Cambridge Information Book

This book has been produced to provide information on activities, services, support, and much more for the Cambridge area, which welcome children and young people with additional needs or a disability and their siblings.

When thinking about activities for your child, please contact the club/activity organiser to discuss your child’s needs.

There is also information on local and national organisations, benefits, grants and much more.

If you know of a group or organisation that should be included in this booklet, please let me know. For further information on the activities and the accessibility of venues, or to book a place, please contact the club/group directly.

This book is not a definitive list of all the activities/support in the county, it is produced to give you an idea of what is available. If you cannot find a suitable activity or group in this book the SCIP Co-ordinator may be able to help.

To receive regular information on activities, events and news, join SCIP. Details about SCIP and an enrolment form can be found at: www.cambridgeshire.gov.uk/scip
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SCIP

Special needs Community Information Point - SCIP
Countywide (0 – 25yrs)

SCIP is the database for children and young people aged 0 – 25 years who have special needs or a disability and their families in Cambridgeshire.

SCIP Database
SCIP is used to provide information to families.
Do you ever find yourself stuck and not know where to go to get information or advice?
Do you find yourself out of the loop – everyone seems to have the information before you do!
SCIP may have the answer!

Email Network and Information Requests
SCIP provides information to families on events, activities, general information and much more. Families can request information from SCIP. If you need help to find a support group, a hairdresser who has experience of children on the autistic spectrum; information on grants, transport, youth clubs in your area, SCIP can help.

Through the SCIP Email Network you have easy access to a wealth of experience and knowledge.

SCIP Card
The Card was developed following requests from families who on occasion need assistance while out with their child, especially where the condition is not visibly evident, when a child is likely to react to a situation such as loud noises, or is in an uncomfortable situation and may react in a way that draws attention. Details Below.

Activity Passport
This booklet has been produced to help you to provide essential information about your child when they are going to an activity such as; scouts, play schemes, organised activities, etc. The Passport can hold information about your child’s medication, likes and dislikes, and emergency contacts. Details below.

Information Books
These contain information on activities, events and support groups for Fenland, Huntingdon and Cambridge (all contain information for Peterborough) and are available on the SCIP webpage.

To Join SCIP If you would like to join SCIP and apply for a SCIP Card, please complete the online form here: www.cambridgeshire.gov.uk/scip

The Children Act of 1989 requires all County Councils to keep an up to date list of disabled children and young people in their areas. In Cambridgeshire SCIP was set up to do this.

Contact details for SCIP are on page 186
SCIP Card

The Card was developed following requests from families who on occasion need assistance while out with their child, especially where the condition is not visibly evident, when a child is likely to react to a situation such as loud noises, or is in an uncomfortable situation and may react in a way that draws attention.

**It can be used:**
- as proof that your child/young person has a disability
- if they need to use facilities provided for disabled people
- if you need to ask for assistance

You are entitled to a card if your child/young person is enrolled on the SCIP Database and has a disability or additional needs which have a substantial and long term negative effect on their ability to do normal daily activities and
- is classed as disabled by Cambridgeshire’s Social Services; or
- has a Statement of Educational Needs (SEN); or
- receives Disability Living Allowance (PIP) (either care or mobility component); or
- is confirmed as meeting the requirements by an appropriately qualified practitioner i.e. Paediatrician, Psychologist, etc.

To apply for a Card complete the online application form.

**You must join the SCIP Database to be eligible for a SCIP Card.**

The card is valid for 3 years. Please see the SCIP Card factsheet available on the website for full details. The SCIP Card is free.

T: 01480 379827  
E: SCIP@cambridgeshire.gov.uk  
W: www.Cambridgeshire.gov.uk/scip

Activities

Activity Passport

SCIP, Pinpoint and Living Sport have joined forces to produce an Activity Passport. We each provide services to families who have a child with additional needs or a disability. This helps us to find out what we can do to make life a little easier. One idea was to have an Activity Passport.

The Passport can hold information about your child which you need to share with an activity provider such as Girlguides, Scouts or family fun days, etc. You can add information about your child’s likes and dislikes, their medication and what to do in an emergency. Having the Passport will mean you don’t have to repeat information every time your child goes to an event (you may be asked for additional information from the activity provider i.e. permission to take photos). The Passport is for families with a child/young person up to age 25. It is free.

The Activity Passport is available on the website. The Passport is free.

T: 01480 379827  
E: SCIP@cambridgeshire.gov.uk  
W: www.Cambridgeshire.gov.uk/scip
Holiday Schemes
For a full list of holiday schemes in the county take a look at the Family Information Directory. You can search the directory by keyword, postcode or town to find services and provision available for families, including those who have children and young people with special needs and disabilities as part of the Local Offer. The directory is another way of finding information alongside the content within our Children and families pages.
W: http://www.cambridgeshire.gov.uk/homepage/52/family_information_directory

Active Families
Supporting Families in Cambridgeshire and Peterborough to be physically active.

Active Families is a new programme funded by Sport England to be delivered in Cambridgeshire and Peterborough. The project aims to get families more physically active together through fun and convenient activities in the community.

The project is working in partnership with Cambridgeshire County Council Public Health, Fenland District Council, Vivacity, Living Sport (County Sport Partnership for Cambridgeshire and Peterborough) and Cambridge City Council.

Active Families will include:
Free term time facilitated activity sessions taking place in Fenland and Peterborough, with activities ranging from story walks starting from the school gate to more team sport based activities.

During school holidays there will be a number of roadshows to take place where families can find out more information of local family based provision, and take part in activities.

A free to use treasure hunt app ‘Wildgoose’ will be available which is accessible on tablets and smartphones where families can access physical activity treasure hunt challenges.

Support and advice to help your family become more active.

Follow the links below to contact the team for support or further information.
Cambridge City
Fenland
Peterborough
Alternatively, if you would like any additional information on the project contact Ashlea Smith, Active Families Project Manager
T: 01487 849911 / 07921832548
E: Ashlea.smith@livingsport.co.uk
**Autism Friendly Screenings**
Dimensions work with ODEON, Cineworld, Vue and Showcase cinemas to screen films in a sensory friendly environment for people of all ages to enjoy the cinema. Find out more on our website.

**Cineworld** host an autism friendly cinema screening on the first Sunday of every month at 11am.  
[Find out more about screenings at Cineworld](#)

**Showcase** host an autism friendly cinema screening on the second Sunday of the month at 10am. 
[Find out more about screenings at Showcase](#)

**ODEON** host an autism friendly cinema screening every month at 10.15am. At a select number of cinemas, ODEON are trialing screenings for older audiences. 
[Find out more about screenings at ODEON](#)

**Vue** host an autism friendly cinema screening on the last Sunday of every month at 10.15am. 
[Find out more about screenings at Vue](#)

Follow Dimensions on  
[Facebook](#) | [Twitter](#)

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**Spectrum Cambridge**  
(0 – 18yrs)

Spectrum Cambridge provide a broad range of events with local and UK venues, days out and SEND support for children 0-18 years with Autism, additional needs, learning difficulties and disabilities, alongside their families and carers. We are also a recognised agent for East Anglia for the Max Card and work closely with Clip n Climb on their dedicated SEND sessions every month. Our membership is free.

Inclusion is our passion, supporting children to be themselves without judgement to improve their social development and wellbeing. We are based on the Cambridgeshire and Suffolk border, reaching out to Cambridge, Ely, Newmarket and their respective surrounding villages and beyond.

Our range of events, activities, days out for those we support focuses around social gains, sport, technology, the Arts, entertainment and interaction. These have great variance including focus on children, family units and adults only respite events and experiences.

We compliment this with parent led support, working with the surrounding schools and providing an online community to create an environment supportive of families and making the most from creative imagination and fun.

T: 01223 955404  
E: hello@spectrum.org.uk  
W: https://spectrum.org.uk

Facebook: [https://facebook.com/spectrumcio](https://facebook.com/spectrumcio)  
Twitter: [https://twitter.com/spectrumcio](https://twitter.com/spectrumcio)  
Instagram: [https://instagram.com/spectrumcio](https://instagram.com/spectrumcio)  
Max Card: [https://spectrum.org.uk/maxcard](https://spectrum.org.uk/maxcard)
Cambridge Joint Playscheme (CJP)
Vergers Cottage, 1 Gog Magog Way, Stapleford, Cambridge CB22 5BQ (8 – 19yrs)

CJP Activity Clubs provide leisure activities for children with moderate to severe learning disabilities aged 8 - 19 years, who live in Cambridgeshire and surrounding areas.

Children are given the opportunity to experience activities and pursuits that most of us take for granted. They have access to a varied and stimulating range of activities including, swimming, arts and crafts, cookery and trips to the cinema. This helps to develop their awareness of the community, promotes their self-confidence, reduces isolation, supports them in developing social skills and allows them to spend time with their friends away from their families.

Our dedicated and caring staff team supports the children with their interests and are sensitive to their individual needs. To continue to provide the children with fun learning experiences we need to raise funds. With your help and support we can offer these children valuable opportunities to integrate into society. CJP runs a fortnightly cinema club and fortnightly activity clubs. You will need to apply for a place on the playscheme.

Easter Playscheme: this is a week’s playscheme held at the Granta School in Linton. Summer playschemes are held for two weeks during the school holidays at the Granta School.

C: Carol Brown, Activities Manager
T: 07791 087036 or 01223 846227
E: camjointplay@btconnect.com
W: www.camjointplay.org.uk

Multi-Sports

Cambridge Adult Disability Multisport Club
University of Cambridge Sports Centre (16yrs+)
Saturdays 10am to 12noon
Cost: £6 Annual Membership
£3 pay as you go for weekly sessions

Join CADMuS to try a variety of sport taster sessions each week. Activities include: T’ai Chi, Kung Fu, Sitting Volleyball, Cricket, Table Tennis, Table Cricket, Basketball, Badminton, Boccia and Fitness Training. Sessions are delivered in a fun and varied way which promote social interaction and team work.

C: Karen Pearce
T: 01223 762954
E: events@sports.cam.ac.uk
**Exercise Classes**
Meadows Community Centre, 1 Saint Catharine’s Road, Cambridge CB4 3XJ (18yrs+)
Tuesdays 1.15pm to 2.10pm
Cost: £3 per session

Chesterton Sports Centre, Gilbert Road, Cambridge CB4 3NY (18yrs+)
Thursdays 1pm to 1.50pm, and 2pm to 2.50pm
Cost: £3 per session

Group exercise sessions suitable for people with long term conditions and mobility problems to help strength and balance and reduce risks of falls. A great way to exercise in a social setting and with café facilities at each venue you can also enjoy refreshments after the class.

C: Marlene
T: 01223 571431
E: heartbeatfitness@ntlworld.com
T: 01223 508140 – Meadows Community Centre
T: 01223 576110 – Chesterton Sports Centre

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**Gym**
Abbey Sports Centre, Pool Way, Whitehill Road, Cambridge CB5 8NT (16yrs+)
Parkside Pools (Gym), Gonville Place, Cambridge CB1 1LY (16yrs+)

These gyms have a range of fully inclusive equipment. You can have a personal exercise programme designed for you, or just use the equipment with members of staff on hand to help when needed. Cost: Contact for details

T: 01223 213352 – Abbey Sports Centre
W: https://www.better.org.uk/leisure-centre/cambridge/abbyleisurecomplex#

T: 01223 446100 – Parkside Pools
W: https://www.better.org.uk/leisure-centre/cambridge/parksidepools
Community PowerHouse Games
March Library, City Road, March PE15 9LT (all ages)
Wednesdays 5pm to 6pm

Larkfield Day Centre, Ely, High Barns, Ely CB7 4SB (all ages)
Tuesdays 10.30am to 11.30am

FREE inclusive games for all!
Power2Inspire invite you to come and enjoy simple, fun, accessible games in these hour long weekly sessions. Try a new sport each week, including Boccia, Goalball, Table Cricket, New Age Kurling, Seated Volleyball, Parachute Games and Polybat.

Open and accessible to all, whether you are disabled or not, old or young. These are great ways to get out, meet new friends and enjoy the benefits of moderate exercise.
For more information contact Sally Gibson
T: 01223 781364
E: sally.gibson@power2inspire.org.uk

Let’s Get Moving Cambridgeshire
Countywide (all ages)

Would you like to get more active?
Free advice and support for everybody, whatever your age or ability, to become more active
Looking to get fitter and healthier in Cambridgeshire? Don't know where to start? We can help...

Cambridgeshire has many opportunities to take part in sport or physical activity. Sometimes it can be difficult to find out what is available locally though. Let's Get Moving Cambridgeshire is a new project which will identify and share opportunities, develop new opportunities and support people to be more physically active.

Let's Get Moving Cambridgeshire aims to improve the health of the Cambridgeshire population, specifically by increasing levels of physical activity. This will be done by promoting existing opportunities, developing new opportunities, and supporting individuals that require support to achieve their goals. For more information contact the Let's Get Moving team.

E: info@letsgetmovingcambridgeshire.co.uk
W: https://www.letsgetmovingcambridgeshire.co.uk/
Facebook: @LetsGetMovingCambs
Oak Activities
(2yrs+ – no upper limit)
Cost: £25 to £30 per hour

This is an all-inclusive company offering sport activities and coaching to all ages and abilities in the Cambridgeshire area. We work with pre-school, disability groups (young and old) and with the elderly in care homes. We also offer specific 1-1 coaching in cricket, rugby and multi-skills/fundamentals of movement to all ages and abilities. We are working with Peterborough Area Down Syndrome Group, Little Miracles, Belmont Road Care Home to name a few. Our ages range from 2-100 years old (on one day recently we coached a 2 year old in the morning and a 104 in the afternoon!)

We work within settings, homes or hire local sports halls. To discuss your needs or your child’s needs, contact Tom.

C: Tom Milner
T: 07342 036026
E: tom.milner@oakactivities.com
W: www.oakactivities.com
Facebook: https://www.facebook.com/oakactivities/
Twitter: @oakactivities

Cambridge Cangaroos
Cambridge Regional College, Kings Hedges Road, Cambridge CB4 2QT (4yrs+)
Sports Centre, New Road, Sawston, Cambridge CB22 3BP (4yrs+)
County High Sports Centre, Audley End Road, Saffron Walden CB11 4UH (4yrs+)

Cambridge Cangaroos is a recreational and competitive trampoline club suitable for adults and children of any ability 4 years and older.

This club is giving people with disabilities the opportunity to try trampolining. There is a cost for all sessions, and there is a membership fee. Session dates, times, and details of the charges can be found on the club website. There is a waiting list for this club.

T: 07769 348971
E: info@cangaroos.org
W: https://www.cangaroos.org/home
Facebook: https://www.facebook.com/cangaroos
Twitter: https://twitter.com/camcangaroos
Disability Gymnastics/Trampoline Cambridgeshire

Cambridge Gymnastics Academy (various ages)
Comberton Gymnastics Club (various ages)
Cambourne Comets Trampoline Club (various ages)
Huntingdon Gymnastics Club (various ages)
Aero Kinetics Trampoline Club (4yrs+)
Phoenix Gymnastics Academy (various ages)

Gymnastics is an inclusive sport. That means coaches can adapt every activity around your physical, sensory and learning requirements. So whatever type of gymnastics you want to try, it really couldn’t be easier to get involved and find out what you’re capable of.

Mainstream gymnastics sessions can be adapted to include people with a physical or learning disability, sensory impairments or health conditions. As you’re starting out, you’ll learn the fundamentals of gymnastics and how to build your strength, control and flexibility. As you begin to develop your physique and technique, there really is no limit to how far you can go. Of course, you can also get involved just for the fun and fitness.

Cambridge Gymnastics Academy
CIC North Cambridge Academy, Arbury Road, Cambridge CB4 2JF
T: 07971 864653
E: enquiries@cambridgegymnastics.co.uk
W: www.cambridgegymnastics.co.uk

Comberton Gymnastics Club
West Street, Comberton
T: 07984 603395
E: info@comberton-gymnastics.co.uk
W: www.comberton-gymnastics.co.uk
Comberton Gymnastics has an open philosophy and welcomes parent and carer support and help. We encourage and value parent involvement in the club.

Cambourne Comets Trampoline Club
Back Lane, Great Cambourne, Cambridge CB23 6FY
T: 07771 520817
E: cambournecomets@gmail.com
W: www.cambournecomets.co.uk

Huntingdon Gymnastics Club
Huntingdon Gymnastics Club, Mayfield Road, Huntingdon PE29 1UL
T: 01480 52343
E: info@huntingdon-gymnastics.org
W: https://www.huntingdon-gymnastics.org/

Aero Kinetics
Clayburn Road, Hampton Centre, Peterborough PE7 8GL
T: 01733 752900
E: aerokinetics.tc@googlemail.com
W: www.aerokinetics.co.uk
Phoenix Gymnastics Academy
26 Maxwell Road, Peterborough PE2 7JN
T: 07979 651099 or 01733 688502
E: phoenixgym14@yahoo.co.uk
W: http://www.phoenixgymnasticsacademy.co.uk/

To find out more about Disability Gymnastics please visit:
W: http://www.british-gymnastics.org/discover/disability-gymnastics
Facebook: https://www.british-gymnastics.org/discover/disability-gymnastics

Rebound Therapy
St Neots One Leisure (3yrs+)
Tuesday 3pm to 6pm
Wednesday 12noon to 5pm

St Ives One Leisure
Friday 6pm to 8pm
Saturday 8.30am to 12noon

Cambridge
Thursday 11am to 2pm
4pm to 6.30pm

Chesterton
Thursday 3.45pm to 6.15pm

Costs: £10 for a small group session
£20 for 1-2-1 session.

Sessions can be funded by direct payments or the short breaks team. Anyone with an additional need or disability can benefit from Rebound Therapy.
Connor, helps care for his 14-year-old brother, who is severely disabled, is fully qualified, insured and DBS checked. These sessions are suitable for children aged three and above.

Please book in advance — first session is free.

E: connorbeaumont18@gmail.com
T: 07763 635591
Facebook: https://m.facebook.com/Branded-Rebound-Rebound-Therapy-1325047690939397/
Jump Club – Huntingdon and St Ives
Broad Leas Centre St Ives Huntingdon PE27 5QB (all ages)
Thursday 9am to 4pm
Friday 12noon to 6pm
Saturday 9am to 5pm

Jump Club uses trampolines to provide opportunities for movement, therapeutic exercise and recreation. Sessions are for adults and children with learning difficulties, limited mobility or whose physical condition causes muscle rigidity.

Exercises on a trampoline can improve muscle tone, flexibility and provide a host of stimulating sensory experiences. It can also provide improved balance and spatial awareness. You can develop new skills that bring a tremendous sense of achievement or just enjoy the pure sensation that bouncing on a trampoline provides.

Sessions are delivered by a qualified Rebound Therapist and Inclusive Multi Sports Coach. As well as the health and fitness benefits, best of all – Jump Club is fun! 1:1 sessions are available upon request. First session is free. There are limited spaces so pre-booking is essential. For bookings and further information contact John Beck.

T: 07866 706539
E: jumpclub@hotmail.co.uk
Sport Works
(7 – 19yrs)
Spring Common Academy, Huntingdon
Mondays 6pm to 8pm (term time)

Meadowgate School, Wisbech
Tuesdays 3pm to 5pm

Highfields School, Ely
Wednesdays 6pm to 8pm

Arbury Community Centre, Cambridge
Alternate Saturdays 9.30am to 1.30pm

Weekly clubs for children with disabilities and additional needs.

In conjunction with Cambridgeshire County Council Sport Works delivers sports clubs for children and young people with a disability or additional needs. Children take part in multi-sport activities tailored to their individual needs. There is an emphasis on having fun, making friends and learning new skills.

The Sport Works clubs operate with a high ratio of experienced staff allowing parents/carers to be confident their children are in safe hands when attending our clubs. In addition children and young people who are in receipt of a personalised budget can use this to access the Sport Works service.

For more information on this please contact your allocated Social Worker or Early Help Co-ordinator.

C: Sally or Darren
T: 01638 596522
E: eainfo@sportworksltd.co.uk

New Age Kurling
Papworth Village Hall, Papworth Everard, Ermine Street South, Cambridge CB23 3RD
(all ages)
Friday’s (except bank holidays) 10.30am to 12noon
Cost: £3 per session (first session is free)

This is an adaptation of ice curling which can be played indoors. The game can be played sitting or standing so anyone can play.

C: Ellen Bridges
E: ellen.bridges@scambs.gov.uk
T: 01954 713294
Inclusion Project
Cambridge City and Huntingdonshire Area (16yrs+)
(Including St Ives, Biggleswade, Sandy and surrounding towns/villages)
Monday to Friday: 7hr day sessions

This is a community based organisation promoting fun, healthy and independent lives for young adults with learning disabilities, autism or other specialist needs. Individuals, as part of a group or individually depending on support requirements, are enabled to access a varied timetable of activities such as bowling, cinema, sports clubs and gym sessions. Our activity timetables are flexible and can be tailored to suit individual requirements, however central to our organisation is the aim to provide fun and social opportunities whilst encouraging skill and independence development in a supportive community environment. Transport is included within the service and individuals can access the service as frequently as they desire.

Community/public venues local to the area are accessed for activities. The service itself is broad (please use the postcode checker on our website to find out about the area local to you).

Funding for the service often comes from direct payments, direct commissioning, or private funding. Funding for activities during the sessions is separate, to be supplied by the individual on the day. Pick-up times around 8.30am to 9.30am. Drop-off between 3.30pm to 4.30pm (although the times are flexible and runs throughout term and holidays).

Cost: Hourly rate
£12.50 (if requiring 1:3 support)
£20 (if requiring 1:1 support)

C: Hannah Mullens, Area Manager
T: 07932 672496
E: hannah@inclusionproject.co.uk
(Check website for postcode search to see if we are in your area and who to contact)
Facebook: https://www.facebook.com/The-Inclusion-Project-Cambridge-City-and-Huntingdonshire-321532955007151/
Inclusion Project Facebook: https://www.facebook.com/TheInclusionProjectLtd/
Twitter: https://twitter.com/WeAreInclusion
Instagram: https://www.instagram.com/theinclusionproject/

Camboccia
Isle of Ely Boccia Club, Littleport Leisure Centre, Camel Road, Littleport CB6 1EW
Friday’s 6.15pm to 7.45pm (term time)

Boccia is a game to be played for enjoyment. The benefits for the individual would be, making friends, socialising, competitive spirit, team camaraderie and of course the health benefits. Adults and children of all ages and all abilities welcome. If you would like to get involved, please contact the club beforehand so that sessions can be planned accordingly.

C: John
T: 07976 735130
E: john.wrightbfp@btinternet.com
W: https://bocciaengland.org.uk/
**Tennis – Vision4Growth**

Hills Road Sports and Tennis Centre, Purbeck Road, Cambridge CB2 8PF (all ages)

Tuesdays 11.30am to 1pm (category B1), 2pm to 3.30pm (category B2-B5)

Cost: £5 per session

This game is played with a larger than normal sponge ball that contains small bells and the rackets have shorter handles and larger hitting areas. Depending on your category of sight i.e. B1 to B4, the ball is allowed to bounce a number of times to allow you to detect its direction.

