

SUPPORT SERVICES FOR PARENTS

Emotional and mental health support

Just Drop-in: Timid to Tiger sessions

When? Set dates throughout the year - email to find out more

<https://www.justdropin.co.uk/timid-to-tiger/>

Visyon: parent webinars - “Understanding and managing anxiety” / “Supporting your child’s wellbeing”

<https://www.visyon.org.uk/support-for-parents>

Young Minds: <https://www.youngminds.org.uk/parent/>

Autism and ADHD

The National Autistic Society: <https://www.autism.org.uk/>

Space 4 Autism: <https://space4autism.com/asc-brochure/>

Sensory needs

Ruby’s Fund: <https://www.rubysfund.co.uk/>

Space 4 Autism: <https://space4autism.com/asc-brochure/>

Sleep

Just Drop-in: sleep workshop

When? Set dates throughout the year - email to find out more

<https://www.justdropin.co.uk/sleep/>

Visyon: parent webinar - “The science of sleep (and tips to improve it)”

<https://www.visyon.org.uk/support-for-parents>

Space 4 Autism: sleep workshops available

<https://space4autism.com/asc-brochure/>

Bladder and bowel health

Eric - The children’s bowel and bladder charity: <https://eric.org.uk/>



Cheshire East Parent Carer Forum welcomes all parent carers who have children / young people (age 0-25) with SEND in Cheshire East. Members can access information, peer support and training from CEPCF, and can share their lived experiences and views of SEND services in Cheshire East to help make things better.

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