the area?

**DIVA Bradford** <https://divabradford.org.uk/> brings together information on voluntary and community sector groups from across Bradford District in a single searchable directory. On the site (see below) you can enter the subject you are looking for e.g. autism” and postcode or district and it will show details of support in your area.



The screenshot shows the DIVA Bradford directory search interface. At the top, there is a navigation menu with links for Home, About, Jobs, Events, Find a community group, and Login / Register. Below the menu, the word "Directory" is prominently displayed. The search section includes a "Keyword Search" field containing "autism support", a "District" dropdown menu set to "Bradford District wide", and a "Category" dropdown menu set to "- Any -". There are also fields for "Postcode" and "Distance" (set to "- Any -"). Below these fields are "APPLY" and "CLEAR" buttons.



## 7. HELPLINES THAT CAN PROVIDE SUPPORT

- **Benefits Agency Helpline - 0800 882200**
- **Bradford Parent Partnership Line - 01274 481 183**
- **Bradford Social Services for children - 01274 435600**