A player communicates before starting a game or rally to alert their opponent that they are about to serve. The sessions are two hours and there is the opportunity to have a coffee and a biscuit and socialise afterwards.

Sessions are run by LTA qualified Visually Impaired coaches supported by Vision 4 Growth volunteers.

Each session is adapted to the abilities and levels of individual players. Specialised equipment is provided. These sessions encourage players to develop their techniques in a friendly environment.

C: Fiona Musgrove  
T: 01992 635600  
M: 07564 910651  
E: fionam@vision4growth.org.uk  
W: Cambridge City Council  
Facebook: https://www.facebook.com/camcitco  
Twitter: https://twitter.com/camcitco

**Hereward Heat Wheelchair Basketball Club**

Sports Hall, Comberton Village College, West Street, Comberton CB23 7DU (12yrs+)

Tuesdays 8pm to 10pm (August to the end of May)

The club runs weekly training sessions for members. Anyone over 12 years with a lower limb physical disability or able bodied (must play in a wheelchair) is welcome to attend the session. Novice players are more than welcome to attend. Please note this is a serious sport and training is taken seriously. The club has a number of sports wheelchairs it can loan to new players to try the sport. If a wheelchair is required, please contact the club Secretary to check on availability and size before attending. Fully qualified coach in attendance at all sessions.

C: Stephen Spiłka, Secretary  
T: 01354 695560  
E: sspilkawba@aol.com  
W: heatwbc.org.uk
Cambridge and Coleridge (C&C) Athletic Club
University Sports Ground, Wilberforce Road, Cambridge CB3 0EQ (all ages)

Over the years C and C have initiated the careers of international Paralympic and Special Olympics athletes. Where possible athletes with disabilities train with the main event squads or young athlete groups. For more information visit the website.

E: info@cambridgeandcoleridge.org.uk
W: www.cambridgeandcoleridge.org.uk

Cambridge Wheelchair Racing Group
Cambridge University Athletics Track, Wilberforce Road, Cambridge CB3 0EQ
(14yrs+)
Mondays 6.15pm to 7.30pm

Open to males and females. Beginners and improvers welcome. All equipment provided. For further information please contact Amy Frith.

T: 07540 7034431
E: afrith@englandathletics.org

Trumpington Boxing Club
The Thomas A Becket Gym, Romsey Labour Club, West Wing, Colleridge Road, Cambridge CB1 3NL (3yrs+)

A community boxing club for anyone of any shape in a completely multi-racial, non-discriminative environment where skilled boxing coaches will enable you to achieve the very best potential in the world of boxing or simply help you to get fit and healthy in a very social way. Females as well as males will be encouraged to join in and have fun!!

C: Gary Davidson Jnr, Head Coach
T: 07711 209298
E: trumpingtonboxingclub@hotmail.co.uk
W: http://www.thebecket.com
Adaptive Rowing
Cantabrigian RC Boathouse, Pepys Court, Cambridge CB4 1GF (12yrs+)

Cantabs is one of the largest and most successful town rowing clubs in Cambridge, England. We welcome rowers, scullers and coxes of all abilities and ages. We run regular learn to row courses for juniors and adults.

Adaptive rowing is the term used to describe rowing that involves the use of equipment that has been adapted to the special needs of rowers.

Cantabs has two stable single sculling boats to open up rowing to people with diverse physical impairments, as well as those with sensory or learning disabilities. We can adjust the boat configurations and modify teaching approaches to accommodate rowers with various abilities and welcome participants with diverse aspirations. So, whether you dream of competing at the Paralympics, or just fancy the freedom of getting out onto the water in a rowing boat, we will be happy to arrange a taster session at a time that suits you. Small groups also very welcome.

T: 01223 356681
W: www.cantabsrowing.org.uk/adaptive

Chesterton Indoor Bowls Club
Chesterton Indoor Bowls Club, Logan’s Way, Cambridge CB4 1BL (7yrs+)

Have you ever thought about Indoor Bowls?

Young or old, male or female, fit or unfit! What other sport can be played at all levels? Here at Chesterton Indoor Bowls you will find complete beginners and those at National Competition level playing alongside each other in delightful, warm and friendly surroundings, throughout the year.

Bowls is a fully inclusive sport and Chesterton Indoor Bowls Club is looking to increase the number of members with disabilities. The venue is fully accessible with onsite parking, full bar and restaurant. The club is open to players aged 7 – 98. There are four purpose built wheelchairs designed to go on our rinks.

T: 01223 362713 (General Office)
E: office@chestertonindoorbowls.co.uk
W: http://www.chestertonindoorbowls.co.uk/2012/ccibc_home.php
Grafham Water Sailability
Grafham Water Sailability, Grafham Water Centre, Off Chichester Way, Perry, Huntingdon PE28 0GW (mainly 18yrs+)

This is a charity based at Grafham Water, near Huntingdon, Cambridgeshire. Our objective is simply to enable people with many types of disability to enjoy the thrill of sailing. We welcome new members with disabilities, even if you have never been sailing before. We also welcome RYA instructors and experienced sailors who would be prepared to become sailing buddies, as well as able bodied helpers to rig and launch boats.

The Season's Sailing runs every Thursday afternoon from the beginning of April until the end of October. All sailing sessions are subject to the weather.

We provide solo and accompanied sailing opportunities for our members. The charity is run by disabled sailors and able-bodied helpers. Our focus is very much on the active participation of sailors in all our activities. We coach all new members to sail to the best of their ability, whether with our sailing buddies or solo sailing.

C: Eric Joyce
E: eric@grafhamwatersailability.org.uk
W: http://www.grafhamwatersailability.org.uk/
Facebook: https://www.facebook.com/pages/Grafham-Water-Sailability/308653042669469?ref=ts&fref=ts

Adapted Cycling - You Can Bike Too
Milton Country Park (all ages)
Every Sunday 11am to 1pm (March to Dec)
Cost: £5 per session

Join the You Can Bike Too team where bikes in all shapes and sizes are available to cycle on your own or with others. Qualified instructors are on hand to help and support at all sessions and ensure the bikes are set up for you.

T: 01223 420060 to book your place
W: http://www.miltoncountrypark.org/ycbt
Jubilee Sailing Trust (JST) - Tall Ship Sailing Adventures
(16 – 25yrs)

Jubilee Sailing Trust (JST) is a unique charity that aims to promote the integration of people of all physical abilities through the challenge and adventure of tall ship sailing. JST owns and operates two tall ships, Lord Nelson, and Tenacious. These magnificent ships are the only two vessels in the world that have been purpose-designed and built to enable a crew of mixed physical abilities to sail side by side on equal terms.

JST believes that all individuals should have the opportunity to sail a tall ship. They seek to provide voyages for individuals who are able-bodied or have physical disabilities. We subsidise the costs on every voyage to make our tall ship adventures as affordable and inclusive as possible.

JST Youth Leadership @ Sea Scheme is a unique challenge on a tall ship for all adventure seekers out there.

To be selected for the scheme:
- You must be 16 - 25 years old.
- You will spend a week or two on a tall ship, working as an active member of the crew, day and night.
- You will experience teamwork and challenges and develop new friendships.
- You don’t need any sailing experience.

JST in partnership with ORCA now run trips around the Azores. These are a magnet for marine life, the perfect places to be keeping watch for spectacular wildlife such as whales and dolphins. ORCA is a unique marine conservation charity, whose mission is to give everyone who cares about whales and dolphins an active role to safeguard their future.

This partnership means that these amazing experiences are now available to a mixed ability crew.

C: Jubilee Sailing Trust, 12 Hazel Road, Woolston, Southampton SO19 7GB
T: 023 8044 9108 (office open 9am to 5pm, Monday to Friday)
E: Via the website for all voyage enquiries and booking.
W: www.jst.org.uk
Facebook: https://en-gb.facebook.com/JubileeSailingTrust
Twitter: https://twitter.com/JubileeSailing
Football

Frame Football
Histon and Impington Recreation Ground, Community Room, 1 New Road, Impington CB24 9LU (all ages)
Sundays 4pm to 5pm
Cost £3 per week (first 2 weeks free)

All abilities. Please contact Phil Mullen if you would like to come along, or if you would like more information (details below).

Ambulant CP Football
Impington Village College Sports Centre, New Road, Impington CB24 9LX (all ages)
Saturdays from 10am to 11am
Cost: £3 per session (first 2 weeks free)

Cambridge United Community Trust, working with Cambs FA and CP Sport are running weekly football sessions for anyone (male and female) with Cerebral Palsy. No need to register, just come along and join in. These sessions are sponsored by Irwin Mitchell.

DS Football
Impington Village College Sports Centre, New Road, Impington CB24 9LX (all ages)
Saturdays from 11am to 12pm
Cost: £3 per session (first 2 weeks free)

Cambridge United Community Trust, working with Cambs FA and DS Active are running weekly football sessions for anyone (male and female) with Downs Syndrome. No need to register, just come along and join in.

Autistic Spectrum Disorder and Learning Difficulties/Disabilities Football
Impington Village College Sports Centre, New Road, Impington CB24 9LX (up to 14yrs)
Sundays from 1pm to 2pm
Cost: £3 per week (first 2 weeks free)

All abilities.

Autistic Spectrum Disorder and Learning Difficulties/Disabilities Football
Impington Village College Sports Centre, New Road, Impington CB24 9LX (14yrs+)
Sundays from 2pm to 3pm
Cost: £3 per week (first 2 weeks free)

All abilities.
**Blind and Partially Sighted Football**
Coleridge Community College, Radegund Road, Cambridge CB1 3RJ
Saturdays from 10am to 11am (16yrs+)
11am to 12noon (under 16yrs)
Cost: £3 per week (first 2 weeks free)

**Amputee Football**
Bottisham Village College, Lode Road, Cambridge CB25 9DL (all ages)
7pm to 9pm
Cost: £3 per session

Cambridge United Community Trust are in partnership with Steel Bones and Cambridgeshire FA to launch our first Amputee Football Sessions.

**Who can attend:**
- People with congenital limb deficiencies
- Persons with restricted use of limbs
- Limbless or limb impaired
- All ages and abilities welcome

Please contact Phil Mullen if you would like to come along to any of the football sessions mentioned above, or if you would like more information.

C: Phil Mullen
E: phil.mullen@cambridge-united.co.uk
W: www.cuctrust.co.uk
Facebook: https://www.facebook.com/OfficialCambridgeUnited
Twitter: https://twitter.com/CUCTrust
**Goalball**
Cherry Hinton Village Leisure Centre, Coleville Road, Cherry Hinton CB1 9EJ (7yrs+)
Every other Sunday between 1pm to 3pm
Cost: £3 per session

Goalball is a sport that was devised as a rehabilitation programme for visually impaired World War II veterans. It is the only team sport played at the Paralympics by the visually impaired but is a totally inclusive sport since all participants wear blindfolds.

Goalball is a game played by two teams of three players. It is open to both male and female visually impaired athletes and sighted players. It has three main distinguishing features:
- All players wear eyeshades so that they are totally blindfolded.
- Goalball is played on an indoor tactile court.
- The ball contains internal bells, which help players locate it during play.

**Cambridge Dons Goalball Club**
Become a member of the Cambridge Dons Goalball Club and learn how to play this fantastic Paralympic sport in a fun and friendly environment. For information on junior sessions and to confirm date and time before attending please contact Warren Wilson. Please get in touch before confirming your attendance.

C: Warren Wilson
T: 07939 181288
E: warren.wilson@hotmail.co.uk
W: www.goalballuk.com
Facebook: https://www.facebook.com/GoalballUK
Twitter: https://twitter.com/GoalballUK

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**Archery**

**Netherhall Archers**
Sports Hall, Netherhall School, Cambridge (Indoor) (10yrs+)
Hills Road Sports Field, Hills Road, Cambridge (Outdoor) (10yrs+)

The club is open to all trained archers, over 10yrs old. Young people aged 14 may come unaccompanied at the committee’s discretion. Disabled children and disabled adults are assessed on a one to one basis.

Anyone who has not done archery before must do a beginner’s course which usually takes approximately four weeks. Places are on a first come first served basis and fill up fast.

The club is committed to providing an environment where young people can learn and participate in sport. This club has adopted Archery GB's ‘Protection of Children and Vulnerable Adults Policy’ to ensure peace of mind for both adults and children.

Contact the club for information including venues, cost and times of sessions.

E: info@netherhall-archers.org
W: http://netherhall-archers.org/
Twitter: @NetherhallArch
Peacock Archery
Bottisham Sports Centre, 1 Lode Road, Bottisham, Bottisham, Cambridge CB25 9DJ
(9yrs+)

We are an inclusive club and already have several adults and youngsters with additional needs (both physical (wheelchair users) and emotional (on the autistic spectrum). Our primary goal is for every member to be as independent as possible and although we have trained coaches on hand at most sessions, they are volunteers and archers themselves so can’t be available to assist those with very specialist needs exclusively.

If you have never tried archery before or would like to get back into it, Intro Archery is for you. It is an easy and fun way for beginners to get a complete introduction to the sport.

Our Intro Archery course leads to a nationally recognised certificate which shows you are ready to take your next steps in the sport. Dates for our introductory courses are available on our website.
You’ll be taught how to shoot and score so that by the end, you will be confident:
- Selecting your own equipment
- Shooting using barebow and freestyle techniques
- Playing mini matches, games and scoring
- Applying the safety rules

All you need to do is wear comfortable clothing and bring a drink. All of the equipment will be provided for you.

For more information take a look at our beginners course FAQ available on our website or to book a place on our next course, complete the form on our website or email us.

T: 01223 969626
E: beginners@peacock-archery.co.uk
W: http://www.peacock-archery.co.uk/beginners
Twitter: https://twitter.com/@PeacockArchery
Facebook: http://www.facebook.com/PeacockArchery
Ely Archers
The King’s School, Amherst Field, Ely CB7 4BS (10yrs+)
(Access from the A142 near to Ely Railway Bridge)
Wednesdays 6pm to 8pm (summer courses)
Cost: Adults (over 18yrs): £60
Juniors (10 – 18yrs): £40

Ely Archers runs regular courses during the summer months for people who are interested in taking up archery, or who just want to try it to see if they like it!

All equipment is provided and you get tuition from the club’s Archery GB Qualified Coaches. The coaches teach you the correct way to shoot as well as archery safety and etiquette.

Please note: Courses are open to adults and children aged 10 years and over. Children (10-18 years old) must be accompanied by a responsible adult who stays for the duration of each session. Each session lasts for approximately 2 hours.

Each course runs for 5 weeks, so you will get 10 hours of tuition, but if a session has to be cancelled due to bad weather, we will run an extra week at the end of the course.

Further information can be found on the website with details of who to contact.

W: https://www.elyarchers.org.uk/
Facebook: https://www.facebook.com/ElyArchers/
Twitter: https://twitter.com/ElyArchers

Cambridgeshire Archery Association

The Cambridgeshire Archery Association is an umbrella organisation which represents archery clubs in Cambridgeshire. For details of archery clubs in your area visit their website.

W: http://cambridgeshirearchery.org/clubs
**Martial Arts**

**Cambridge Kung Fu Club**  
Netherhall Sports Centre, Cambridge (various ages)  
Saturdays 1.30pm to 2.30pm (4 – 11yrs)  
Saturdays 2.30pm to 3.30pm (10yrs+)

*There is a long waiting list for these classes.*

The Snow Leopards class has been created for children and young people with physical and/or learning disabilities, who simply require some extra assistance with their Kung Fu in learning to move, think and act in a focused, fun and engaged way. We aim to make martial arts as accessible as possible for every individual we teach, along the way training many skills including (but not limited to): Respect, Patience, Co-ordination, Communication and Focus.

Each class is of mixed age and abilities and offers a high instructor to student ratio (four instructors with a maximum of 10 students). It is a relaxed and easy going class, but we aim to instil a certain level of discipline with clear boundaries. Our classes have a strong community spirit, which helps to promote students interacting with their peers in a positive and encouraging way. Parents are welcome in our classes if they feel necessary and this can be discussed on an individual basis.

If you have any questions or are interested in our Snow Leopards class please check our Snow Leopards webpage below, if you can’t find what you’re looking for or if you wish to try a class you can give our office a call or email.

C: Rin Hands, Programme Administrator  
T: 01223 410555  
E: email@cambridgekungfu.com  
W: www.cambridgekungfu.com/kids/snow-leopards  
Facebook: https://www.facebook.com/pages/Cambridge-Kung-Fu/183936711366  
Twitter: https://twitter.com/cambridgekungfu

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**Burwell Junior Judo Club**  
Gardiner Memorial Hall, High Street, Burwell (5yrs+)  
Fridays 6pm for 5 – 8 yrs  
7.15pm to 8.15pm for 9 – 11yrs  
8.15pm to 9.30pm for 12yrs and upwards (includes adults)  
Cost: £1 per week

Judo is also suitable for people with a range of disabilities, including visual impairment (to any degree), cerebral palsy, downs syndrome, autism, hearing impairment. The syllabus is adapted to take account of what the person can achieve. The club has some experience of working with children with a range of needs and disabilities.

C: Jane Blunt  
T: 01638 604069  
E: fjblunt@gmail.com
**Comberton Judo Club**  
Comberton Leisure, Comberton Village College, West Street, Comberton CB23 7DU  
(5yrs+)

The club teaches both recreational and competitive Judo. They can cater for visually impaired players. The club has a good record of working with children who have behavioural issues. Judo has also been shown to be beneficial to people with ADHD and autism. Contact the club for class days, times and cost.

C: Darren Challis
T: 07834 708970 (Daytime)
E: combertonjudoclub@yahoo.com
W: http://www.combertonjudo.org
Facebook: https://www.facebook.com/Comberton-Judo-Club-170151076390822/
Twitter: @combertonjudo

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**Adaptive Martial Arts**  
University of Cambridge Sports Centre, Philippa Fawcett Drive, Cambridge CB3 0AS  
(various ages)

Thursdays 7.30pm to 9.30pm

**Kids Club**  
University of Cambridge Sports Centre, Philippa Fawcett Drive, Cambridge CB3 0AS  
(7 – 14yrs)

Saturdays 9.30am to 10.30am

Designed for disabled and able bodied modern martial artists. For more information contact Neil Kirkland

T: 07596 455852
E: info@adaptivemartialarts.co.uk
W: www.adaptivemartialarts.co.uk
Facebook: https://www.facebook.com/260443351167251/posts/278710586007194/

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**Cambridge Goju Ryu**  
Cass Centre, Cambridge University Press, Shaftesbury Road, Cambridge CB2 8BS  
(5yrs+)

Tuesdays 6.30pm to 8pm for adults  
Thursdays 6.30pm to 8.30pm for adults  
Saturdays 10am to 11am for children 5yrs+

A traditional style of karate incorporating close quarters self-defence partner drills alongside cardio work outs, stretching and strength conditioning. Students of all fitness levels are welcome.

C: Martin Stockley
E: info@cambridge-gojuryu.co.uk
W: www.cambridge-gojuryu.co.uk
Facebook: https://www.facebook.com/Cambridge-Goju-Ryu-154516397944758/
Twitter: https://twitter.com/CambridgeGoju
**Activity Alliance**
SportPark, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire E11 3QF

Our charity is working to make active lives possible with a vision that disabled people are active for life.

Being active is good for everyone's health and well-being. There are many ways for people to enjoy an active lifestyle. Getting fit can help improve certain physical functions to help with daily life, reduce the chance of obesity and provide general health and mental wellbeing. Whatever your level of physical ability, there are options that are right for you.

Activity Alliance works to make active lives possible. We do this by enabling organisations to support disabled individuals to be and stay active. Our work is centred on research and insight with disabled people as well as our engagement with disability and sports organisations

T: 01509 227750  
E: News@efds.co.uk  
W: www.efds.co.uk  
Facebook: https://www.facebook.com/ActivityAlliance/  
Twitter: https://twitter.com/Eng_Dis_Sport

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**Living Sport**
**Cambridgeshire and Peterborough Sports Partnership**
Living Sport County Sport Partnership, Lakeside Lodge Health Club, Pidley, Huntingdon PE28 3DF

Living Sport is the Sports Partnership for Cambridgeshire and Peterborough. The charity, works to raise the profile and engagement of sport, to increase community participation, promoting and encouraging sport and physical activity at all levels across all age groups across Cambridgeshire and Peterborough. We are part of the County Sports Partnership Network which is significantly funded by Sport England to deliver projects including Olympic and Paralympic Legacy programmes as well as working to promote equity and the safeguarding in sport.

Living Sports purpose is to inspire everyone to lead healthy lives by increasing opportunities to be active and to participate in sport and physical activity.

Living Sport has a keen interest in developing and supporting disability sport opportunities across the partnership area. Working with key partners including the Ability Plus Group and its network, Living Sport is seen within the partnership area as one of the key strategic partners in disability sport.

C: Rebecca Evans, Disability Sport Coordinator  
T: 01487 841559  
E: Rebecca.Evans@livingsport.co.uk  
W: http://www.livingsport.co.uk/  
Facebook: https://www.facebook.com/livingsport  
Twitter: https://twitter.com/LIVINGSPORT
Unforgettable gift activities for people with disabilities.
We want to get more disabled people enjoying new, fun and sometimes exhilarating activities. We want to help people with disabilities feel confident that they can enjoy the same activities and life experiences as someone without a disability. Some activities are suitable for 7 year olds.

We’re the only company in the UK that specialises in Gift Experiences for people with disabilities, and our in-depth knowledge comes from first-hand experience. Each person is treated as an individual with specific needs and requirements. Every iCAN experience includes a carer place.

The Home of Gift Experiences for Disabled People, vets every activity provider to ensure that the facilities and the experience on the day are up to our exacting standards. You get clear, accurate information up front about what’s involved and which disabilities can be accommodated.

T: 01869 322000
E: info@icanexperiences.co.uk
W: http://icanexperiences.co.uk/txt/about-us
Facebook: https://www.facebook.com/icanexperiences
Twitter: https://twitter.com/icanexperiences
Swimming Sessions

Cambridge Disabled Kids Swimming Club (CDKSC)

The swimming club is aimed at children of any age from birth to 19 (note that the suggested age ranges are not at all fixed, but for guidance) with any disability. As far as possible, sessions are run by a qualified instructor with a number of volunteers. The club is working with Cambridge City Council Sports Development Team to expand the number of sessions available, aiming to provide opportunities for all abilities.

Swimming instruction for improvers / older children
Chesterton Sports Centre, Gilbert Road, Cambridge (6 – 19yrs)
 Sundays 4.30pm to 5.30pm (term time)
Cost: £2.50 per lesson

A parent, guardian or sibling can go in the pool to assist if necessary. These will be structured lessons with an instructor for those wanting to further develop their swimming skills in a deeper pool. It is recognised that the Windmill pools may be too shallow for older, larger children, so the Chesterton pool is also aimed at this group of children irrespective of their swimming ability.

Family fun and water confidence in the hydrotherapy pool
Windmill Pool, Hinton Way, Fulbourn (under 5yrs)
Saturdays 9.30am to 11am
Cost: £2 per child, one adult carer per child is free

This session is for young children under 5yrs and those that need warmer water or a smaller, secure environment to swim. Siblings are welcome, but in the event of there being too many people (maximum 20 people), priority will be given to those with a therapeutic need. It is hoped that we will have the help of a swimming instructor once a month who can give advice on early swimming skills.

Further information and an up to date timetable is available on the website.

C: Sally Abbott
T: 01223 315024
E: sallyyabbott@gmail.com
W: www.cdksc.co.uk
The Hive Leisure Centre
The Hive Leisure Centre, 15 Ely Leisure Village, Downham Road, Ely CB6 2SH (all ages)

The sessions are open to all people with disabilities and provide the opportunity for whole families to spend some recreational time together in a fun and relaxing environment.

A card is available for anyone with a disability. It is free of charge on proof that you receive a disability benefit i.e. DLA. You can use a SCIP Card as proof of disability – details about SCIP and the SCIP Card can be found on page 8.

Further information on these sessions, including times and costs is available on the website.

T: 01353 655030
W: https://www.better.org.uk/leisure-centre/ely/the-hive/facilities
Facebook: https://www.facebook.com/TheHiveatEly/
Twitter: https://twitter.com/EveryoneActive

Abbey Pools Leisure Complex
Abbey Pools, Whitehill Road, Cambridge CB5 8NT (all ages)

Abbey Pools does not have specific times available for people with a disability. The pool is open to everyone. There is a hoist and staff at the pool are trained to use it.

There are also swimming lessons available. Depending on the person’s disability, the centre can book out certain times if a person couldn't attend a group session. Pool timetable can be found here on the website.

T: 01223 213352
W: http://www.better.org.uk/leisure/abbeyleisurecomplex
Facebook: https://www.facebook.com/BetterUK/?fref=ts
Twitter: https://twitter.com/better_uk

City of Cambridge Swimming Club
Parkside Pool, Gonville Place, Cambridge CB1 1LY (8yrs+)
Abbey Sport Centre, Whitehill Road, Cambridge CB5 8NT (8yrs+)

The City of Cambridge Disability Squad was formed to provide a competitive outlet for children and young adults with a range of disabilities.

T: 07960 084634
E: disability@cocsc.org.uk
W: http://cocsc.org.uk/disability.html
Facebook: https://www.facebook.com/cityofcambridgesc
**Level Water**  
Parkside, Abbey Sports Centre or Kings Hedges Leaner Pool (4 – 11yrs)

Swimming charity Level Water are providing FREE 1-2-1 swimming lessons for children aged 4 to 11 with a physical disability or sensory impairment (they are unable to offer sessions to children with learning disabilities, on the autistic spectrum or those with behavioural issues).

C: Dan Wiseman  
E: dan@levelwater.org

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**Dwarf Sports Association (DSA)**  
Abbey Pools, Whitehill Road, Cambridge CB5 8NT (various ages)  
Second/Third Sunday of the month 5pm to 6pm  
Cost: £1 per session

Swimming lessons and water confidence. Open to families with children with restricted growth conditions or bone dysplasia.

C: Pippa Wauthier  
T: 07869 141350  
E: pipdale@hotmail.com
Horse Riding

Becky Jackson Horse Riding
Anchor Stables, Herringswell Road, Kentford, Newmarket, CB8 7QR (5yrs+)

This is a small quality riding school with horses and ponies of varying types and sizes from very small to the very big! All the horses are well mannered, people friendly and well trained. The riding school is an accredited training and exam centre with experienced qualified instructors. We have mounting ramps and can accommodate some special needs riders. The friendly and welcoming atmosphere at the school makes it a place where everyone can enjoy their time with the horses and other riders, knowing that they are well-cared for in a caring and professional riding school.

There is an all-weather outdoor school offering a variety of lessons, including group classes and private lessons. Our lower age limit is five years with no upper age limit, and the maximum weight for riders is 17 stones. As well as weekly riding lessons there are courses, fun days and "own a pony" days during the holidays.

Becky Jackson Horse Riding aims to teach people to ride safely and in harmony with the horse and most of all, to have fun.

T: 07808 737644
E: beckyjacksonhorseriding@gmail.com
W: http://www.beckyjacksonhorseriding.co.uk
Facebook: https://www.facebook.com/beckyjacksonhorseriding.co.uk?fref=ts

Sawston Riding School
Sawston Riding School, Common Lane, Sawston, Cambridge CB2 4HW (5yrs+)

Sawston Riding School are a friendly, fun and outgoing riding school which offers instruction for riders of all abilities, and ages from five upwards. There are two "All Weather" arenas that are used for lessons and a selection of well-schooled horses and ponies which are trained to suit every rider’s ability. A selection of lessons are available at competitive rates, as well as many themed, action packed event days.

C: 01223 835198
E: sawstonridingschool@live.co.uk
W: http://www.sawstonridingschool.co.uk/
**Old Tiger Stables**  
Old Tiger Stables, Northfield Road, Soham, Ely CB7 5UF (all ages)

Old Tiger Stables offer a comprehensive range of equestrian services.

They are able to offer a range of lessons from complete beginners to a more advanced level (dressage, show jumping and eventing). It doesn't matter whether you are a complete novice, wanting to improve your riding skills, or wishing to learn a new discipline, their qualified instructors will be able to help you. There are around 25 horses and ponies available in the riding school – they are sure to have a horse or pony that will be just right for you.

The stables often have riders with special needs, autism and disabilities, and always welcome anyone coming even just for a look round as we know how beneficial horses can be to people.

The stables are a training centre running diploma courses through the college of West Anglia to gain qualifications and are an approved coaching centre.

T: 01353 720125  
M: 07887 637121  
E: lorraine@oldtigerstables.co.uk  
W: www.oldtigerstables.co.uk

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**Hall Farm Stables**  
Cambridge Road, Waterbeach CB25 9NJ (4yrs+)

We are a small, friendly, professional riding school and livery yard, situated in Waterbeach, just off the A10, less than three miles north of Cambridge.

We are a small riding school with just a handful of horses. This means that we can keep our horses well-schooled, which is imperative for you to learn how to ride correctly.

When you learn to ride with us, in addition to learning correctly, we also want you to have fun. Accordingly, we keep a relaxed and friendly atmosphere on the yard. We also hold a number of varied and exciting events such as dressage competitions (covering all levels), dressage and jumping clinics, pony days, and even riding trips to Thetford Forest or to the beaches in Norfolk.

See our website for more information.

C: Tessa Frost  
T: 01223 860087 and 07740 438353  
E: enquiries@hallfarmstables.com  
W: www.hallfarmstables.co.uk
Riding for the Disabled Association (RDA)
Website

At RDA our horses and ponies provide therapy, achievement and enjoyment to people with disabilities all over the UK. Our network of 500 volunteer groups organise activities such as riding, carriage driving, vaulting and showjumping to up to 28,000 people each year. We offer activities for all age groups and, wherever possible, to people with any disability.

T: 01926 492915
E: info@rda.org.uk
W: http://www.rda.org.uk/
Twitter: https://twitter.com/RDAnational

UK Horse Rider Guide
Website

This guide has an extensive online directory and reviews of riding schools, livery yards, riding holidays, disabled riding schools, western riding schools and equestrian colleges across England, Wales, Scotland and Northern Ireland.

W: http://www.ukhorseriderguide.com/
Facebook: https://en-gb.facebook.com/pages/UK-Horse-Rider-Guide/201950979675
Twitter: https://twitter.com/horseriderguide
Guides

Girlguiding Cambridgeshire East
Countywide (5 – 25yrs)

Girlguiding is the leading charity for girls and young women in the UK. Thanks to the dedication and support of 100,000 amazing volunteers, we are giving girls and young women a space where they can be themselves, have fun, build friendships, gain valuable life skills and make a positive difference to their lives and their communities. We build girls’ confidence and raise their aspirations and to discover their full potential.

The units for girls are:
- Rainbows: 5 – 7yrs
- Brownies: 7 – 10yrs
- Guides: 10 – 14yrs
- Senior Section units: 14 – 18yrs

If you would like to join as a girl or adult volunteer please registered on [https://www.girlguiding.org.uk/](https://www.girlguiding.org.uk/) or if you would like more information please contact us.

C: County Office, 3 Quy Court, Colliers Lane, Stow-cum-Quy, Cambridge CB25 9AU
T: 01223 813917
E: office@cambseastguides.org.uk
W: [www.cambseastguides.org.uk](http://www.cambseastguides.org.uk/)
Facebook: [https://www.facebook.com/girlguidingcambseast](https://www.facebook.com/girlguidingcambseast)
Twitter: [https://twitter.com/GirlguidingCE](https://twitter.com/GirlguidingCE)

Scouts

Cambridgeshire Scouts
Countywide (6 – 25yrs)

The Scouts provide an active programme of indoor and outdoor activities for young people (boys and girls) between the ages of 6 and 25.

- Beaver Scouts: 6 – 8yrs
- Cub Scouts: 8 – 10yrs
- Scouts: 10 – 14yrs
- Explorers: 14 – 18yrs
- Network: 18 – 25yrs

Scouting offers a progressive training scheme that is aimed at camping and outdoor activities. There are several groups in Cambridge and outlying villages.

C: Cambridgeshire County Scout Council, Tempus Court, Fen End, Willingham, Cambs CB24 5LH
T: 01954 261345
E: Online email form
Dance and Drama

Razzamataz Theatre Schools
The Shirley Centre, Nuffield Road, Cambridge CB4 1TF (4 – 18yrs)

Razzamataz provides inclusive classes for children and young people. Our classes are held each Saturday morning during term time, have equal focus on dance, drama and singing. We welcome all students and work closely with parents to ensure that each child is developing their skills and having fun!

C: Emma Louise Campbell
T: 01223 755113 or 07895 347239
E: Cambridge@razzamataz.co.uk
W: cambridge.razzamataz.co.uk
Facebook: https://www.facebook.com/RTSLtd
Twitter: https://twitter.com/razzschools

Samara Ballet School
Samara Ballet School, 35 High Street, Burwell CB25 0HD (2yrs+)

Samara Ballet School was established in 1993 and offers a new and fresh approach to the often preconceived, elitist image of ballet. The school offers classes to everyone, of any age, nationality, ability, or disability, regardless of their financial means.

All are welcome and the emphasis is on fun. This unique, community based, school encourages pupils to work to their own level of ability, whether they are looking to train for a professional career in dance or just need 30 minutes exercise to music!

C: Michelle Rasdall
T: 01638 744119 and 07711 863710
E: info@samaraballet.co.uk
W: www.samaraballet.co.uk
Facebook: @samaraballet
Twitter: @samaraballet
Lantern Dance Theatre Company
Paradise Centre, Newnham Street, Ely CB7 4PQ (11yrs+)
Cost: £6 per session

Lantern is an award winning integrated contemporary dance company based in Ely. About half the members of the company have a disability. Everyone is on equal terms, training and performing together.

We hold two classes a week in term time at Ely's Paradise Centre. Our Wednesday Company Class is suitable for people with some dance experience. Our Saturday class is suitable for beginners. Classes include warm up, body conditioning, technique, creative work and rehearsing pieces for performance.

A full team of experienced helpers is on hand at each class, all CRB checked with Enhanced Disclosure and trained in child protection. We appear throughout the year in theatres, at festivals and at charity and community events. Suitable for people aged 11 and up, no upper age limit. Parents and carers welcome.

C: Helen Pettit, Artistic Director
T: 01353 662441 and 07957 890666
E: helenpettit1@gmail.com
W: www.lanterndancetheatre.org.uk
Twitter: https://twitter.com/@LanternDanceCo

Bedazzle Theatre Arts Groups
Various Venues (12yrs+)
Monday's: Glass Theatre, Harlow
Saturday's: The Meadows Community Centre
Tuesday's: Medway Centre, Huntingdon
Wednesday's: Wisbech and Chelmsford

We have two and three-hour courses across the region offering Performing Arts (singing, dancing and acting) to children and young adults of all abilities.

Our Cambridge group (Saturdays 2.30pm to 5.30pm., 3 x 10-week terms) costs £250 per term. The average age is 22 and our youngest member is 16.

During the summer, Bedazzle hosts a number of 5-day (10am to 3pm) Pop School workshops where students have the opportunity to rehearse to backing tracks of their favourite songs, rehearse stage routines, professionally-record a CD as a memento and perform live on stage at the end of the week. Full details and costs can be found on our website.

Bedazzle Expressive Arts
We offer tailored educational programmes for all abilities. Primarily focused towards Performing and Visual Arts, but can include Maths, English, Science and Living Skills. This is a bespoke service, so please contact us for full details and to discuss specific requirements and price structure.

C: Diane Janssen
T: 07841 990609
E: dbedazzle@gmail.com
W: www.BedazzleArts.com
Jigsaw Dance Company (JDC)
Units 1-3, Grovemere Court, Regal Lane (Brook Street bend), Soham CB7 5BA (3yrs+)

JDC is the award winning gym and the home to Affinity Cheer and Dance. We providing dance, tumble and cheer classes for all age groups and abilities! We have classes ranging from under 5 gym to our competitive cheer and dance from ages 3 to adults.

We put on a wide range of classes for all ages at our very own gym and studio in Soham, Cambridgeshire. Many parents stay during their child's class as it can be a great place to socialise and have some time away from home.

Our recreational and tumble sessions are open to all. Prices range from £4-£5 per session, pay as you attend. No registration fee and no waiting lists.

We have annual try outs for our competitive teams, but skills can be built prior to our try out period in our recreational sessions.

We also run school holiday programmes, open to all.

Try something new!

If you would like to attend one of our classes please do so, no need to book. Details of class times/days and further information can be found on our website. Please sign up to our mailing list, to receive information about our sessions www.jigsawdance.com/register

T: 0844 445 8010
E: support@jigsawdance.com
W: www.jigsawdance.com
Facebook: https://www.facebook.com/JigsawDanceUK/
Twitter: http://www.twitter.com/JigsawDanceUK
**Hardwicks Mini Melodies**  
**Hardwicks Scout Hut, (Recreation Ground)**  
Tuesday’s  
Toddlers 10am  
Cost: £4 per session  
Pre-schoolers with SEN 11am  
Cost: £5 per session  

The aim of the music group is to have lots of fun and to naturally promote development in social skills, communication, language, self-expression and confidence.

Emily has worked as a music therapist in numerous special and mainstream schools since 2013 delivering music therapy sessions to various ages and abilities. She also works with adults across Cambridgeshire with various client groups and in different settings. Her passion lies in enabling people to reach their full potential and to see relationships built through the creativity of music making.

For more information and to book contact Emily  
T: 07826 554971  
E: emilycorkemusictherapy@gmail.com

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**Jessability Dance**  
**Saffron Walden Town Hall, 1 Market Place, Saffron Walden, Essex CB10 1HR (all ages)**  
Friday’s 11am to 12pm  
Cost: £5 per person  

Do you enjoy listening and dancing to music?  
Do you want to join a class where all participants feel encouraged to enjoy themselves?  

Whether you use a wheelchair, have a walking aid or just want to have some fun, come along to our wheelchair dance classes.

Our aim, through dance, is for participants to increase their health and wellbeing, and to gain valuable life, social and communication skills by joining me at my Club.  
We are committed to equality for all.

Contact us for more information or to book!  
C: Ellie  
T: 07751 051 156

C: Lavena  
T: 07415 782 131

C: Jessie  
E: jessie@jessability.dance  
W: www.jessability.dance  
Facebook: https://www.facebook.com/jessabilitydance/  
Twitter: https://twitter.com/TeamJessability
The Owl Centre: Music Therapy Service

The Owl Centre's Music Therapy service is available in Cambridgeshire and neighbouring areas.

Music Therapy promotes the development of both verbal and non-verbal communication skills through a mixture of structured musical activities and free improvisation. Participants can benefit from the opportunity to express themselves within an enjoyable and creative environment.

The Owl Centre is dedicated to, and passionate about, helping families to understand where their child is at and how to move them forward. We are committed to getting the best out of their child so that families feel as if they have a large safety net around them and guidance when they feel lost. No formal referral is required.

We can help with:
- Communication difficulties
- Developing verbal and non-verbal skills
- Emotional distress and behavioural problems
- Relationship difficulties
- Motor Skills issues

We also offer Speech and Language Therapy services across parts of Cambridgeshire. The Owl Centre is now offering a school service for Speech and Language Therapy in Cambridgeshire.

Do you have a child with:
- Social communication problems
- Speech or language delay
- Behavioural difficulties
- A diagnosis of Autism
- A stammer?

The Owl Centre is able to provide your setting with:
- A tailored and reliable service to suit your setting's needs
- Whole class screening assessments to determine need
- Individual assessments, targets and advice
- Effective and evidence-based 1:1 or group therapy sessions, including social skills, language, enhancing the Talk Boost pack, etc.
- Whole-staff training sessions at staff meetings or lunchtimes, involving a wide range of packages including Lego Therapy training
- Close liaison with parents and NHS therapists
- Attendance at Parents’ Evenings for family liaison

For further information, or if you would like to be put in touch with one of the music or speech and language therapists in your area, please contact:
T: 01242 571883
E: info@theowltherapycentre.co.uk
W: www.theowltherapycentre.co.uk
Provider Service

If you are interested in CamPlay Holiday, Saturday or Community Clubs and are not already allocated the service as part of your social care package you will need to make a request to your social worker. If you do not have a social worker please call the Contact Centre on 0345 045 5203.

CamPlay
Countywide (6 – 19yrs)

CamPlay provides three services: Holiday Clubs, Saturday Clubs and Community Clubs. These are for disabled children and young people aged 6 - 19 years, with a moderate or severe physical or learning disability. The services are provided by Cambridgeshire County Council and are registered with Ofsted. Some holiday club venues have been awarded ‘outstanding’.

The Holiday Clubs run in Huntingdon, Ely, Wisbech, St. Neots and March in the summer holidays from 10am to 4pm. During Easter we run from venues in Wisbech, Ely, St Neots and Huntingdon. In the Christmas holidays we also run from Wisbech, Huntingdon or St. Neots and Ely.

There are a variety of activities at the clubs including community trips, such as swimming and the library. We run in house sensory sessions, inclusive sports activities, arts and crafts, cooking and much more. Full details will be sent out nearer the time of the Holiday Club to every family on the CamPlay database.

Saturday Clubs are run in Huntingdon, March, Wisbech, Chatteris, Ely and Whittlesey from 10am – 1pm. Activities include arts and crafts, outdoor play, messy, water and sensory play, games, cooking and group activities. We also hold Christmas parties, summer trips and access the local community regularly including swimming, bowling, cinema and library.

Our Community Clubs run from a variety of settings in Huntingdon, March and Wisbech. There are a number of different groups and children are allocated spaces on an individual basis. These groups include Youth Clubs, Befriending Groups and Teens Group. The Huntingdon Community Groups run on weekends and timings can vary depending on the activity. March Youth Group runs on a Thursday evening and Teens Group in Wisbech is on a Saturday afternoon.

How to access CamPlay Holiday, Saturday Clubs and Community Clubs
If you have a Social Worker or are receiving Early Help please speak to them requesting the CamPlay service. If you do not have a Social Worker then please call the Contact Centre.
T: 0345 045 5203 (They will be able to give you further information on how to access the clubs)

C: CamPlay Team
T: 01480 379800
E: cam.play@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send
Local Social Care Short Break Offer

The Disabled Children’s Early Help Team enables disabled children and young people to develop the skills to Prepare for Adulthood, to access community activities and to increase independence skills. This is achieved through an allocation of a personal budget that can be used for agreed activities or support. This support will provide the carer with a short break.

The Short Breaks Duty Statement describes how short breaks for disabled children are provided in Cambridgeshire.

There are two ways to access early help funding

1. Through the Disabled Children’s Early Help team
   If your child or young person doesn’t receive services from social care and has high rate Disability Living Allowance (Care) or the enhanced rate Personal Independence Payment (PIP), you have an automatic entitlement to our local short breaks offer. You will receive a personalised budget of up to £2000 that can be used for agreed activities and support.

   You need to telephone our Contact Centre on 0345 045 5203 to request a self-assessment form. Once you have completed and returned this to the Disabled Children's Early Help team, they will contact you to discuss your child’s needs and complete an early help support plan.

   To find out more about the Disabled Children’s Early Help team, please see the Disabled Children’s Early Help Team

2. Through a social work assessment
   Your child or young person’s social work assessment may indicate that they are eligible for early help funding of up to £2000, or an enhanced offer through Early Help Plus funding. Early Help Plus enables an increased personal budget over £2000 to meet assessed needs. Early Help Plus has a robust reviewing system in place to ensure that needs continue to be met. Social work oversight is available to young people and their families within the Early Help Plus offer.

   The Self Directed Support Price Guide describes our short break services or those we commission and provides detailed information on costs. This is not an exhaustive list of activities and services that are available in the local community. See the website for details.

   Information on accessible leisure facilities and equipment available for loan is listed in the Short Breaks equipment catalogue. See the website for details.

Cambridgeshire Community Support Service
Buttsgrove Centre, 38 Buttsgrove Way, Huntingdon PE29 1LY (0 – 19yrs)

Community Support Service offers support to disabled children and young people and their families both in the home and the community. The service supports young people in a variety of ways including support with personal care, behaviour management, inclusion activities, support post-operatively and helps them access activities in their local area. We work with external providers who also offer short break services. We work closely with children, young people and their families asking for regular feedback to help develop and improve our offer. The Service is registered with the Care Quality Commission.

To be eligible for this service the person must be 0 - 19 year olds with learning, physical or sensory disabilities.

Referral is through a social care assessment that identifies support and agrees an allocation of services. To request an assessment, contact Cambridgeshire County Council's on 0345 045 5203.

T: 01480 379800
E: Community.SupportServices@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/disabledchildren

Family Link Service
(0 – 18yrs)

The Family Link Service is a Cambridgeshire County Council Short Break Service for children aged between 0-18 years who have disabilities. Link Carers are Approved Foster Carers who specialise in supporting children with disabilities within the Link Foster Carers own home. Link households vary from single carers to large families with their own children.

Children access Link Care via an assessment by their Social Worker which is presented to Disabled Childrens Panel and a decision made about whether Link care is agreed, and if so, how much. The Family Link Service aims to match a child with a Link Foster Carer who can meet their care and support needs.

Children using Link usually live at home with their families and visit their carer on a regular planned basis. A typical placement would be 24 nights a year. This may be during the week after school, or weekend care depending on the carers availability and the needs of the child and their family.

T: 0800 052 0078
E: fostering@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/fostering
Young Carers Needs Assessment
Countywide (Up to 18yrs)

Children and young people who are carers have the same rights as all children and young people and should be able to learn, achieve, develop friendships and enjoy positive, healthy childhoods.

The Young Carers Needs Assessment Team will ensure that the needs of young carers are recognised and offer an additional assessment for Young Carers. This means taking account of their hopes, aspirations, strengths and achievements, as well as need for advice and support for whole family.

The Young Carers Needs Assessment team works across Cambridgeshire. The Young Carers Assessors will act as a lead professional for the young carers if the family is not involved with services or does not have an Early Help Assessment (EHA) in place.

The assessment we will look at:

- the amount, nature and type of care which the young carer provides
- the impact of the caring role on the young carer’s wellbeing, education and personal and emotional development
- whether any of the caring tasks the young carer is performing are excessive or inappropriate having regard to all the circumstances
- whether a needs assessment of the cared for person (be they a child or adult) has been carried out, and if not, to request one
- whether any of the young carer’s needs for support could be met by providing support or services to the person cared for (by the young carer)
- what the young carer’s needs for support would be likely to be if he or she were relieved of part or all of his or her caring role and whether the young carer has remaining unmet needs

C: Young Carers Assessment Team
T: 01480 372563
E: youngcarers@cambridgeshire.gov.uk
Young People and Teenagers

Youth Support Service
Wisbech, Huntingdon, St Neots, Ely, March and Cambridge (11 – 19yrs (25yrs SEND)

The Youth Support Service supports young people in Cambridgeshire with their health, lifestyle and career aspirations, enabling them to achieve their full potential in their transition to adulthood. The service is delivered by a range of staff working in small teams across Cambridgeshire who work from locality teams, schools, colleges and youth centres.

We do this by:
- involving young people in having a voice about every aspect of services provided for them, especially those young people who need us most
- working in partnership with all who work with young people at a local level
- assessing the local needs so that we put resources in the right places
- undertaking equality impact assessments to ensure that the most vulnerable and disadvantaged have appropriate access and support
- ensuring that our priorities are targeted at meeting the needs of those young people who have the most complex issues such as our looked after children, young offenders, young people with disabilities or special education needs.

C: National Careers Service for information and guidance on career choices
T: 0800 100 900
W: https://nationalcareersservice.direct.gov.uk/Pages/Home.aspx
Facebook: https://www.facebook.com/nationalcareersservice
Twitter: https://twitter.com/nationalcareers

There are Youth Support Service centres throughout the county and those in need of help can attend drop-in sessions or book to meet with a front line worker. This includes help with choosing courses, training opportunities, CV preparation, job search, interview techniques and a job vacancy service. Locations, opening times and online support can be found here: www.youthoria.org

For youth work information and queries please contact the Early Help District Manager for your area.

Youthoria

Youthoria is the Youth Support website for young people in Cambridgeshire. Here you'll find information and advice when you need it, entertainment and activities when you feel like having fun and a voice when you want to be heard.

Check out the Youthoria Website for information on all this and much more!

W: www.youthoria.org
Facebook: https://www.facebook.com/groups/431108733646687/

There are youth clubs and fun stuff listed on the Youthoria website. If you do not have access to the internet and would like information on youth clubs contact Youth Support. The following clubs are just a taster of the clubs/activities available.
**Disrespect Nobody**

*Website*

Healthy relationships are all about respecting each other. You should feel loved, safe and free to be yourself. Relationships can be confusing and it can be difficult to understand what is and isn’t normal behaviour. But disrespectful and unacceptable behaviour can come in many forms. It isn’t limited to just physical behaviour; it can also go way beyond that. If someone makes you do something you don’t want to, makes you feel scared, intimidated or tries controlling you, it’s not acceptable and is never OK. This website explains the different types of abuse, offers advice and provides details of organisations that can help.

W: [www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

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**Brook - Sexual Health and Wellbeing**

*Website (under 25yrs)*

Free and confidential sexual health and wellbeing experts.

W: [www.brook.org.uk](http://www.brook.org.uk)

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**Youth Clubs and Activities**

**Cambridge SCD Youth Group**

Brownfield Community Center, Cambridge CB4 1RU (11 – 16yrs)

Mondays 7pm to 8.30pm

£1.50 per child per session

Do you find social situations difficult?
Do you feel that your social differences mean other people don’t understand you?

Being a teenager is hard enough without having to worry about social situations that you are finding hard to deal with. At Cambridge SCD youth group we want to provide a safe environment in order to enable you to gain the confidence to positively navigate through social situations make new friends and be part of the community.

Our youth group is aimed at young people with social communication disorder or difficulties. This includes Autism, ADHD, learning difficulties/disability, neurodevelopment disorders and Downs Syndrome.

There is a communal area for parents to sit however they won’t be able to enter the Wing due to safeguarding, and to help promote independence.

All of the young people will need a parental guardian to complete the registration form before they attend our sessions. This can be done online and emailed to us or handed in at the Community Center for the attention of Cambridge SCD Youth Group.

For more information and to register go to the website.

**Motiv8**
Stretham Youth Centre, 73 High Street, Cambs CB6 3LD (13 – 25yrs)
Wednesdays 7pm to 9pm
Cost: £1.50

A vibrant drop-in for young people with disabilities or additional needs.
Pool, games consoles, air hockey, sports, trips and much more.

To find out more:
T: 07734 252288 or 07956 406288
E: strethamyouthcentre@gmail.com

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**Girton Youth Project**
Cotton Hall, Cambridge Road, Girton CB3 0PN (8 – 19yrs)
Mondays 4.30pm to 6pm: 8 - 11 year olds
Thursdays 5pm to 7pm: 11 - 14 year olds
Thursdays 7pm to 9pm: 14 - 19 year olds

At Girton Youth Project we offer local children and young people aged 8 - 19yrs opportunities for fun, trying new things and being introduced to experienced youth workers for help and support.

The evenings give young people the chance to meet friends, play games or just relax in a comfortable atmosphere. We also arrange regular events and trips for all young people in Girton. Please check the website for details.

C: Rachel Rason
T: 07771 357187
E: rachel.rason@ymcatrinity.org.uk
W: ymcatrinitygroup.org.uk/family-support/gyp/contact-gyp/
Facebook: https://www.facebook.com/pages/Girton-Youth-Project/100465953433185?ref=ts&fref=ts
Twitter: https://twitter.com/YMCA_CambsPBoro

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**Orchard Park - Youth Club**
The Orchard Community Centre, Central Avenue, Cambridge CB4 2EZ (11 – 17yrs)
Thursdays 5.30pm to 7pm (term time)

Open access youth club for all young people residing in Orchard Park. Just turn up.
C: Faye Ackroyd
T: 01223 728580
Orchard Park - Football
Orchard Park Astro Turf, Orchard Community Centre, Central Avenue, Cambridge CB4 2EZ (11 – 17yrs)
Wednesdays from 4pm to 5pm (term time)
Just turn up.
C: Faye Ackroyd
T: 01223 728580

Sawston Youth Group
The Marven Centre, Sawston Village College (all ages – school years 1 to 13)
Mondays 6.30pm to 9.30pm meeting at the Sawston Marven Centre
Explorers: 6yrs - 8yrs 6.30pm to 7.30pm
Juniors: 8yrs - 11yrs 6.30pm to 7.50pm
Seniors: 11yrs - 15yrs 7.30pm to 9pm
Amicus: 15yrs - 18yrs 7.30pm to 9.30pm
SYG is an activity based youth group in four age sections. The aim is to provide opportunities for young people in the surrounding area. Come along and see what we do. In addition to our weekly Monday activities, we run a very active and popular Duke of Edinburgh’s Award scheme with regular expeditions. We have our very own (very talented) marching band and specialise in canoeing and kayaking activities.
C: Paul Whitmell
T: 01223 830020 (day)
E: contact@syg.org.uk
W: www.syg.org.uk

Trumpington Youth Club
Trumpington Pavilion, King George V Playing Fields, Paget Road, Cambridge CB2 9JF (13 – 17yrs)
Tuesdays:
Top Trumps (Junior) for year groups 3 - 6 from 3.30pm to 5pm
Seven11 (senior) for year groups 7 - 11 from 6pm to 7.30pm
This club is term time only and is open access to all. Just turn up.
Holiday programs run in half terms and the summer holidays. There are a variety of activities which are advertised a few weeks in advance. We also have a drama club which runs weekly, there are limited spaces so please check availability.
C: Kelly Smith
T: 07885 377679
E: Kelly.smith@cambridge.gov.uk
**Shelford Rugby Union Football Club**  
Davey Field, Cambridge Road, Great Shelford, Cambs CB22 5JJ (all ages)

Promoting the game of rugby to everyone regardless of age, gender or ability, with coaching and games provided for all ages.

T: 01223 843357  
W: [http://www.shelfordrugby.co.uk](http://www.shelfordrugby.co.uk)

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**The Mix**  
(Under 25yrs)

The Mix is the UK's free, confidential helpline for young people under 25 who need help and don't know where to turn. Our service is available 365 days a year and young people can contact us by phone, webchat, email, text message or use our online directory, WebHelp 24/7.

Our aim is for every young person in the UK to be able to find the help they need to support their physical and emotional wellbeing.

When a young person gets in touch, one of our trained Helpline Volunteers helps them explore their issues, offers emotional support and can let them know about appropriate sources of further specialist help.

T: 0808 808 4994 (Freephone helpline)  
Text: 85258 (Crisis Messenger Text Service)  
E: Via the website  
W: [http://www.themix.org.uk/](http://www.themix.org.uk/)  
Facebook: [https://www.facebook.com/TheMixUK](https://www.facebook.com/TheMixUK)  
Twitter: [@TheMixUK](https://twitter.com/TheMixUK)
Connections Bus Project
Various Locations (11yrs+)

Drop-in youth clubs in buildings and on a double-decker bus for young people from secondary school age upwards, operating in villages around Cambridge.

There are at least three youth workers on the bus during each session that are happy to chat and point young people in the right direction when in need of help or advice. The bus has a ramp to allow access to the lower deck where there are game consoles, PCs with internet, tuck shop, quizzes, crafts and more. Our building based clubs have full access.

C: The Connections Bus Project, PO Box 344, Histon, Cambridge CB24 9WZ
T: 01223 232978
E: admin@connectionsbusproject.org.uk
W: www.connectionsbusproject.org.uk
Facebook: https://www.facebook.com/ConnectionsBus
Twitter: https://twitter.com/ConnectionsBus

You will find the Connections Bus at:

Histon and Impington
Junior Youth Zone
The Pavilion, Recreation Ground
Mondays 3.45pm to 5.15pm

Eversdens
Youth Bus
Recreation Ground
Mondays 4pm to 6pm

Sutton
Youth Bus
Brooklands Field
Mondays 7pm to 9pm

Haslingfield
Youth Bus
Recreation Ground
Wednesdays 4pm to 6pm

Milton
Youth Zone
Youth Centre
The Sycamores
Tuesdays 6.30pm to 8pm

Caldecote
Youth Zone
Caldecote Pavilion
Wednesdays 7pm to 9pm

Sawtry
Youth and Community Centre, Green End Road
Tuesdays 7pm to 7.30pm Advice Drop-in
Tuesdays 7.30pm to 9pm Open Youth Zone

Cottenham
Youth Bus
Recreation Ground
Thursdays 7pm to 9pm

Oakington
Youth Bus
Queens Way (by sports hall)
Mondays 7pm to 9pm

Warboys
Youth Bus
Library car park
Fridays 7pm to 9pm

These are term-time dates. Information for school holidays is on the Connections Bus website.
W: www.connectionsbusproject.org.uk
Romsey Mill Youth Development Team
(10 – 21yrs)

The Youth Development Team at Romsey Mill are a team of youth workers who love young people and are passionate about supporting them to overcome challenge, live fulfilling lives and inspire change in the world around them. We work with young people aged 10-21 years who need extra support to overcome challenges in their lives.

This is likely to include young people who:
- are exposed to difficult home situations
- struggle with mental health issues including self-harm, anxiety and depression
- have been involved with the criminal justice system
- have issues with drugs or alcohol
- are engaged in anti-social or risky sexual behaviour
- are at risk of exclusion, excluded or disengaged from mainstream education
- are at risk of becoming, or are already, NEET (not in employment, education or training)

Our work can broadly be divided into two categories:
- Commissioned alternative education and early intervention support, including:
  - Pastoral care.
  - Our ‘Step-Up’ personal and social development course (team work, adventurous activities, enterprise, youth culture, healthy relationships and life skills)
  - Accredited courses, such as Arts Awards, home cooking skills and sports leadership.
  - Maths and English support.
  - Primary school group work and transfer support.

Community-based, recreational youth work including:
- Open-access youth clubs.
- Creative arts and music studio sessions.
- Sports projects.
- Youth leadership programmes.
- Adventurous activity residential.
- Enrichment trips.

For more information about activities contact Mike Farrington, Youth Development Team Programme Coordinator.

T: 01223 566392
E: email us (online email)
W: http://www.romseymill.org/
Facebook: https://www.facebook.com/romseymill
Twitter: https://twitter.com/romseymill
Romsey Mill Youth The Aspire Programme
Romsey Mill, Hemingford Road, Cambridge CB1 3BZ (9 – 18yrs)

The Aspire Programme supports young people in Cambridge who have been diagnosed with high-functioning autistic spectrum conditions and who are in mainstream education.

Our weekly youth clubs create a social space for members to interact at a level with which they are comfortable. We offer a high ratio of support from committed volunteers. Young people come to relax and be themselves, and to do things that they enjoy. There is no pressure to socialise, but members often find they enjoy sharing activities such as board games, pool, table tennis, Lego, crafts or cooking, with others who have similar interests and difficulties. One member said "Autistic people just understand each other."

For more information contact Ruth Watt, Aspire Programme Co-ordinator.
T: 01223 521270
E: email (online email)

National Youth Advocacy Service (NYAS)
Lilac Office, Saxongate Centre, Bradbury Place, Huntingdon PE29 3RR (up to 21yrs)

NYAS provides advocacy and legal representation to children and vulnerable adults when important decisions are being made about them. The children and young people NYAS work with might be in care, have a disability or special needs, be subject to child protection plans, have mental health difficulties or their parents might be separating.

All our services are free.

T: 0808 808 1001 (Freephone helpline)
C: Alison Gelder, Project Coordinator
T: 01480 437953
M: 07435 967405
E: Alison.gelder@nyas.net
W: www.nyas.net
TotalVoice
(all ages)

Total Voice supports Adults, Carers and Children and Young People Looked After or In Need to have their say about the things that matter to them. Our team will support you to be heard, to understand your rights, choices and options and to make your own decisions about health and social care.

Total Voice offers a range of advocacy and community services across the region and have an extensive volunteer programme for anyone who wants to support others in the area to speak up. Total Voice is a partnership of specialist advocacy organisations, VoiceAbility, Cambridgeshire Deaf Association and NYAS.

TotalVoice Services provide:
• A dedicated helpline: If you want information about the different services. The advocates will provide you with self-help materials as well as help to make contact with other local support services available.

• One-to-one advocacy: Face to face advocacy for eligible people, provided by advocates with specialist training in relevant law, care and support processes and working with people with communications needs.

Peer support and group advocacy: We are developing community advocacy programmes:
• Volunteering opportunities – if you have experience of using support services, to help others who face similar situations
• Training for carers and relatives – to help you be better equipped, and feel supported, to fulfil your role in assisting someone you know.
• Group advocacy – for you to talk about issues that affect you. Collective issues can be raised with local decision makers in order to make changes that benefit everyone.

You will find more information about our services on our website.

T: 0300 222 5704
M: 07860 018481
E: tvcp@voiceability.org

For children and young people who would like to speak with a NYAS advisor
T: 0808 808 1001
E: help@nyas.net
W: www.totalvoicecp.org
STRIVE Young Adult Carers
(16 – 25yrs)

A young adult carer is a young person who takes on a caring role for a family member who has a disability, long-term illness, mental illness (including depression, anxieties) or drug/alcohol substance misuse.

STRIVE – project supporting young adult carers
S tronger
T ogether
R espected
I ndividual
V alued
E mpowered

We offer a wide range of support to young people between the ages of 16 - 25 across Cambridgeshire and Peterborough. The projects enable young adult carers to build up their confidence, social skills, and future planning especially in relation to education, employment and training opportunities.

We offer young adult carers (and young carers in Peterborough) the chance to complete a transition plan. A Transition Plan means young people can get support with all different aspects of their lives to set short, mid and long term goals. Some of the work can include: finding out about apprenticeships, jobs, sports clubs, evening classes, housing and counselling.

We are also able to offer carers of all ages a Family Carer Prescription. This service is referred through GP surgeries (or a different health professional) and is designed to maintain or improve the physical or mental health of carers. It is a really flexible form of support which focuses on the specific needs of the young person.

In Cambridgeshire, we undertake statutory Carer’s Assessments for post 16+ young adult carers which gives an opportunity to look at the needs of young adult carers. If you care for an adult we can also help you plan for emergencies/if something happens to you using our “What if” plan. In Peterborough, these are done through Peterborough City Council but we can provide information about how to access these.

For young carers and young adult carers in Peterborough, there is also the chance to have your voices heard through our Carers Forum. This is your chance to raise awareness of the issues you and your family face and help to improve the situation.

If you would like to talk about support you may need or want to have to help you with education, employment, training – or anything else, contact:

C: Nicky Hornsby (Cambridgeshire)
E: nicky.hornsby@carerstrustcpn.org

C: Lisa Masters (Peterborough)
E: lisa.masters@carerstrustcpn.org
Duke of Edinburgh’s Award
Countywide (14 – 24yrs)
Cost: Bronze £35, Silver £40 and Gold £52

A Duke of Edinburgh’s Award (DofE) programme is a real adventure from beginning to end. It doesn’t matter who you are or where you’re from. You just need to be aged between 14 and 24 and realise there’s more to life than sitting on a sofa watching life pass you by. You can do programmes at three levels, Bronze, Silver or Gold, which lead to a Duke of Edinburgh’s Award.

You achieve an award by completing a personal programme of activities in four sections (five if you’re going for Gold). You’ll find yourself helping people or the community, getting fitter, developing skills, going on an expedition and taking part in a residential activity (Gold only). But here’s the best bit - you get to choose what you do! Your programme can be full of activities and projects that get you buzzing. And along the way you’ll pick up experiences, friends and talents that will stay with you for the rest of your life.

For further information please contact Nicky.

C: Nicky West, DofE Administrator
A: BH1203, Babbage House, Castle Park, Castle Hill, Cambridge CB3 0AT
T: 01223 715492
E: nichola.west@cambridgeshire.gov.uk
W: www.dofecambs.org

Prince’s Trust
Countywide (13 – 30yrs)

The Prince’s Trust is the UK’s leading youth charity. The Trust runs programmes that encourage young people to take responsibility for themselves - helping them build the life they choose rather than the one they’ve ended up with.

- The Team Programme is a 12-week personal development course, offering work experience, qualifications, practical skills, community projects and a residential week.
- Get ‘intos’ are short courses offering intensive training and experience in a specific sector to help young people get a job.
- Development Awards are small grants to enable young people to access education, training or work.
- Achieve give 13 – 19 year olds who are at risk of truanting, exclusion and underachievement a say in their education. They aim to improve attendance, motivation and social skills.

Fairbridge programme: Individually tailored personal development programme combining one-to-one support and group activities, delivered by Fairbridge staff through our 15 centres. The nearest programme which is delivered by the Tokko centre is in Luton. The age range for this programme is 13 – 25, young people who are unemployed, not in full-time education or training.

T: 0800 842 842
E: General.EastOfEngland@princes-trust.org.uk
W: http://www.princes-trust.org.uk/
Facebook: https://www.facebook.com/princestrust
Twitter: https://twitter.com/princestrust
Volunteering

Volunteering – Why do it?

To build confidence and self-esteem
Volunteering can help you do things you thought that you couldn’t - even things that you thought weren’t possible!
To make new friends
Volunteering can help you mix with new people who are into the same things, forming new friends on the way.
To make a difference
Upset that there is nothing for young people to do in your community? It’s time to make a difference
To improve your chances of getting a job
Volunteering on your CV is something that employers will respect and may give you another stepping stone towards your dream job
To gain new skills
Something you’ve always wanted to do? Then go for it and gain valuable skills along the way.

St John Ambulance
Countywide (18yrs+)

Volunteer with St John Ambulance
Our volunteers are the face of our charitable work. If you’re over 18, and want to help us save lives in your community, we’d love you to join our team. A range of opportunities are available:

Whatever your skills, there’s a volunteer role for you:
- First aider – be part of a team that saves lives. As a first aider, you’ll deliver care to people in need at public events in your community
- Professional clinical roles – nurses, doctors and paramedics play a vital role for us at larger events. Clinical leaders support the professional development of our first aiders and help us keep our standards high
- Working with young people – can you inspire the next generation of life savers? As a youth leader, you’ll encourage and inspire young people from all walks of life to develop their potential
- Management positions – whether it’s looking after your local unit, or supporting a number of units in your area, as a volunteer manager you’ll gain experience and develop your skills, and help us deliver our life saving work
- Support roles – we’re also looking for volunteers who can lend their expertise to roles such as safeguarding, human resources, quality assurance, fundraising and communications, and health and safety.

Volunteer with us, and we’ll teach you first aid (whatever role you’ve signed up to), and provide you with equipment and uniform. We’ll also make sure that you get all the training and support you need to excel in your role. All we ask in return is that you’re professional in your approach and committed to our life saving work. Adult volunteers need to be over 18 years old.

T: 0870 010 4950
E: volunteering@sja.org.uk
W: http://www.sja.org.uk/sja/default.aspx
Facebook: https://www.facebook.com/SJA
Twitter: https://twitter.com/stjohnambulance
**St John Ambulance Young People**

Countywide (7 – 25yrs)

Our youth programmes give young people the opportunity to learn first aid alongside other important life skills. They operate throughout England.

**Badgers (7 – 10yrs)**

Our fun and adventurous Badger Setts are packed with activities for children so they can learn important life skills in an exciting and safe environment.

**Cadets (10 – 17yrs)**

At Cadets it’s all about fun, community and developing your skills. You can learn first aid, earn your Grand Prior Award and volunteer within your community.

**Youth Projects: RISE (14 – 25yrs)**

RISE is a community programme aimed at training young people who are not in employment, education or training (NEETs).

**University Student Volunteering**

If you’re at university, you can join a first aid society. Student first aid societies offer a great opportunity to meet new people, provide first aid services and become more involved with your university community.

T: 0870 010 4950  
E: volunteering@sja.org.uk  
W: http://www.sja.org.uk/sja/default.aspx

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**Royal Voluntary Service**

Royal Voluntary Service, 2 Cattle Market Road, Peterborough PE1 1TW

Our volunteers deliver services that help older people live the life they want to. They make a massive difference within their communities and are committed to helping older people live independent and fulfilled lives. Whether it’s taking an older person to the shops, delivering a meal to them or even walking their dog – you can make a big difference that is appreciated and valued.

We’re always on the lookout for more volunteers to help in the Cambridgeshire area. Whatever your age, background or availability, we’d love to hear from you.

T: 01733 307304  
E: cambridgeshirehub@royalvoluntaryservice.org.uk  
W: http://www.royalvoluntaryservice.org.uk/service/1458-cambridgeshire  
Facebook: https://www.facebook.com/royalvoluntaryservice  
Twitter: https://twitter.com/RoyalVolService

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Wood Green, The Animals Charity
King’s Bush Farm, London Road, Godmanchester PE29 2NH (16yrs+)

From humble beginnings in 1924 Wood Green has grown to become one of the leading pet welfare organisations in the UK. They take in pets of all shapes and sizes. As well as cats and dogs, they find loving new homes for thousands of chickens, rabbits, mice, guinea pigs, goats, ferrets and more!

See what a difference YOU can make through volunteering
Wood Green has over 600 volunteers dedicated to helping pets find their forever homes. Looking for retail experience, an opportunity to give one of our animals a temporary home, a role in an office or want to make a practical difference?

All of their current roles are advertised via the webpage below. Click on ‘current vacancies’ and on this page you will also see a link to the online application form. If you are interested in fostering animals there is a link to a separate application form at the bottom. At present all volunteers need to be over the age of 16 years.

Wood Green have the same approach with all applicants; if you can meet the minimum requirements of the role’s description but your condition or disability could impact upon your volunteering they will, where resources allow, make adjustments so you can volunteer. For this reason, it will be necessary to know the reasonable adjustments needed to assist you in the role. Failure to disclose any information that may impact on your ability to carry out the role may mean that the agreement to volunteer will be discontinued.

If you require your carer or support worker to accompany you, please be aware that they will also need to complete an application form and training, as they would be expected to be on site and directly involved in the volunteering activity. If you have more than one carer, a lead carer will need to be nominated. If multiple carers are required this might restrict the roles that can be undertaken.

If you would like to discuss the volunteer opportunities further or you don’t see what you are looking for then please contact Wood Green using the details below.

T: 0300 303 9333 ext. 1214
E: volunteer.enquiries@woodgreen.org.uk
W: www.woodgreen.org.uk/how_to_help/volunteer
Facebook: https://www.facebook.com/WoodGreenTheAnimalsCharity
Twitter: https://twitter.com/Wood_Green
Cambridgeshire Fire and Rescue Service

Cambridgeshire Fire and Rescue Service runs a Community Champion scheme across the county to spread fire safety messages and encourage residents to carry out safety checks on their homes.

Community Champions speak to local communities about home fire safety and escape plans, as well as referring those people who don't feel confident about undertaking a check of their own home. They may also be asked to complement the services already being delivered by attending community events and providing support, as well as being part of our consultation community.

To request a Community Champion to attend an event or meeting, or to find out more about joining the scheme please contact Emma Prestidge.

T: 01480 587140
E: emma.prestidge@groundwork.org.uk
W: http://www.cambsfire.gov.uk/
Facebook: https://www.facebook.com/cambsfrs
Twitter: https://twitter.com/cambsfrs

National Council for Voluntary Organisations (NCVO)
Website

NCVO champion the voluntary sector by connecting, representing and supporting voluntary organisations. We work to help voluntary organisations and volunteers make the biggest difference they can.

- We connect organisations with the people, partners and resources they need to make the biggest difference.
- We represent the voluntary sector and volunteering to government – using the best research, we demonstrate their true value and help influence policy-makers.
- We support voluntary organisations by generating and identifying the best knowledge and expertise.

This site acts as a gateway to the world of volunteer management with links to over a thousand resources and information on support, training and development opportunities for people managing volunteers. For more information go to the website.

W: https://www.ncvo.org.uk/
Twitter: https://twitter.com/NCVO
Pre-School Support

Child and Family Centres
(0 – 19yrs)

Cambridgeshire Child and Family Centres offer groups, events, activities, courses and support for families across the county. As well as our network of Child and Family Centres and Zones we offer outreach groups, events and activities in libraries, churches and other community buildings in towns and villages across the county. Our friendly and experienced Child and Family Centre staff offer a wide range of services and support to help you and your family from pregnancy to the teenage years.

Our groups, activities, events and courses are promoted on Cambridgeshire.net. You can use the filtering to narrow results to nearest town/village. When you view the details of the activity you will be able to see which district is running the activity and where to go to take part in the activity.

Many activities take place in local community venues and are managed by district areas. If you need more help to access our courses, groups or activities, you can contact one of our five district hubs.

Our child and family centres offer

- Access to health services such as midwives and health visitors
- Family support services – trained staff who can support you if you need help or want some advice
- Advice about education and childcare
- Employment, training and benefits advice
- Drop-in play sessions
- Parenting courses offering help and support for parents of children of all ages
- A meeting place for parents, carers and childminders
- Parent led sessions and groups
- Dads' groups

There is a £2 charge for some of our activities. This money will be reinvested and help us to continue to provide fun and engaging activities and provide materials and equipment for the sessions. Your family may be entitled to come along free of charge. Due to demand or limited places you may also need to book in advance for groups, activities, events and courses.

To take part in our groups, activities, events or courses you must be registered with us. You only need to register once to access our activities, groups, events, courses and support across Cambridgeshire.

For information on Child and Family Centres and Zones, service delivery and policies please visit Cambridgeshire County Council website. Please follow us on our Facebook page for latest news and information.

W: https://www.cambridgeshire.gov.uk/child-and-family-centres/
Facebook: https://www.facebook.com/cambridgeshirechildandfamilycentre/
**Meadows Family Support Drop-In**
The Meadows Children and Family Wing, 1 St. Catherine’s Road, Cambridge CB4 3XJ
(under 5yrs)
Tuesday’s 9.30am to 12.30pm
Friday's 9.30am to 12noon

Family support drop-in for local families with pre-school aged children and babies. Family Support Staff welcome local families offering advice, guidance and support around a wide range of issues. Our Play Worker facilitates play and learning activities for families to enjoy together.

T: 01223 508144
E: info@mcfw.co.uk
W: http://www.meadowschildrenandfamilywing.co.uk/index.php

**All About Me**
The Meadows Children and Family Wing, 1 St. Catherine’s Road, Cambridge CB4 3XJ

This is a 6 week course on self-esteem and confidence building, which looks at individuals next steps for the future, share difficulties and learn new ways to move forward. The course is facilitated by a trained Counsellor. There is a free crèche. For further information contact the Children’s Centre.

T: 01223 508144
E: info@mcfw.co.uk
W: http://www.meadowschildrenandfamilywing.co.uk/index.php

**Opportunity Playgroup**
St Andrews Centre, School Hill, Histon, Cambridge CB24 9JE (under 5yrs)
Mondays 1pm to 3pm (term time)

This is a pre-school playgroup and parent support group for children with any level of additional needs, disability or social difficulty and their families. We have a lovely bunch of volunteer helpers who offer one to one play sessions for the children whilst the adults can have some down time in the café. The support and friendships the parents find from the group is perhaps the most important part of these sessions.

The group is for families throughout Cambridge and its surrounding villages. Parents can relax, have a coffee and chat together while the children are well looked after. Sometimes transport can be arranged, contact the group for more information.

C: Sally Abbott
T: 01223 315024
E: sallyyabbott@gmail.com
W: http://impingtonopportunityplaygroup.btck.co.uk/
Facebook: https://www.facebook.com/ImpingtonOpportunityPlaygroup
Ellesmere Opportunity Group
The Ellesmere Centre, Ley Road, Stetchworth, Newmarket CB8 9TS (under 5yrs)
Wednesdays 1pm to 3pm

This is a preschool playgroup for children with special needs and their families - siblings are welcome. There is a variety of specialist equipment which we have built up over the years we have been running including a light sensory room. The group is staffed by experienced volunteers who are happy to entertain the children while the parents have a chance to chat and support each other. We run throughout the year arranging additional activities in the holidays such as swimming and inclusive sport.

C: Christina Turner
T: 01638 507223
E: cjturner24@hotmail.com

C: Jane Wright
T: 01638 742261
E: janewright641@hotmail.co.uk

Helping Little Hands Learn

We at Helping Little Hands Learn believe every child is special and is capable of being outstanding.

We specialise in providing:
- Tailored Therapy/Play Sessions: building on communication, physical and play skills while implementing therapy targets.
- A Guiding Hand: assistance and guidance for families including daily living skills (at home and in the community), routines, visual supports and tutoring, establishing alternative education packages, training and managing care staff.
- Helping Little Hands Play: a play group for children of all ages with additional needs and their families - look out for our holiday events!

We cover Cambridgeshire, surrounding counties and further afield.

Helping Little Hands Play is a unique group for children with additional needs and their families with special events in the holidays! Qualified and specialised staff who accept every child and can see the best they can be! Designed to develop children’s social, communication, physical and play skills, while building confidence and self-esteem. Individual targets can be set with step by step support for families. Make friends and find support from others.

For further information contact Skye.

T: 07867 966949
E: Via website
W: www.helpinglittlehandslearn.com
Home-Start Cambridgeshire
Home-Start Cambridgeshire, F103/F104, Upper Pendrill Court, Ermine Street North, Papworth Everard, Cambridgeshire CB23 3UY (under 5yrs)

Home-Start is one of the UK’s leading family support charities, a voluntary organisation offering support to families who have at least one child under five when family life becomes difficult. All round the country local schemes recruit and train volunteers to support local families with young children at home.

Home-Start Cambridgeshire’s aim is to give every child the best possible start in life. The ethos of the charity can best be described as ‘One parent helping another parent through a difficult time.’

Our service supports families, through weekly volunteer home visits, to deal with diverse concerns such as parental mental health issues, isolation, postnatal illness, disability, bereavement, multiple births and parenting skills. We also support families in a group setting currently in Chesterton, Cambridge and an additional group is being set up in Wisbech.

Our trained volunteers provide tailored practical and emotional support to help parents and children build confidence, independence, resilience and community connections. This early intervention service offers a gateway to many other community services and we work in partnership with them to improve the life chances of our families and young children.

We help to increase the confidence and independence of families by:
- Visiting families in their own homes to offer support, friendship and practical assistance
- Reassuring parents that their childcare problems are not unusual or unique
- Encouraging parents’ strengths and emotional well-being for the ultimate benefit of their children
- Trying to get the fun back into family life

Our volunteers, who have parenting experience themselves, can offer:
- Precious time for listening and talking
- Help with the children
- A break for parents
- Practical help and reassurance
- A chance to meet other parents in the same boat
- Support to use local services and resources

Parents ask for Home-Start's help for all sorts of reasons, they may:
- feel isolated in their community, have no family nearby and be struggling to make friends
- be finding it hard to cope because of their own or a child’s physical or mental illness
- have been hit hard by the death of a loved one
- be really struggling with the emotional and physical demands of having twins or triplets - perhaps born into an already large family

For more information please visit the website.

T: 01480 700242
E: office@homestartcambridgeshire.co.uk
W: www.homestartcambridgeshire.co.uk
Early Support - Helping every child succeed
Countywide (0 – 5yrs)

Early Support is a way of working, that aims to improve the access and delivery of services for children 0-5 years who are disabled or have significant and complex additional needs, related to their development and learning, and their families.

It is a framework for parents and professionals to work together and support family’s right from the start, keeping families and children at the centre of decision making and putting their needs first.

Through the Think Family approach and 'Team around the Family' meetings parents and professionals plan and review together, coordinating services and support which avoids duplication.

A named lead professional, identified with parents, is the main point of contact for families and professionals who ensures co-ordination of support, services and information

In Cambridgeshire Early Support coordinators support lead professionals bringing together professionals across agencies involved with children following the Early Support Pathway; supporting the coordination of referrals, assessment, planning and services until the end of Reception at Primary School.

They are a central contact point for parents and professionals: a source of expertise and knowledge of services, support and information across agencies for children with additional needs related to development and learning.

**Countywide**
T: 01945 488048

**Huntingdon and Fenland**
C: Linda Bedrikovs
T: 01480 418646

**East and South Cambs, and Cambridge City**
C: Jennifer Deacon
T: 01223 218062

Cambridgeshire and Peterborough Pre-School Learning Alliance
Century House, Market Street, Swavesey, Cambridge CB24 4QG

Our mission is to help children succeed, create the childcare that families need and build learning communities.

The Pre-school Learning Alliance is the largest early year’s membership organisation and voluntary sector provider of quality affordable childcare and education in England. An educational charity, the Alliance represents the interests of over 14,000 member settings who deliver care and learning to over 800,000 families every year.

We deliver acclaimed training, quality improvement and family learning programmes, produce specialist publications, offer information and advice to early year’s professionals and parents, and campaign to positively influence childcare policy and practice.

Alliance childcare services include the direct-management of children’s centres, breakfast and after school clubs, nurseries, pre-schools and parent and toddler groups. Our settings actively involve parents, families, partners, volunteers and the local community at all stages of delivery.

T: 01954 231751
E: Cambsandpboro@pre-school.org.uk
W: https://www.pre-school.org.uk/cambridgeshire-peterborough
Facebook: https://www.facebook.com/PreschoolLearningAlliance/
Twitter: https://twitter.com/pre_schoolla
Support in Education

Cambridgeshire Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)
Countywide (0 - 25yrs)

The aim of the Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS) is to ensure that parents of children with Special Educational Needs and/or Disabilities, and children and young people themselves, up to the age of 25, have access to information, advice and support in relation to their special educational needs and/or disabilities so they can make appropriate, informed decisions about their support.

SENDIASS promotes positive outcomes for children and young people and their parents through partnerships between them, schools, the local authority, health and other agencies.

For confidential advice and information call our Confidential Advice Line Link (CALL):
T: 01223 699214
E: pps@cambridgeshire.gov.uk

For information on SENDIASS training, newsletters and website:
T: 01223 699211
E: ppsadmin@cambridgeshire.gov.uk

SEND Manager
T: 01223 699211
E: ppo@cambridgeshire.gov.uk

W: http://www.cambridgeshire.gov.uk/sendiass

Valuing the Parent-Professional Partnership through working together for the benefit of the child.
Independent Support
(0 – 25yrs)

Independent Support is a Government funded scheme. It provides extra help to young people and parents/carers with the changes introduced to special educational needs and disability in September 2014.

Support will be offered to:
- Children, young people and their families being assessed for an EHC Plan
- Children with a Statement of Special Educational Needs converting to an EHC Plan
- Young people with a Learning Disability Assessment (LDA) converting to an EHC Plan

Independent Support is available from:
- The Parent Partnership Service providing Cambridgeshire’s Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)
- Core Assets who have the contract to deliver independent support from the voluntary sector for Cambridgeshire

SENDIASS, Core Assets, Pinpoint (the local parent carer forum) and the local authority will work together to ensure Independent Support is available to parents, carers and young people in Cambridgeshire.

C: SENDIASS
T: 01223 699214
E: pps@cambridgeshire.gov.uk

For information about Independent Support offered by Core Assets
T: 0800 028 8455
E: isreferrals@core-assets.com

Parents' School Preference Advice - changing or starting school
Countywide (4 – 16yrs)

Deciding which school, you would prefer your child to attend is a very important decision, but the system can be confusing. The Parents' School Preference Adviser can offer parents support, information and advice on choosing and applying for primary and secondary schools in Cambridgeshire, including starting primary school, changing schools during the school year and the move (transition) from primary to secondary school.

Information is also available on:
- How the transfer and admissions process works
- Primary and secondary schools
- Admission policies and criteria for different schools
- Travel issues
- What happens if parents don’t get their preferred choice (appeals)

C: Parents' School Preference Adviser
T: 01223 699194 (term time)
E: choosingaschool@cambridgeshire.gov.uk
W: http://www.cambridgeshire.gov.uk/info/20059/schools_and_learning/363/apply_for_a_school_place/7
Parents Liaison and Advisory Network (PLAN)
Countywide (0 – 25yrs)

The group meets once a term at various venues around the county. Parent and carers of children and young people with disability or additional needs are welcome.

The purpose of the group is to:
- discuss new and future SEND Information, Advice and Support Service initiatives and make further suggestions
- support the SEND Information, Advice and Support Service in the circulation of its information to parents and carers
- advise the SEND Information, Advice and Support Service on any issues that are impacting on parents and carers in relation to the additional needs of their children
- ensure parents and carers have the opportunity to discuss with the SEND Information, Advice and Support Service and other invited local authority representatives, issues relating to developing policy and practice for children and young people with special educational needs
- represent parental views, regarding service development and policies for all children and young people with special educational needs
- Involve parents more fully in influencing SEN policy decisions and practice through consultation
- provide an effective response as a collective voice from parents and carers
- maintain and raise awareness of the additional, special educational needs and disabilities of children, young people and their families.

C: Bob Wilson, SEND Manager
T: 01223 699211
E: robert.wilson@cambridgeshire.gov.uk

Core Assets Children’s Services
(0 - 25yrs)

This service delivers Independent Support to young people and their families in partnership with local Information, advice and Support services (IASS), previously known as Parent Partnership Services (PPS), Local Authorities, and Parent Carer Forums (PCF).

What is Independent Support?
The Children and Families Act 2014 has introduced measures on special education needs and disabilities (SEND). Under the act, local authorities have a duty to introduce the new Education, Health and Care (EHC) plans and publicise a Local Offer of the services and activities that are available to parents, carers and young people. Independent Supporters within each local authority will assist parents and young people through the EHC planning process.

Core Assets will offer families help and support to progress through the EHC assessment and planning process. To request help from this service call the helpline/email or use the online referral form.

T: 0800 028 8455
E: ISReferrals@coreassets.com
IPSEA

The Independent Panel of Special Education Advice (IPSEA) offers free and independent legally based information, advice and support to families in England to help get the right education for children and young people with all kinds of special education needs and disabilities (SEND).

By law, children with SEND are entitled to educational support that meets their individual needs. Since IPSEA was formed in 1983, we have helped to improve educational support for thousands of children with all kinds of SEND. We do this by providing free and independent legally-based information, advice and casework support.

Our unique range of services has been developed to ensure that families understand their children’s legal rights and entitlements and that they are empowered to enforce those rights to secure the right education for their child.

IPSEA has a range of free downloadable legal guides and resources available to parents and carers. There is also a free Advice Line which provides legally based information and next step advice on any educational issue that is a result of a child's SEND. IPSEA’s Tribunal Helpline advice on appeals and disability discrimination claims to the SEND Tribunal and is also the gateway to our Tribunal Support Service where a referral can be made for more extensive casework support from a volunteer, including representation at the hearing. Our advice services are delivered by a national network of around 200 highly-trained volunteers, supervised and supported by IPSEA’s Legal Team members.

W: https://www.ipsea.org.uk/
W: https://www.ipsea.org.uk/Pages/Category/get-support
Twitter: https://twitter.com/IPSEAcharity
Preparing for Adulthood - Moving to Adult Social Care
Countywide (14 – 25yrs)

Disabled young people have the same rights as other young people. We want to make sure that as they grow up and move towards adulthood they have the right support and opportunities to think about and prepare for their future and adulthood.

Preparation should be from as early as possible but at least by the age of 14 years and should be focused on outcomes that are important to the young person, covering areas such as:

- learning to be independent
- preparing for work
- doing things that interest them
- future living and support arrangements
- good health and well-being
- money
- having friends and being part of the community

If your child has an allocated social care practitioner they will have a key role in ensuring this happens and that any social care support provided is focused on thinking about and planning for the future.

If your child has a social care practitioner already they will make sure that the SEND Young Adults Team (18 – 25) meet and get to know you your young person, carry out an adult social care assessment and, if eligible, make sure plans are in place to meet their social care needs once they turn 18.

If you feel you may need social care support when you become an adult (18) or are the parent or carer of someone who may, talk to school or other staff who support you and they will be able to refer you on or contact us through the Contact Centre on 0345 045 5203.

C: Anita Hewson, Service Manager, Disability Social Care, SEND Service (0 – 25) (including the SEND Young Adults Team)
T: 01223 703589
E: anita.hewson@cambridgeshire.gov.uk
Additional Needs Pathway Co-ordinator
South Cambs and Cambridge City: Shire Hall, Castle Street, Cambridge CB3 0AP
Fenland and Huntingdonshire: 7 The Meadow, Meadow Lane, St Ives PE27 4LG
(13 – 25yrs)

Provides early targeted support to young people in the county’s specialist provision who have an Education, Health & Care Plan (EHC Plan) / Statement of Special Educational Need who are or are at risk of becoming NEET (not in education, employment or training). The co-ordinator can help with college applications, arranging visits to colleges or training providers and taster sessions

Young people aged 13 - 25 with special educational needs or disabilities are eligible for this service. You will need to have/had a statement of SEN or Education Health & Care Plan (EHC Plan) and be attending or have attended specialist provision within Cambridgeshire or out of county if needs could not be met in county.

Young people are usually referred by their school or college. Parents can contact the service direct as can other professionals. Young people can also self-refer.

South Cambridge and Cambridge City
T: 01223 728145
E: angie.vickery@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send

Huntingdonshire and Fenland
T: 01480 373797
E: martine.simpson-thomas@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send
14 - 25 Additional Needs Team
South Cambs and Cambridge City: Shire Hall, Castle Hill, Cambridge CB3 0AP
Huntingdonshire and Fenland: Vantage House, Vantage House, Vantage Park, Washingley Road, Huntingdon PE29 6SR
(14 – 25yrs)

Provide early targeted support to young people in the county’s specialist provision who have an Education, Health and Care Plan (EHC Plan) who are or are at risk of becoming NEET (not in education, employment or training). The co-ordinator can help with college applications, arranging visits to colleges or training providers and taster sessions.

Young people aged 14 - 25 with special educational needs or disabilities are eligible for this service. You will need to have/had a statement of SEN or Education Health and Care Plan (EHC Plan) and be attending or have attended specialist provision within Cambridgeshire or out of county if needs could not be met in county.

Schools, college and parents can contact the service direct as can other professionals. Young people can also contact us direct.

South Cambridge and Cambridge City
T: 01223 728145
E: angie.vickery@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send

Huntingdonshire and Fenland
T: 01480 373480
E: martine.simpson-thomas@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send
Additional Needs Pathway Advisers
South Cambs and Cambridge City: Shire Hall, Castle Street, Cambridge CB3 0AP (14 – 25yrs)

Provides early targeted support to young people in the county’s specialist provision who have an Education, Health & Care Plan (EHC Plan) who are or are at risk of becoming NEET (not in education, employment or training). The co-ordinator can help with college applications, arranging visits to colleges or training providers and taster sessions.

Young people aged 14 - 25 with special educational needs or disabilities are eligible for this service. You will need to have/had a statement of SEN or Education Health & Care Plan (EHC Plan) and be attending or have attended specialist provision within Cambridgeshire or out of county if needs could not be met in county.

Young people are usually referred by their school or college. Parents can contact the service direct as can other professionals. Young people can also self-refer.

South Cambridge and Cambridge City
T: 01223 728145
E: angie.vickery@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send

Huntingdonshire and Fenland
T: 01480 373797
E: martine.simpson-thomas@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send

Additional Needs Employment Strategy Co-ordinator
Shire Hall, Castle Hill, Cambridge CB3 0AP (14 – 25yrs)

Providing a strategic overview and planning strategy for the Local Authority to monitor and develop services around employment opportunities for young people. This includes engaging with special schools, special sixth form centres, further education colleges, providers of supported employment services and employers. The role aims to bring together information all in one place for all these contacts.

This service is for people with learning difficulties and/or disabilities aged 14 - 25 and those who support and care for them.

There is no referral system, enquiries are welcome from all.

T: 01480 376289
E: martine.simpson-thomas@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/send
Student Community Action (SCA)
Various Locations (various ages)

SCA is an independent charity, which recruits and places student volunteers from Anglia Ruskin University and the University of Cambridge, in any one of dozens of projects in Cambridge. SCA has more than 300 volunteers giving thousands of hours to improve the lives of people living in the local community.

Please be advised there is a waiting list for these services - all of our volunteers are students and therefore the activities only take place during the University of Cambridge term time.

Contact for all the SCA groups are:
C: Caroline Ward, Manager or Suzanne Buttress, Volunteers and Projects Officer
A: 17 Mill Lane, Cambridge CB2 1RX
T: 01223 350365 (Opening hours: Monday to Friday, 1pm to 4pm (term time)
E: mail@cambridgesca.org.uk
W: www.cambridgesca.org.uk
Facebook: https://www.facebook.com/cambridgesca

Bounce (SCA)
St Luke’s Barn, French’s Road, Cambridge CB4 3JZ (5 – 11yrs)
Saturday afternoons

An hour and a half of fun-filled sports games, board games, and crafts - prepare to be exhausted. This project is for children from one parent or carer families, children who have suffered bereavement, children with disabilities, learning difficulties or behavioural problems, or children with family members who have disabilities, learning difficulties or behavioural problems. This is a FREE activity club.

Student Community Action (SCA) Big Siblings Project
(5 – 11yrs)

We provide a volunteer student visitor for children and the service is free. The student acts as an 'adopted' older brother/sister to the child, taking them out (usually once a week). Families must live within walking/cycling distance of Cambridge City Centre. This project is for children from one parent or carer families, children that have suffered bereavement, children with disabilities, learning difficulties or behavioural problems, or children with family members who have disabilities, learning difficulties or behavioural problems. Children should be aged between five and 11 years. Visits are usually about one to two hours, once a week.

Teaching English as a Second Language (SCA)
School aged young people and adults

Volunteers provide 1:1 help for school children whose work is suffering due to their lack of English language skills. This help is given under the guidance of either their EMAG or form teacher. Usually this help is given at the child’s home either during the early evening, or at weekends, but sometimes volunteers help in the classroom or at after school clubs. Volunteers commit to about one hour a week of contact time.
Homework Help (SCA)
School aged young people

Homework Help provides a volunteer student visitor for children who are having some difficulty at school. The volunteer will act as a mentor for the child, helping them work through the difficulties they are having, and thereby increase both their confidence and ability. Visits will usually happen at the child’s house, and a parent/guardian/carer must be present in the house during the volunteers visit. The children visited should live within cycling distance of the centre of Cambridge.

Volunteers commit to about one hour a week of contact time.

Taskforce (SCA)
(18yrs+)

The taskforce project allows members of the Cambridge community to contact us and request university student volunteers to help them with certain tasks. In the past, volunteers have helped people with their garden or getting around town, although they can also just pop round each week for some tea and a chat. Volunteers commit to about one hour a week of contact time.

So if you would like a volunteer for a role that does not fall into any of the above projects, please contact the SCA office and we'll try our best to find someone to match your needs!

Disabled Students Helpline
(16yrs+)

This line provides advice to disabled students who are studying in England. Disability Rights UK provide advice to disabled students who are studying in England. Our advisors can advise and support disabled people who are studying or wish to study at any level on full-time or part-time education or training courses if

- the course is in England and
- they are over 16

We can advise and support
- disabled students or
- parents and/or carers of disabled students or
- professionals working with disabled students

T: 0330 995 0414 (11am to 1pm on Tuesdays and Thursdays)
E: students@disabilityrightsuk.org
W: http://www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline
Recovery College East
128 Tenison Road, Cambridge CB1 2DP (18yrs+)

Recovery College East provides a collaborative, educational learning environment and aims to convey messages of hope, empowerment and opportunity to all. It celebrates strengths and successes rather than highlighting deficits or problems.

Whether you want to develop new skills or increase your understanding of mental health challenges, you will find that the college is a relaxed, friendly place to learn with lots of support on hand if you should need it.

We offer courses to:
- Anyone over the age of 18 who has received, or is receiving, secondary services from CPFT
- Their supporters (family, friends and loved ones)
- CPFT staff, volunteers and students on placement
- Staff and those who receive services from our co-production partner organisations.

There is no fee and no entry requirements, but people need to register and enroll before attending. Courses vary in length from one-off workshops to those that take place weekly for a number of weeks.

Some of our Recovery College East students have been involved in the publication of a fantastic new book, Road to Recovery: Our Stories of Hope.

In the book, there are some inspirational stories describing the incredible journeys people have taken on their road to recovery. We've been truly humbled putting these stories together and we hope you can experience some of that inspiration when you read them.

You can download a copy here (or from the website).

For information on courses and enrolment contact Recovery College.

T: 01223 227510
E: recoverycollegeeast@cpft.nhs.uk
Bullying

Bullying at School: A Guide from GOV.UK

The Law
Some forms of bullying are illegal and should be reported to the police.
These include:
- violence or assault
- theft
- repeated harassment or intimidation, e.g. name calling, threats and abusive phone calls, emails or text messages
- hate crimes
Call 999 if you or someone else is in immediate danger.

Schools and the law: By law, all state (not private) schools must have a behaviour policy in place that includes measures to prevent all forms of bullying among pupils. This policy is decided by the school. All teachers, pupils and parents must be told what it is.

Anti-discrimination law: Schools must also follow anti-discrimination law. This means staff must act to prevent discrimination, harassment and victimisation within the school.

Reporting bullying: You should report bullying to your school in the first place - or someone you trust if it happens outside school, e.g. in a club or online. Tell the police if the bullying involves a crime.

Schools - reporting bullying: School staff will deal with bullying in different ways, depending on how serious the bullying is. They might deal with it in school, e.g. by disciplining bullies, or they might report it to the police or social services. Any discipline must take account of special educational needs or disabilities that the pupils involved may have.

Police - reporting bullying: Anyone can make a complaint to the police about bullying but it’s usually a good idea to speak to your school first. If you’re reporting cyberbullying, keep a record of the date and time of the calls, emails or texts - don’t delete any messages you receive. Call 999 if you or someone else is in immediate danger.

Bullying outside school: Head teachers have the legal power to make sure pupils behave outside of school premises (state schools only). This includes bullying that happens anywhere off the school premises, e.g. on public transport or in a town centre. School staff can also choose to report bullying to the police or local council.

Bullying - a definition: There is no legal definition of bullying, however, it’s usually defined as behaviour that is:
- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, e.g. because of race, religion, gender or sexual orientation

It takes many forms and can include:
- physical assault
- teasing
- making threats
- name calling
- cyberbullying - bullying via mobile phone or online (e.g. email, social networks and instant messenger)

Your school should have its own definition of bullying.

There are lots of organisations that provide support and advice if you’re worried about bullying:
Anti-Bullying Alliance
Kidscape (various ages)

Our mission is to provide children, families, carers and professionals with advice, training and practical tools to prevent bullying and protect young lives.

Kidscape believe that all children should be able to grow up in a world free from bullying and abuse, and that all adults should keep children safe and help them to reach their full potential. By providing training, support and advice to children, parents, schools and those in professional contact with young people, we enable them to gain knowledge and develop the confidence and skills to challenge abuse and bullying in all its forms.

Our values:
- We believe that every child has the right to live life free from bullying and harm
- We believe that all adults have a responsibility for creating safe and nurturing environments for children
- We value the role of parents and carers and work with them to keep children safe
- We believe that by working together we can protect more young lives and actively encourage partnership work

T: 020 7730 3300
E: info@kidscape.org.uk
W: www.kidscape.org.uk
Facebook: https://www.facebook.com/KidscapeCharity
Twitter: https://twitter.com/kidscape

Childline (under 19yrs)

Childline is yours – a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We’re here for you online, on the phone, anytime.

We can help with anything from abuse and bullying, to exam stress and relationships. Calling Childline is free and doesn’t show up on the phone bill.

T: 0800 1111
W: https://www.childline.org.uk/
Bullying UK  
(Part of Family Lives)

Family Lives is a national charity providing help and support in all aspects of family life.

Family Lives covers all aspects of family life that include all stages of a child’s development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children. We provide a 24 hour helpline, advice website, live chat and parenting/relationship support groups.

T: 0808 800 2222 (helpline service open 9am to 9pm, Monday to Friday. 10am to 3pm Saturday and Sunday)  
W: http://familylives.org.uk  
Facebook: https://www.facebook.com/familylives  
Twitter: https://twitter.com/familylives

If you are unable to get through to Live Chat because of demand you can email our team at parentsupport@familylives.org.uk

Red Balloon – Cambridge  
Herbert House, 57 Warkworth Terrace, Cambridge CB1 1EE (11 – 17yrs)

Red Balloon is a community in which children who have been traumatised by bullying or other events and circumstances can feel safe, regain their self-esteem, get back on an academic track and become confident enough to be able to rejoin their mainstream peers.

The short-term educational and therapeutic programmes run at our centres help build children’s self-confidence and enable them to return to mainstream education or move into employment or training. All our students have access to a broad and balanced curriculum of academic subjects, creative arts, counselling or therapy, and personal and social education.

We work in partnership with local schools to improve student attendance and academic progress. Students in KS4 can work towards GCSE and other qualifications. When students have regained their self-esteem and confidence, we support them in the next stage of their educational journey – back to school, on to college, or on to training.

T: 01223 357714  
E: admin@cambridge.rblc.org.uk  
W: www.redballoonlearner.org.uk  
Facebook: https://www.facebook.com/RedBalloonLCG  
Twitter: https://twitter.com/RedBalloonLCG
**Red Hen Project**  
Kings Hedges Education Federation, Northfield Avenue, Cambridge CB4 2HU  
(4 – 11yrs)

The project employs two home school workers who can help children aged 4 – 11 years (although we can work with older siblings too, as part of a family approach) and families living in a disadvantaged area of North Cambridge, and attending one of the five partner schools. The schools are; Kings Hedges Education Federation, Arbury Primary School, The Grove Primary School, Shirley Community Nursery and Primary School, and Orchard Park Primary School.

**The aims are to:**
- Support vulnerable families
- Develop positive relationships between home and school
- Develop inter agency liaison
- Support the development of positive parenting
- Support and develop links with other community bodies

The project runs in partnership with its schools, and works in collaboration with other groups and organisations, e.g. Cambridgeshire Time Credits, Kettle’s Yard, Fare Share, etc.

The project also runs community outreach activities, coffee mornings, summer day trips, parenting and other workshops and courses. The issues covered include parenting, behaviour management, physical and mental health issues (both theirs and their parents’), housing, benefits/debts, food poverty, bullying, low self-esteem, family break ups, bereavement, child protection issues and domestic violence.

C: Christine O’Reilly, Maria David, Liz Wright  
T: 07816 444439 or 07794 717109 or 07966 839635  
E: lwright_redhen@kingshedges.cambs.sch.uk  
W: www.redhenproject.org  
Support for Families

Within the County Council the Children, Families and Adults Services directorate is designed to enable the council to respond to the needs of the people and communities we serve. The service continues to take the lead with its partners on matters facing children and plays a key role as an advocate for children, young people and families, making sure that:

- every child or young person receives a high quality education regardless of their age or background
- there is no longer a link between disadvantage and poorer health or education outcomes, and that all young people are safe and well equipped to go onto further learning or work.

Accessing support for your family

Sometimes children, young people, adults and families need some additional support. We use the Early Help Assessment (EHA) to assess the needs of your family and make sure you get the help you need as quickly as possible. The process is voluntary, you can choose whether to be involved and you can withdraw from the process at any time. In some situations children/young people can make their own decisions about whether they need an EHA, and who they want to support them.

Early Help Assessment?
The Early Help Assessment (EHA) is a shared assessment used by different agencies who work with families. Once it has been completed, and with your agreement, the EHA form will be shown to other workers and services who may be able to offer advice and support. This means you will not need to repeat information to lots of different people.

Following the assessment, one person will be identified to be your Lead Professional. They will try to get your family the support you need to address the needs and concerns of all members of your family. They will coordinate the work with other professionals and your family, so you have one main point of contact.

Your Lead Professional will make sure everyone is working to the same plan, working together and sharing information. We use a Think Family approach to make sure we are supporting all the needs of the different members of your family. You will be involved throughout the decision-making process, and will be central to the solution.

To find out more about the EHA you can speak to the person who suggested the EHA, another professional who knows you and your family, or contact the Early Help Hub.

E: Early.helphub@cambridgeshire.gcsx.gov.uk
T: 01480 376 666 (office hours)
Child and Family Centres

Child and Family Centres offer groups, events, activities, courses and support for families across the county. As well as the network of Child and Family Centres and Zones we offer outreach groups, events and activities in libraries, churches and other community buildings in towns and villages. Our friendly and experienced Child and Family Centre staff offer a wide range of services and support to help you and your family from pregnancy to the teenage years.

Each group, activity, event or course on www.cambridgeshire.net will have specific contact details and venue information. For general enquiries or to seek support for your family please contact your Child and Family Centre district team.

W: https://www.cambridgeshire.gov.uk/child-and-family-centres/

District Early Help Teams

The teams are made up of practitioners from a range of backgrounds, including:

- young people's workers
- transition advisers
- education welfare officers
- family workers
- youth and community coordinators

The teams work closely with other services such as:

- school nurses
- health visitors
- primary mental health workers
- social care
- specialist services for children and young people with a disability
- education psychologists
- education services for children and young people out of school

The district teams have strong links with their local schools, Children and Family Centres and health and voluntary organisations.

The support on offer includes:

- advice and support to families who need additional help with parenting
- providing young people with information and advice on education, employment, training and personal development opportunities
- work with students who have behavioural problems by supporting schools
- help to ensure children attend school regularly and punctually
- specialist support for young people needing help in the transition to adulthood
Family Workers
Countywide (0 – 25yrs (SEND))

Family Workers provide a mixture of individual and group interventions with parents, carers, children and young people with additional needs up to the thresholds for social care involvement to improve outcomes for children and families. Family Workers work with a wide range of families who need additional support to build their capacity, reliance and resources.

The core of the role focuses on:
- Developing positive parenting
- Ensuring children progress in their learning
- Increasing family engagement with community services
- Family Workers do however, work holistically with families and therefore may work in partnership with other services or organisations to address a wide range of issues.

The service works with families with children aged 0 - 19 (up to 25 for children with disabilities) according to local need and Family Workers are based in both Locality Teams and Children's Centres.

Further information about these services can be accessed by contacting your locality team.

W: www.cambridgeshire.gov.uk/localityteams
T: 0345 045 5200

What If? Plan
(18+yrs)

The What If? Plan encourages family carers to plan ahead for an emergency. The free service delivered by Carers Trust Cambridgeshire, Peterborough, Norfolk is funded by Cambridgeshire County Council and operates 24 hours a day, 7 days a week, 365 days a year.

It can provide emergency support to the person you care for in the event of you being unable to care because of a sudden illness, accident or other unplanned event.

You can register for a What If? Plan if:
- The person you look after lives in Cambridge City, East Cambridgeshire, South Cambridgeshire, Fenland or Huntingdonshire
- The person you look after is over 18
- You are aged 16 or over.

For further information and to register:

T: 01480 499090 Family Carers Helpline
W: www.carerstrustcpn.org/whatifplan

If you live in Peterborough, please call 01733 747474 and ask for ‘Emergency Support for Carers Service’ or visit the Peterborough City Council website for more information on how to register.

**Family Carers Prescription**  
Carers Trust Cambridgeshire and Peterborough, 4 The Meadow, Meadow Lane, St Ives PE27 4LG (all ages)

Are you caring for someone and feel emotionally or physically overwhelmed?

The carers prescription is a service that allows GPs and primary care staff to provide a formal signposting to a carer support service giving access to:

- health and care information to carers
- support to access ongoing services
- flexible breaks at short notice to improve health and wellbeing

The Family Carers Prescription service is available to carers who are registered with a GP surgery within the Cambridgeshire and Peterborough Clinical Commissioning Group (you can check to see if your surgery is included on the website).

A Family Carers Prescription will give you access to a specialist worker at Carers Trust Cambridgeshire who can help you find out what your rights are, which benefits you may be entitled to, what support is available for you and your family.

They can help you design a short break that works for you and they will also provide support for this break to happen. You help decide what gives you a break – it may be assistance going out with the person you care for, someone being with the person you care for whilst you do something or it could be something else.

Go to your surgery or ask for a telephone appointment with your Doctor to briefly explain your circumstances. The service is also designed to respond quickly to urgent need.

Your Doctor will agree the prescription and contact Carers Trust Cambridgeshire. The surgery will record you are a family carer so that they can support you appropriately in the future.

Carers Trust Cambridgeshire will respond quickly and provide the information service and an agreed break if you choose, without any charge to you.

Full details of this service can be found on the Carers Trust Cambridgeshire website.

T: 01480 499090 or 01733 645234  
E: carers@carerstrustcpn.org  
W: www.carerstrustcpn.org
Information Advisor/Childcare Specialist
(0 – 16yrs)

Supports parents looking for childcare, providing specialist information and advice to parents, carers and practitioners working with families, especially childcare with SEN (special educational needs) and physical disabilities. Support is available online, by telephone and face to face to help parents to access and sustain childcare places that meet their children’s individual needs. The Information Advisor Childcare Specialist works within the SENDIASS Team - SEND Information Advice and Support Service.

C: Vicky Chandler
T: 01480 373402 (Office hours: Monday 9am to 4pm, Tuesday 9am to 3.30pm, Thursday 9am to 3.30pm)
E: Vicky.chandler@cambridgeshire.gov.uk
W: http://www.cambridgeshire.gov.uk/sendiass

Parent Support Group St Ives
Facebook Group (all ages)

This group runs a very popular Facebook page. We are a parent/carer support group for parents with children with additional needs. A place to come and get support and to have a chinwag or just to rant and let off steam!! And meet Likewise parents.

C: Rachael Allen
T: 07932 087516
E: Arallen73@tiscali.co.uk or Littleflowers_rachael@yahoo.co.uk
Facebook: https://www.facebook.com/groups/CambridgeshireSEN/

Monday and Tuesday Club
Meadows Children and Family Wing, 1 St Catharine’s Road, Kings Hedges, Cambridge CB4 3XJ
Mondays 3.45pm to 5.30pm (5 – 8yrs) (term time)
Tuesdays 3.45pm to 5.30pm (8 – 11yrs) (term time)
We ask for a contribution of £1 per child although if you cannot afford this we may still be able to help.

These clubs are for local children regardless of disability or additional needs. They offer a wealth of social, educational and play opportunities for children to enjoy together. There are many things to do including, art and craft activities, sports in the gym, and a range of healthy, nutritious snacks to enjoy.

Please note this is not a child care provision, places have to be applied for.

T: 01223 508144
E: info@mcfw.co.uk
W: http://www.meadowschildrenandfamilywing.co.uk/
Gamlingay and District Parent Carers Group
(all ages)

This is a self-help support group for parents with children up to any age with any disability or medical condition and also carers of looked after children. The group meets once a month in the morning in member's houses for coffee, chat and a sympathetic ear.

C: Bridget Smith  
T: 01767 650510  
E: bridget@glockling.com

Family Fund Tired Out

Tired Out is Family Fund’s sleep support hub for families raising disabled and seriously ill children to find help and information about sleep issues. The hub is a website and was created by Family Fund in partnership with charities such as Scope, National Autistic Society and Contact to provide information about bedtime routines, night waking, sleep facts and much more.

- Find out about sleep services in your area.
- Take a look at our sleep tips to find out about anything from routines and diaries to sleep food and bedroom environment.
- Read academic research papers and articles relating to sleep problems among children with assorted difficulties, disabilities and/or additional needs.
- Read stories from families who may have similar experiences to your own.
- Find useful products and resources that might help.

If you have anything you would like to add to the site or have questions or queries, please email us.

T: 01904 550066  
E: tiredout@familyfund.org.uk  
W: www.tiredout.org.uk

**Little Miracles**  
Ely Community Centre, High Barns, Ely CB7 4SB (0 – 19yrs)

Little Miracles is a charity run mostly by volunteers. It consists of parents who know what it is like to have a child with an additional need, disability or life limiting condition. Parents who understand the challenges you face. We support families across the whole of East Cambridgeshire with a variety of additional needs, disabilities and life limiting conditions. Children do not need a diagnosis to attend the sessions, and we offer member only events throughout the year.

There are weekly coffee groups, which give parents a chance to talk and get support from others who have faced similar situations.

**Other services available to families include:**
- Counselling
- Sensory Support
- Family Support and Advice
- Behaviour Support
- Occupational Therapy
- Anger Management
- Weekly Stay and Play Sessions
- Training for Parents

T: 01353 664 644  
E: Ely@littlemiraclescharity.org.uk  
Admin: Lauren.terry@littlemiraclescharity.org.uk  
W: www.littlemiraclescharity.org.uk  
Facebook: www.facebook.com/LittleMiraclesElyBranch

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**National Autistic Society**  
National Autistic Society, 393 City Road, London EC1V 1NG (all ages)

The National Autistic Society (NAS) Autism Helpline provides impartial, confidential information, advice and support for people with autism spectrum disorders, their families, professionals, researchers and students.

T: 0808 800 4104 (National Helpline: Open 10am to 4pm, Monday to Friday)  
0808 800 4102 (NAS Education Rights Service)  
0808 800 4106 (NAS Parent to Parent Service)  
0808 800 0027 (NAS Transition Support Service for parents and carers of children in year 9 and above that can help young people with making the transition from school to adult life or further education)

W: http://www.autism.org.uk
National Autistic Society (NAS)
Autism Family Support Service in Cambridge
NAS Cambridge Branch, The Chitra Sethia Autism Centre, Cambridge Road, Fulbourn, Cambridge CB21 5EF
Countywide (all ages)

The Cambridge Branch of the National Autistic Society (CNAS) provides support to individuals of all ages with autism, and their families and carers, and campaigns for better local services for those living with autism in Cambridgeshire.

Our current branch activities include:
• information and advice through our telephone helpline, email and website
• a social club for adults on the autistic spectrum
• parent support groups
• drop-in groups for adults in Huntingdon and March
• training and events

Our voluntary committee is staffed by individuals, parents and professionals living and working with autism. We work closely with:
• the NAS, our national parent charity, to offer information and training opportunities
• Cambridgeshire’s Autism Support Managers (for adults)
• Cambridgeshire County Council’s Autism Strategy Groups to help improve services for children and adults with autism across the county.

C: Cambridge branch
T: 07920 150407
E: nascambridge@nas.org.uk
W: www.nascambridge.org.uk
Facebook: https://www.facebook.com/groups/57309224998%20
National Autistic Society's Parent to Parent Service  
Telephone support (all ages)

Parent to Parent is the NAS' UK wide confidential emotional support service, provided over the phone by trained volunteers, who are all parents of autistic children and adults. The volunteers are based across the whole of the UK, which means that there is increased anonymity for parents who may not want to share information with someone in their local area.

The volunteers all have personal experience of autism and the impact it has on their own families. They are there to give parents and carers the opportunity to talk through any issues, feelings or problems they're experiencing. They can suggest helpful strategies, signpost them to other sources of information and support, or just provide a non-judgmental listening ear.

You can call at any time, day or night, and leave a message on our 24-hour answer phone. Please be aware that you will not speak to someone immediately as this is not a manned line. If you leave a message, we will call you back as soon as possible at a time that suits you, including evenings and weekends.

Alternatively you can use the online enquiry service: www.autism.org.uk/parent-to-parent-enquiries

You can find out more information about the service here: http://www.autism.org.uk/services/helplines/parent-to-parent.aspx

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Transition Support Service  
(14yrs+)

NAS transition support service is a free service for young autistic people aged 14 years plus and their parents or carers, looking for information and advice on the transition to adulthood. This includes young people preparing to leave school as well as further and higher education.

What help is available?
- Confidential information and advice by phone and email.
- An explanation of rights and entitlements throughout the transition process.
- Assistance with exploring options so that informed decisions can be made.
- Information about other services that may be useful during the transition process.
- Guidance and support on specific issues such as engaging the young person, finding suitable provision, making a complaint or appealing against a decision.

T: 0808 800 0027 (leave a message and we will call you back) (free from landlines and most mobiles)  
E: transitionsupport@nas.org.uk  
W: www.autism.org.uk/transition
Parent Support Group
Meadows Community Centre, 1 St Catherine’s Road, Cambridge CB4 3XJ (all ages)
First Monday of the Month 7.30pm to 9.30pm

Our monthly parent support groups are a great chance to meet other parents and carers facing similar challenges, swap ideas, and find out about support and activities in the local area. Anyone caring for a child or adult with ASD is very welcome to attend any of the meetings.

C: NAS Cambridge Branch
T: 07920 150407
E: NASCambridge@nas.org.uk
W: http://cambridge-autism.org.uk

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NAS over 18 Autism Spectrum Disorder (ASD) Social Club
Christ the Redeemer Church Hall, Newmarket Road, Cambridge CB5 8RS (18yrs+)
Second and fourth Sunday of every month 7.30pm to 9.30pm

If you want to meet and socialise with other people on the autistic spectrum who may have shared interests with you, just come along. There is no upper age limit for this group, all adults are welcome, and carers are also welcome if you would like to have someone with you.

At the venue, there is access to the main Hall, some smaller rooms and the kitchen (to make refreshments), and also access to computers, games consoles, pool table, air hockey, fuzz ball, table tennis and arts activities, as well as sofas so you can just sit back and chill.

Various buses coming from the City Centre, including City 3 stops at the nearby bus stop. The church also has a large car park.

C: NAS Cambridge Branch
T: 07920 150407
E: NASCambridge@nas.org.uk
W: http://cambridge-autism.org.uk
Huntingdon and March Drop-In Sessions for Adults
Huntingdon: Maple Centre, 6 Oak Drive, Huntingdon PE29 7HN
(For satnav use PE29 7LB for the car park opposite the Maple Centre) Parking at the Centre is plentiful and free and includes disabled spaces.
12noon to 2pm

March: March Community Centre, 34 Station Road, March PE15 8LE
Free parking is available
12noon to 2pm

NAS Cambridge are running monthly drop-in sessions in Huntingdon and March for adults with autism and their families and carers. These sessions will provide information and advice as well as a space for people to meet, socialise and exchange ideas. An NAS Adult Autism Support Manager will be at the sessions to give support and guidance.

For meeting dates: [http://www.nascambridge.org.uk/adults/huntingdon-drop-in-sessions-for-adults/](
http://www.nascambridge.org.uk/adults/huntingdon-drop-in-sessions-for-adults/)

C: NAS Cambridge Branch
T: 07920 150407
E: NASCambridge@nas.org.uk

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**Epilepsy Society**

(all ages)

Our vision is a full life for everyone affected by epilepsy.

We want everyone affected by epilepsy to have the best opportunity for a full life – as free from seizures as possible. We set out to make a difference to every person affected by epilepsy whatever their background, however seriously it affects them, and whether they have the condition themselves or are close to someone with epilepsy.

Our mission is to enhance the quality of life of people affected by epilepsy by promoting public awareness and education, by undertaking research and by delivering specialist medical care and support services.

Epilepsy Society is the UK’s leading provider of epilepsy services. Through our cutting edge research, awareness campaigns, information resources and expert care, we work for everyone affected by epilepsy in the UK.

Helpline: 01494 601 400
W: [https://www.epilepsysociety.org.uk/](https://www.epilepsysociety.org.uk/)
Epilepsy Action
(all ages)

This is a community of people committed to a better life for everyone affected by epilepsy. We want high quality, accessible epilepsy healthcare services, so that people with epilepsy have the support they need to manage their condition. We want wider awareness and understanding of epilepsy, so that people living with the condition are treated with fairness and respect. Our supporters, members, staff and volunteers are united by these common goals.

For Epilepsy information visit the information section of our website, call the UK Freephone helpline or use the email helpline.

T: 0808 800 5050
W: https://www.epilepsy.org.uk/
Facebook: https://www.facebook.com/epilepsyaction
Twitter: https://twitter.com/epilepsyaction
Insta: https://www.instagram.com/epilepsyaction/

Cambridge Rare Disease Network
(all ages)

Building a rare disease community throughout Cambridgeshire. Valuing, celebrating and supporting those living with rare and undiagnosed conditions through life’s journey.

The Cambridge Rare Disease Network is a charity based in Cambridge. We offer a range of groups and activities reaching out to all those involved in rare disease. We support those living with rare disease and their families through an adult forum and children's activity group, Unique Feet. Parents, carers and young adults are invited to attend our regular educational and networking events.

Unique Feet: Children's activity group for fun and friendship
(0 – 16yrs)

Children up to 16 years are welcome to join Unique Feet for regular activities with other children with rare and undiagnosed conditions in a safe and welcoming space. The group takes part in a weekly activity such as yoga, dance, horse-riding and cycling - activities vary termly, but children are encouraged to attend all sessions to get the best from being part of the team.

The children and their families enjoy a day long activity or trip each week of the school holidays. We strive to meet all children's physical and learning needs, in discussion with parents and carers, to enable them to take part. Parents and carers also have a valued opportunity to chat and share experiences with each other when attending the group sessions with their children.

The group is co-ordinated by previous SENCO and advisory teacher, Jo Balfour. Get in touch for more details.

C: Jo Balfour, Activities and Events Director
E: jo@camraredisease.org
W: http://www.camraredisease.org/
Facebook: https://www.facebook.com/CambridgeRareDisease/
Twitter: https://twitter.com/camraredisease
Rethink Carer Support - Cambridgeshire and Peterborough

Are you supporting a family member or friend with mental ill health?

Rethink offers:
- Carer support groups in Cambridgeshire and Peterborough
- Telephone support
- Email support

There are no charges for using Rethink. Our focus is on supporting friends and family of adults with mental health conditions but we will support any carer who finds what we do helpful.

For further information contact Jonathan Wells
T: 07342 691768
T: 07783 267013 (telephone support)
E: CambridgeRethinkGroup@rethink.org

SWAN UK
Website

SWAN UK ( Syndromes without a Name) is the only dedicated support network in the UK for families of children and young adults with undiagnosed genetic conditions. SWAN UK provides information and support to families as well as running fun, inclusive family events. They also educate professionals about the issues faced by families affected by undiagnosed genetic conditions, and help improve services so that all families receive high-quality coordinated care and appropriate testing/treatment.

W: http://www.undiagnosed.org.uk/
Gingerbread

The charity supporting single parent families to live secure, happy and fulfilling lives.

We want a society in which single parent families are treated equally and fairly. To get there, we provide information to help single parents support themselves and their family. We run programmes to equip single parents with the skills and opportunities to gain employment. And we campaign and influence policy to reduce stigma against single parents, and make services more accessible to all families – whatever their shape or size.

For advice and information
We have lots of information on a wide range of issues, including benefits and tax credits, childcare, separation, work, housing and child maintenance.

Demand for the helpline is high so check if your question can be answered by any of our online information. If you can’t find the information you need on our information pages, call our helpline.

Helpline: 0808 802 0925 (check website for opening times)
W: www.gingerbread.org.uk
Facebook: https://www.facebook.com/gingerbread/
Twitter: https://twitter.com/Gingerbread

Family Action
Website (all ages)

Transforming lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

Family Action deliver practical and evidence-based services and support that reach out to many of England’s most vulnerable people and has a positive impact on their lives. Our work is wide-ranging and includes help for parents-to-be, the provision of Children’s Centres in local communities, support in schools, specialist therapeutic work to support children, intensive family support, relationship support, emotional health and wellbeing services, training and consultancy for professionals and organisations and financial grants programmes.

FamilyLine is a free digital helpline service provided by Family Action, for parents and careers. FamilyLine was designed to offer support for families to prevent challenges from reaching crisis point and provide an early intervention, via text, phone or email. Any parent or carer can get in touch with the service for free.

T: 0808 802 6666 (Monday - Friday 6pm to 10pm, Saturday and Sunday, 10am to 1pm)
Text message: 07537 404 282
E: familyline@family-action.org.uk
W: https://www.family-action.org.uk
Facebook: https://www.facebook.com/familyaction
Twitter: https://twitter.com/family_action
Cambridgeshire Invisible Illness
45 Foxwood South, Soham, Ely CB7 5YW (all ages)

Not everybody's illness is "visible" on the outside
Cambridgeshire Invisible Illness Support offers help and advice to those living with conditions such as anxiety and bipolar, cancer, Lyme disease and neurological conditions including epilepsy.

- Our aim is to bring people together. Often you are given a diagnosis and then left to cope and deal with what this means to you, your family and your life.
- We are here to support you in that journey. CIIS offers friendship, community, meet up, social events and reassurance.
- We aim to provide a safe place to offload, discuss, learn and share experiences.
- We aim to work with local Physical and Mental Health Services to raise awareness of invisible illnesses and work collaboratively to strive to improve services.

For more information, visit the group’s website.

T: 07793 671728
E: info@cambsiis.co.uk
W: www.cambsiis.co.uk
Twitter: https://twitter.com/cambsiis

Cambridgeshire Invisible Illness Support (CIIS)
(14yrs+)
Bi-monthly meetings Ely and Chatteris

No one should feel alone
CIIS is a support group for people with invisible illnesses in Cambridgeshire. This group supports people who are living with invisible illnesses, as well as their carers/relatives and friends.

Out of the millions of disabled people living in the UK, only a small percentage of people have illnesses that can actually be seen. Those with ‘invisible illnesses’ such as anxiety, heart disease, Fibromyalgia, chronic fatigue and Bipolar, are often struggling with an array of symptoms, impacting on their daily life, however due to these difficulties not being instantly visible, can face a lot of judgement, challenges and lack of understanding.

It can also be hard for friends, family and carers to understand the difficulties and challenges of having an invisible illness. At CIIS we provide support for individuals with invisible illnesses and their relatives, friends and carers and we hope we offer some support, understanding and insight.

T: 07793 671728
E: info@cambsiis.co.uk
W: http://www.cambsiis.co.uk/
Twitter: https://twitter.com/cambsiis
Pinpoint
Countywide (for parent carers of children and YP (0 - 25yrs))

Pinpoint is a St Ives based charity supporting all Cambridgeshire parents/carers, especially those with children with additional needs and/or disabilities. It is the parent carer forum for the county and offers information, support and involvement in shaping local services for their families, such as health, education and social care.

Pinpoint offers:
• Meetings in Cambridge City, East Cambs, Fenland, Huntingdonshire and South Cambs to debate hot topics with families and service managers
• Groups for parent carers with children with ADHD/ASD
• Group for parents of young people who are self-harming
• Groups for parent carers of young people aged 14 - 25 with additional needs
• Opportunities for parent representatives to attend strategic meetings with service providers
• Parent involvement in consultations shaping key policies and services affecting local families
• Action groups to tackle specific issues e.g. wheelchair services, continence services and SEND transport
• A free monthly e-newsletter
• An annual conference championing parent carers

A: Town Hall, Market Hill, Old Riverport, St Ives, Cambridgeshire PE27 5AL
T: 01480 877333
E: information@pinpoint-cambs.org.uk
W: www.pinpoint-cambs.org.uk
Facebook: www.facebook.com/pinpointcambs
Twitter: https://twitter.com/pinpointcambs

Pinpoint Network Meetings
Countywide (0 – 25yrs)

Pinpoint’s parent network meetings are held throughout Cambridgeshire, in Cambridge City, East Cambs, Fenland, Huntingdonshire and South Cambs. Parents and carers attend the early session, followed by topical discussion and information sharing session with representatives from services and organisations. Meetings are open to parents/family carers of children and young people with all types of disability and additional needs.

T: 01480 877333
E: carole@pinpoint-cambs.org.uk
W: www.pinpoint-cambs.org.uk
East Anglia’s Children’s Hospices (EACH)
Head Office: 42 High Street, Milton, Cambridge CB24 6DF (0 – 19yrs)
Milton, Cambridgeshire, Quidenham, Norfolk and The Treehouse, Suffolk

We’re here to support families - EACH and every step of the way

We support families and care for children and young people with life-threatening conditions across Cambridgeshire, Essex, Norfolk and Suffolk.

Our hospices aren’t just about end of life care; they’re often very happy and fun places, where young people can live life to their full potential. They are places where families feel safe, at home and where they can spend quality time together.

We support families and care for children and young people with life-threatening conditions across East Anglia. Our support includes nursing care, symptom management support, short breaks, wellbeing activities, therapies and counselling; all meeting the needs of the child, young person and whole family.

We offer families flexibility over where they receive their care – at home, in hospital or at one of three hospices at Milton, Cambridgeshire, Quidenham, Norfolk and The Treehouse, Suffolk

If you think we may be able to help, please don’t hesitate to contact us.

T: 01223 800800
W: https://www.each.org.uk/
Facebook: https://www.facebook.com/EACHhospices
Twitter: https://twitter.com/EACH_hospices

Hyperactive Children's Support Group (HACSG)
The Hyperactive Children's Support Group, 71 Whyke Lane, Chichester, West Sussex PO19 7PD
Website

HACSG is a registered charity helping children and their families affected by ADHD/Hyperactive. Our specialism is advocating a dietary approach to the problem of hyperactivity.

HACSG hopes the website will be a useful tool for all parents and health professionals who believe that the use of drugs to treat ADHD should be a last resort. The HACSG has a great deal of information available related to Food Additives, Food Intolerance, Omega Fatty Acids, Vitamins & Minerals and how they can impact on hyperactivity and ADHD.

Through our books, publications and literature, parents, carers and professionals can learn more about the benefits of a dietary change. Not just for children and young people but for adults as well.

HACSG do not have a Helpline, but if you feel you need to talk urgently to someone you’re welcome to call.

T: 01243 539966 (2.30pm to 4.30pm, Monday – Friday)
E: hacsg@hacsg.org.uk
W: www.hacsg.org.uk/
Challenging Behaviour Foundation
Challenging Behaviour Foundation, The Old Courthouse, New Road Avenue, Chatham, Kent ME4 6BE (all ages)
Online and telephone support

We are the charity for people with severe learning disabilities whose behaviour challenges.

We're making a difference to the lives of children and adults across the UK through:

- **information** about challenging behaviour
- peer support for family carers and professionals
- **supporting families** by phone or email
- **running workshops** to reduce challenging behaviour
- speaking up for families nationally

Our vision is for anyone with severe learning disabilities who displays challenging behaviour to have the same life opportunities as everyone else.

‘Challenging behaviour’ is how we talk about a range of behaviours which some people with severe learning disabilities may display to get needs met.

**Behaviours might be things like:**

- Hurting others (hair pulling, hitting, head-buttting)
- Self-injury (head banging, eye poking, hand biting)
- Destructive behaviours (throwing things, breaking furniture, tearing things up)
- Eating inedible objects (cigarette butts, pen lids, bedding)
- Other behaviours (spitting, smearing, repetitive rocking stripping off, running away)

We work to improve understanding of challenging behaviour, empower families with information and support, and help others to provide better services and more opportunities.

T: 0300 666 0126 (Family Support Line)
T: 01634 838739 (General enquiries)
E: info@thecbf.org.uk
W: www.thecbf.org.uk
Facebook: https://www.facebook.com/thecbf
Twitter: https://twitter.com/CBFdn/
stem4

This is a charity that supports teenage mental health by targeting early identification of commonly occurring mental health issues in teenagers; raising awareness and enhancing detection, education, and motivation.

stem4 provides comprehensive, evidence-based online information via their website, targeting four specific areas of mental health: eating disorders, self-harm, depression and anxiety, and addiction. They run conferences for students, parents, teachers and health professionals, bringing people together to share experiences and to work towards best practice. stem4 has also developed the award-winning Calm Harm app that helps people manage the urge to self-harm. They do not provide a counselling service.

Calm Harm
The Calm Harm app was developed to help young people manage the urge to self-harm. It is the first clinically developed app for young people at risk of self-harm developed by the charity’s founder, Consultant Clinical Psychologist Dr Nihara Krause.

The app is based on clinical evidence and aims to support young people, either as part of on-going treatment, or as an interim measure while they wait for specialist help.

Calm Harm provides users with four categories of task, which target the most frequent reasons that people self-harm:
- Distract helps combat the urge to self-harm by improving self-control
- Comfort helps to care rather than harm
- Express helps get feelings out in a different way
- Release provides safe alternatives to self-injury

There is also a breathing technique to help reduce the symptoms of stress and anxiety. The app is password-protected and there is a useful summary of progress as well as helping users identify triggers.

For further information on the app visit the Calm Harm website.

W: www.stem4.org.uk
W: https://calmharm.co.uk/
Facebook: www.facebook.com/stem4org
Twitter: www.twitter.com/stem4org
**Paving the Way**

**Website**

Paving the Way (also known as the Early Intervention Project) is a joint project between The Challenging Behaviour Foundation (CBF) and the Council for Disabled Children (CDC). The project has centered on helping families who are raising children with learning disabilities whose behaviour may be described as challenging to get the right information and support early on. The website aims to provide families, professionals and commissioners with information about how to reduce challenging behaviour and to improve the wellbeing of children with learning disabilities.

Resources on the website include stories about what families have found helpful, case studies and examples of good practice to inspire commissioners and professionals to develop better services, as well as other tools, information, and resources. The site also contains a blog which will be updated regularly with new project information, new resources, and developments on a national level around early intervention.

There are also resources for family carers on Positive Behaviour Support (PBS), developed in partnership with the PBS Academy. PBS is the best evidenced method of supporting people with learning disabilities whose behaviours are described as challenging, yet families carers are not always given information about PBS and are very rarely offered training. This resource aims to equip family carers with some of the information and tools they may need and to signpost to further support.

E: Online form  
W: [www.pavingtheway.works](http://www.pavingtheway.works)  
W: [www.pavingtheway.works/resources](http://www.pavingtheway.works/resources)

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**Hypermobility Syndromes Association**

The Hypermobility Syndromes Association, 49 Orchard Crescent, Oreston, Plymouth PL9 7NF  
Online and telephone support

HMSA aims to provide support and information to those affected by the syndromes and to promote knowledge and understanding within the medical community and the public at large.

The hypermobility related disorders under the HMSA umbrella, include Hypermobility Spectrum Disorder (HSD), joint hypermobility syndrome, Ehlers-Danlos syndrome (all sub-types), Marfan syndrome, PXE, Sticklers and Osteogenesis Imperfecta. HMSA will work with other disorders which feature hypermobility and related issues.

HMSA website contains stories from people affected by the condition and has a "Kids and Teens" section where young people with HMS can email each other and discuss their concerns, etc. There are local groups around the country. Details of group meetings and special events as well as general support can be found on the HMSA website. They also offer advice to professionals working with people affected by hypermobility.

T: 0333 011 6388 (answering machine 24 hours 7 days a week, we aim to reply to all messages within 1 working day)  
Facebook: [https://www.facebook.com/pages/The-Hypermobility-Syndrome-Association/111251562248518](https://www.facebook.com/pages/The-Hypermobility-Syndrome-Association/111251562248518)  
Twitter: [https://twitter.com/HMSACHarity](https://twitter.com/HMSACHarity)
**Family Lives**

Online and telephone support

Families are the foundation of society. All families should have access to active support and understanding.

Our mission

Family Lives works around the clock, transforming the lives of families, supporting parents and making happier relationships, happier families and a stronger society. Our experience enables us to help families with any problem or challenge that they face. Our trained family support workers, both paid and volunteer, offer all family members immediate and on-going help on the phone, online or in local communities. We use the knowledge gained through our work to inform, support and train professionals and campaign for changes to improve and support family life.

There is a 24 hour helpline, a really useful website, message boards, email service, live chat and parenting/relationship support groups.

People contact us about all aspects of family life that include all stages of a child’s development, issues with schools and parenting/relationship support. We can help when there is family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children.

T: 0808 800 2222 (Parentline)
W: [http://familylives.org.uk](http://familylives.org.uk)
Facebook: [https://www.facebook.com/familylives](https://www.facebook.com/familylives)
Twitter: [https://twitter.com/familylives](https://twitter.com/familylives)

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**DAMP**

Deficits in Attention; Motor Control and Perception

Telephone support (all ages)

This syndrome seems to overlap into different categories: autism, dyspraxia and ADHD. When ADHD is combined with motor-perceptual problems (also referred to as Developmental Coordination Disorder or dyspraxia) some clinicians refer to DAMP (Deficits in Attention, Motor control and Perception). When problems are very severe and all the diagnostic features listed below are present the criteria for Hyperkinetic Disorder may be met. Thus, ADD, DAMP, and Hyperkinetic Disorder are all subtypes of ADHD.

Tina Yates who runs the Irlen Institute in Suffolk is familiar with this syndrome. Tina is happy to talk to families about this condition and discuss the problems they may be facing.

C: Tina Yates
T: 07745 333314
E: tina@irleneast.com
Adders
Website

Adders objective is to promote awareness to Attention Deficit/Hyperactivity Disorder and to provide information and as much free practical help as we can to sufferers, both adults and children, and their families.

Adders’ is a very extensive site that gives lots of information and practical help to families in the UK and around the world on ADD/ADHD.

W: www.adders.org/
Facebook: https://www.facebook.com/adders.org
Twitter: https://twitter.com/adders_org

Down's Heart Group (DHG)
Online and telephone support (all ages)

DHG is a charity offering support and information relating to heart conditions associated with Down's Syndrome. Specialised help is available to parents and professionals, including:
- one to one support
- telephone helpline
- newsletters
- website

The Group aims to provide unbiased, up to date facts, enabling individuals to make informed choices.

T: 0300 102 1644 (Helpline is open Mon to Fri, 9.30am to 4.30pm. Answerphone with emergency contact details available at all times - phone is not manned)
E: info@dhg.org.uk
W: http://www.dhg.org.uk/
Facebook: https://www.facebook.com/pages/Downs-Heart-Group/103630529813
Twitter: https://twitter.com/@DownsHeartGroup
Professional Association for Childcare and Early Years (PACEY)

The contract to deliver childminding support services across Cambridgeshire is delivered by PACEY. This is a standard-setting organisation, promoting best practice and supporting childcare professionals to deliver high standards of care and learning.

Choosing someone to look after your child when you return to work or training is one of the most important decisions you can make.

There are a number of different childcare options and what you chose will depend on your needs as a family. However with all childcare settings, as a parent, you should feel actively engaged in your child’s learning and development and the setting should show an interest in the family not just your child.

To find a childminder in your area you can visit the Family information service using the following link https://www5.cambridgeshire.gov.uk/site/custom_scripts/fid/fid_results.aspx?t=1

PACEY can provide you with further information to assist your search.

C: Caroline Maryon  
T: 07917 352010  
E: Caroline.maryon@pacey.org.uk  
W: www.pacey.org.uk  
Facebook: https://www.facebook.com/paceylocal  
Twitter: https://twitter.com/paceychildcare

Afasic – Voice for Life  
Online and telephone support

Afasic is a parent-led organisation to help children and young people with speech and language impairments and their families. We provide information and training for parents and professionals, and produce a range of publications. Members meet in local groups in many areas of the UK.

Afasic seeks to raise awareness and to create better services and provision for children and young people with speech and language impairments. It works in partnership with local and national government, professional and statutory bodies and other voluntary organisations.

T: 0300 666 9410 (Helpline)  
E: Online from  
W: http://www.afasic.org.uk/  
Facebook: https://www.facebook.com/afasic.charity  
Twitter: https://twitter.com/afasic
British Dyslexia Association (BDA)
National Organisation (all ages)

Dyslexia is not an obvious difficulty; it is hidden. As a result, dyslexic people have to overcome numerous barriers to make a full contribution to society.

As a parent or carer for a child with dyslexia, you want to provide the best possible support for them. The information on the website looks at indicators of specific learning difficulties, as well as supporting your child both at home and within the education system to ensure that they achieve the best possible outcomes. The resources page contains many useful documents.

If you require further information on dyslexia take a look at the frequently asked questions page on the website or call our National Helpline.

The British Dyslexia Association (BDA) campaigns for a dyslexia friendly society where barriers to dyslexic people do not exist. The BDA works to ensure that all people with dyslexia fulfil their potential. To achieve this we need to create change, set standards and support and enable people. It is the voice of dyslexic people; it listens to their views, represents their agendas and presses for long lasting sustainable change.

T: 0333 405 4567 (Helpline)
W: http://www.bdadyslexia.org.uk/
Facebook: https://www.facebook.com/bdadyslexia
Twitter: https://twitter.com/bdadyslexia

Peterborough and Cambridgeshire District Dyslexia Association (PACDDA)
Community Room, Tesco, Hampton Peterborough
Mondays 4pm to 5.30pm (term time)

PACDDA is a local charity working to help people affected by dyslexia in and around Cambridgeshire and Peterborough. It runs Children Will Shine (CWS) sessions at Peterborough. This is a series of regular, ongoing educational workshops for primary and secondary school children with dyslexia. The workshops provide a unique multisensory approach to literacy tuition. More information can be found on the website.

E: Online form
W: http://www.pacdda.org.uk/
Dyspraxia Foundation
Countywide (all ages)

This is a countrywide charity, which works to promote awareness and understanding of Dyspraxia, a developmental co-ordination disorder, which is believed to affect at least one child in every class in the UK.

The objects of the Dyspraxia Foundation are to:
- support individuals and families affected by dyspraxia
- promote better diagnostic and treatment facilities for those who have dyspraxia
- help professionals in health and education to assist those with dyspraxia
- promote awareness and understanding of dyspraxia

Service provided:
- Helpline Service available Monday to Friday 9am to 1pm
- Publishes leaflets and booklets
- Organises conferences, workshops and talks about dyspraxia and related topics
- Supports a network of local groups across the UK
- Supports adults who have dyspraxia

For details of volunteer led local support groups (where available) or for further information, please contact the national office.

T: 01462 454986 (Helpline Mon to Fri, 9am to 1pm)
E: dyspraxia@dyspraxiafoundation.org.uk
W: www.dyspraxiafoundation.org.uk
Facebook: https://www.facebook.com/dyspraxiafoundation
Twitter: https://twitter.com/DYSPRAXIAFDTN
Scope
National Organisation (all ages)

Whether you, your child or those you work with have a physical impairment, learning disability or any other condition, our information is for you.

Scope exists to make this country a place where disabled people have the same opportunities as everyone else. Until then, we'll be here. We provide support, information and advice to more than a quarter of a million disabled people and their families every year. We raise awareness of the issues that matter. And with your support, we'll keep driving change across society until this country is great for everyone.

- For young disabled people - Information created by young disabled people
- Transition to adult services - How to map your future
- Disability equipment - Adaptations, computers and technology and help to get them
- Sport - Where to find accessible sports clubs
- Local support - What’s available in your area

For information on disability issues and all of our services, contact the Scope Helpline

T: 0808 800 3333 (9am to 5pm weekdays. Closed bank holidays)
E: helpline@scope.org.uk
W: www.scope.org.uk
Facebook: https://www.facebook.com/Scope/
Twitter: https://twitter.com/scope

Scope Online Community

You can visit the online community from the homepage of our website. It only takes a minute to register, and once you’ve signed in, you’ll be able to set up your own profile page and introduce yourself to others. Our community champions come from all walks of life – some are parents, some are professionals and some are disabled people. They have all volunteered their time to make sure the community is a safe, supportive place to be.

We also have a growing number of community advisors, who can answer your questions in their specific area of expertise, such as education, sex and relationships, and behavioural issues.

We have set up some groups you may want to join, for example a group specifically for disabled people and a parents and carers group. There are also forums for discussing practical issues, such as work, money, benefits, equipment, technology and education.

W: https://community.scope.org.uk/
Sense
Sense Head Office: 101 Pentonville Road, London N1 9LG
National Organisation (all ages)

Sense is a national disability charity that supports people with complex communication needs to be understood, connected and valued. We began, and continue, to support people who are deafblind. We also support a wide range of people with complex communication needs.

Sense provides information and advice, offers a wide range of flexible services and campaigns passionately for the rights of the people we serve.

Sense Information and Advice can help you find the right support for you and your family. We are here to offer you free and impartial information about complex sensory and communication needs, including deafblindness. We know how challenging it can be if you are affected by sight and hearing impairment, or other complex communication needs. That’s why we’ll do everything we can to help you.

Our friendly team can offer you expert information and advice on a range of issues, such as health and social care, benefits and education. We also offer information about communication, your legal rights and entitlements, Sense services and technology.

Our services include a range of housing options, resource centres, educational support, short breaks and arts, sport and wellbeing programmes.

T: 0300 330 9256 (Monday to Thursday 9am to 5.30pm. Friday 9am to 5pm)
E: info@sense.org.uk
W: www.sense.org.uk
Facebook: https://www.facebook.com/senseuk
Twitter: https://twitter.com/Sensetweets
**Sense Children’s Specialist Services**  
National Organisation (0 – 18yrs)

We are a team of specialist advisory teachers, children’s therapists, and children and family support workers. We provide expert advice and information to deafblind children and young people, their families, carers, and to professionals who work with them. We also provide support in the home, at school, or at our family centres.

Our service is for children and young people aged 0-18 who are deafblind or multi-sensory impaired, regardless of their diagnosis. We continue to work with young people who are still in a school setting, until the academic year in which they turn 19.

When we talk about deafblind or MSI children we mean children who have difficulties with sight and hearing and sometimes learning or other additional disabilities. Children who have medical conditions that are likely to cause problems with sight and hearing as they grow older – for example Usher Syndrome.

Also – although they would not be described as being deafblind – we can often offer some support to the families of children who have problems with either hearing or vision, combined with learning or other additional disabilities.

If you are not sure, please get in touch via the Sense Information and Advice Service.  
T: 0300 330 9256 (Monday to Friday 9am to 5pm)  
E: info@sense.org.uk  
W: www.sense.org.uk

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**Headway Cambridgeshire**  
Block 10, Ida Darwin, Cambridge Road, Fulbourn CB21 5EE  
Countywide (various ages)

Headway Cambridgeshire provides specialist services and support to people with an acquired brain injury, their family and carers. We offer day service and community support across Cambridgeshire and Peterborough.

Brain injury can affect anyone, at any time and Headway Cambridgeshire supports individuals and their families through these life-changing events. Wherever you live in Cambridgeshire or Peterborough, we can support you either at one of our hubs, in the community or at home. We work closely with our health and social care colleagues and other agencies to ensure services are as seamless as possible, and we can provide this help right through the support pathway.

If you have a brain injury, or you care for someone who has a brain injury, and you would like more information or help to find the most appropriate support available, take a look at our website and learn more about what we do.

T: 01223 576550  
E: info@headway-cambs.org.uk  
W: http://www.headway-cambs.org.uk/  
Facebook: https://www.facebook.com/HeadwayCambridgeshire  
Twitter: https://twitter.com/Headway_Cambs

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YoungMinds
National Organisation (up to 25yrs)

YoungMinds is an independent national charity dedicated to improving young people’s mental health and emotional wellbeing. Although we do not provide any direct services to young people and are not part of the NHS or CAMHS (Child and Adolescent Mental Health Services), we are leaders of many campaigns, lobbying groups and committed to changing mental health policies.

While we do not provide counselling services here at YoungMinds or any direct services for children and young people, we do operate a telephone and email service called the Parent's Helpline. The Parents Helpline can provide advice and information to any adult with concerns about the emotional well-being or mental health of young people up to age 25.

YoungMinds Parents Helpline - Helping parents and carers to understand their child’s behaviour and enabling them to secure the right professional help for their children is crucial. If you are a concerned parent please call our dedicated helpline.

YoungMinds offers online resources to young people through www.youngminds.org.uk and www.headmeds.org.uk which gives young people in the UK general information about medication. Our helpline service is for parents or carers worried about a child or young person.

A: Suite 11, Baden Place, Crosby Row, London SE1 1YW
T: 0808 802 5544 (Parents Helpline: Mon to Fri, 9.30am to 4pm - free for mobiles and landlines)
E: ymenquiries@youngminds.org.uk
W: http://www.youngminds.org.uk/
Facebook: https://www.facebook.com/youngmindsuk
Twitter: https://twitter.com/youngmindsuk

Cambridgeshire Deaf Association
8 Romsey Terrace, Cambridge CB1 3NH
Countywide (all ages)

Cambridgeshire Deaf Association (CDA) is a county-wide organisation, which empowers, supports and raises awareness with deaf people in Cambridgeshire and Peterborough providing: one-to-one support, Independent Professional Advocacy and all statutory Advocacy for both adults and children, care and social inclusion support, drop-in services, British Sign Language training, deaf awareness training, deaf church, deaf social events, and information sessions. CDA works with all deaf people to maximise access to information so that they are able to make informed decisions. Our most recent newsletter is available on our website or by contacting the office.

T: 01223 246237 (voice)
T: 07902 281668 (SMS)
E: office@cambsdeaf.org
W: www.cambsdeaf.org
Facebook and Twitter: Cambridgeshire Deaf Association
Cambridge/Huntingdon Deaf Children's Society
Various Venues (up to 18yrs)
Second Saturday of the month (except for August) 10am to 12.30pm

Our friendly group is run by volunteer parents with experience in bringing up children with different degrees of deafness. We welcome all deaf children and their families to come and join in the fun, make new friends and share experiences. Please request to join our mailing list to be informed of future events.

E: cambridgeandhuntingdon@ndcsgroup.org.uk
Facebook: facebook page

Hunts Blind
Huntingdonshire (all ages)

This is an independent, local charity dedicated to supporting Huntingdonshire residents of all ages and who are experiencing sight loss. Our services include social activities, information and advice, outreach and benefits, visual and mobility aids, volunteer visiting and subsidised holidays.

We hold monthly club meetings in Bury, St Ives, Huntingdon and St Neots. We also have a bi-monthly arts and craft group, sports and social club, walking group and theatre club. Door-to-door transport can be provided for all our social activities.

T: 01480 453438
E: info@huntsblind.co.uk
Twitter: @huntsblind
Cam Sight
Countywide (all ages)

Cam Sight is based in Cambridge and Chatteris offering advice, information and practical support to children, young people and adults with a visual impairment. We provide emotional support and counselling; monthly social groups offering information and advice; visits at home by their community team and volunteers to provide help and company. Its two Low Vision Centres hold a wide range of equipment from magnifiers to talking clocks and provide advice and training on specialist and mainstream technology. Cam Sight groups for pre-school children, 6 to 12 year olds and teenagers provide fun, skills and opportunities for parents/carers to gain support and meet each other.

Cam Sight’s Rural Support groups meet in villages across Cambridgeshire and provide help, friendship and ongoing support. They meet monthly on a weekday morning or afternoon.

- Bar Hill: Tesco Community Room, Bar Hill
  4th Wednesday each month, 2.30pm to 4.30pm
- Bourn: Community Room, Hall Close, Bourn
  3rd Wednesday each month, 10am to 11.30am
- Burwell: Ash Grove Day Centre, Burwell
  3rd Monday each month, 2.30pm to 4pm
- Chatteris: King Edward Community Centre, Chatteris
  1st Monday each month, 2pm to 4pm
- Cottenham: Community Room, Franklin Gardens, Cottenham
  4th Thursday each month, 2pm to 4pm
- Fulbourn: Community Room, St Vigor’s Road, Fulbourn
  3rd Friday each month, 2.30pm to 4pm
- Girton: Community Room, St Vincent’s Close, Girton
  2nd Wednesday each month, 10.30am to 12noon
- Haslingfield: The Methodist Church, Haslingfield
  1st Tuesday each month, 2pm to 4pm
- HiSight (Histon and Impington):
  Homefield Close Community Room, Impington
  3rd Thursday each month, 2pm to 4pm
- Linton: Community Room, Chalklands, Linton
  2nd Tuesday each month, 2pm to 4pm.
- Littleport: Day Centre, Littleport Village Hall, Littleport
  4th Monday each month, 2pm to 4pm
- Melbourn and Meldreth: Community Room, Vicarage Close, Melbourn
  1st Wednesday each month, 2pm to 4pm
- Monday Club (Cambridge group):
  Chesterton Methodist Church
  1st Monday each month, 2pm to 4pm
- Sawston: Bircham House, High Street, Sawston
  3rd Thursday each month, 10am to 12noon
- Soham: Community Room, The Causeway, Soham
  2nd Thursday each month, 10am to 12pm
- Stapleford and Shelford: Community Room, Cox’s Close, Stapleford
  1st Thursday each month, 2pm to 4pm
- Whittlesey: Black Bull Pub Restaurant 18 Market Street, Whittlesey, PE7 1BD
  2nd Wednesday, 10.30am to 12noon
- Wisbech: The Tea Room, Octavia Hill’s Birthplace House, 7 South Brink, PE13 1JB
  3rd Wednesday, 10am to 12noon
Pre-School Group for children with sight loss in Cambridgeshire
North Cambridge Children’s Centre, Campkin Road, Cambridge CB4 2DL (under 5yrs)
Every other Tuesday 10am to 12pm (term time)

Cam Sight runs a group for pre-school children with a visual impairment and their siblings. Adults have the opportunity to talk to other parents, carers and professionals in a supportive, relaxed environment. Activities include: craft, messy play, singing, sensory equipment.

T: 01223 420033
E: info@camsight.org.uk

Groups for Young People with sight loss in Cambridgeshire
Brown’s Field Youth and Community Centre, 31a Green End Road, Cambridge CB4 1RU (5 - 11yrs and 12yrs+)
Monthly on Thursdays 5pm to 6.30pm and 6pm to 7.30pm (Primary school age) (term time)
Monthly on Thursdays 6.30pm to 8.30pm (Secondary school age and older) (term time)

Cam Sight runs monthly groups for young people. They take place Thursday evenings. We offer a range of activities and food is provided. Please contact us for details.

T: 01223 420033
E: info@camsight.org.uk
Tourettes Action
National Organisation (all ages)

Tourette Syndrome (TS) is an inherited, neurological condition, the key features of which are tics, involuntary and uncontrollable sounds and movements. TS is a complex condition and a large amount of people with the condition will also experience co-occurring features and conditions.

Tourettes Action knows that having TS means much more than shouting out a few unusual words. The impact of TS on your life and the lives of people around you can be significant, which is why there is support available to you.

Support in dealing with TS in everyday life
You can read a range of guidance on how to deal with TS in everyday circumstances:
- Advice for young people about what it means to have TS and where to find support
- Guidance for parents and pupils on accessing support in school
- Advice for people with TS about what it means at work
- Support in everyday life, including housing, benefits and transport

Support from Tourettes Action
TA has a range of services available to people living with TS:
- If you have any questions about TS contact our Helpdesk for advice
- Find about our latest events, including regular support group meetings
- Find a TA support group near to you
- With a TA identity card it is easy to explain to people the unusual noises and movements you might be making
- Our TA grants offer support to individuals to help improve their quality of life
- Sign up to our regular e-newsletter to find out more information about TS
- Join our online forum to chat to others about their experiences of TS

T: 0300 777 8427 Helpdesk
W: http://www.tourettes-action.org.uk/ (email via website)
Facebook: https://www.facebook.com/TourettesAction
Twitter: https://twitter.com/tourettesaction
Eddie’s
Countywide (all ages)

Eddie’s is a local community based charity, which provides support, services and information to children young people and adults with learning disabilities. Cambridgeshire Mencap has been renamed as The Edmund Trust and will continue to provide a range of supported living, domiciliary and respite services for people with learning disabilities.

Clubs and Activities for Children and Young People

Downs Syndrome Baby and Toddler Group
Caldecote Family Centre
First Saturday of the month

This support group is run by parent volunteers for families with young children with Downs Syndrome. Parents and siblings are all welcome.

Family Support Service
This service provides support to children and young people aged between 0 - 19, their families and carers. Volunteer Befrienders support the young person to access leisure and social activities in the community on a one to one basis. This can help the young person to develop their self-confidence and social skills, increase their level of independence in the community, and enable friendships to be made.

Befriendingworks
Eddie’s, Lancaster House, Capper Road, Waterbeach, CB25 9LY (16yrs+)
Held twice a month, 10am and 12pm

Come and socialise in a fun, relaxed environment. The drop-in group offers a place for people with learning disabilities and/or autism to meet, make new friends and have fun taking part in games, craft, music and drama activities. Why not come a long for a FREE taster session? Every session is different and most recently we played Boccia and new age kurling, and we also all took part in our very own ‘Bake Off’ competition. If you would like to attend, please email: vicky.baddeley@eddies.org.uk or call 01223 883142

Windmill Hydrotherapy Pool
Windmill Hydrotherapy Pool, Fulbourn, Cambridge
This is a specialist facility for people who have learning or physical disabilities. The pool is open seven days a week and users can book sessions for their individual use or in groups.

Troublemakers
Coleridge College, Radegund Road, Cambridge
Wednesdays, 5.15pm to 7.15pm (term time)

A theatrical adventure for teenagers with learning disabilities. Troublemakers offer teenagers the chance to develop their performing arts skills including dance, drama and singing. The sessions cover various musical genres, styles and techniques and provide a platform for the students to take ownership of the group and actively contribute their own ideas.

Artworks
Cambridge and March
Monday to Friday, 10am to 3pm
Artworks is an arts based group and offers people with learning disability a chance to explore all aspects of creative work. The groups are focused on individual need and the activities are led by the ideas and inspiration of the group.

A: Cambridge Artworks, The Sycamores Recreation Ground, Milton, Cambridge CB24 6XJ  
T: 07955 855015  
E: artworks@eddies.org.uk

A: Fenland Branch, 88 High Street, March PE15 9LB  
T: 01354 651166  
E: fenlandartworks@eddies.org.uk

Heacham Holiday Home
Eddie’s Heacham holiday home is based on the Park Dean complex a short five minute walk from South Heacham beach. Our fully accessible holiday home sleeps up to six people and is available to book for 3, 4 and 7 night stays. If you would like to enquire regarding availability and price of the holiday home please email or call.
T: 01223 883130  
E: holiday@eddies.org.uk

W: http://www.eddies.org.uk/  
Facebook: https://www.facebook.com/eddiestrustcambridgeshire?ref=hl  
Twitter: https://twitter.com/EddiesCambs  
Insta: https://www.instagram.com/eddies_cambs/?hl=en
Carers Trust Cambridgeshire, Peterborough, Norfolk
Countywide (all ages)

Carers Trust Cambridgeshire, Peterborough, Norfolk supports family carers of all ages across the county and also offers flexible, professional care services to adults and children with a range of disabilities and health conditions.

From quality respite care for family carers to expert personal and social care for those with care needs, we offer consistent, reliable support through long and trusted relationships.

We aim to improve family carer’s health and wellbeing by giving them time to be themselves and have a break from their caring responsibilities. We provide information, direct support and quality short breaks for family carers and people with care needs.

Through working with people in their own homes, in their communities and in groups, we provide company, outings, personal care, social and emotional support, overnight support and support to access recreational/educational activities.

We also give adult carers the opportunity to access support, have a break and meet other carers through our community hubs which operate the county.

We provide a reliable service, tailored to meet the individual needs and personal outcomes of each family carer and the person they are caring for.

We deliver the Family Carers’ Prescription, whereby family carers and young carers can visit their GP and explain their situation. If the carer and GP agree that more support is required, the carer will be issued with a prescription to discuss any support needs that you may have with a specialist Carer’s Support Officer (CSO) and agree an action plan. The CSO will talk to you about any help you might need to plan ahead and continue to care for your relative or child plus any support that you need for yourself. From understanding your relative’s illness, accessing practical help, advice and training, planning for or coping with emergencies, to having time for yourself and dealing with worries. You can also discuss your rights.

Cambridge Castle Groups
Castle School, Courtney Way, Cambridge (5 - 19yrs)
Four clubs are held on Saturday mornings 9.30am to 2.30pm

Activities are designed to enhance a range of skills and encourage choice in order to promote independence and can include cooking and preparing food, sensory development, participation in sports and art, as well as shopping, handling money and accessing public transport for older members. The four clubs are:

Sunshine Yellow
(5 - 11yrs)
This is a specialist group held on alternate Saturdays specifically for children who have autistic spectrum disorders; offering them a safe, caring and fun environment in which they are able to flourish.

Saturday Club C3
(11 - 19yrs)
This specialist group held on alternate Saturdays is for secondary aged young people who have autistic spectrum conditions and other learning and physical disabilities.
**Sunshine Blue**  
*(5 - 11yrs)*  
This is a non-specialist group, held on alternate Saturdays for children to access a safe and fun environment in which to build on their social development.

**Saturday Club C2**  
*(11 - 19yrs)*  
This is a non-specialist group for secondary aged young people who have autistic spectrum conditions and other learning and physical disabilities, focusing on independence and social skills.

**Ely Saturday Club**  
Highfield School, Ely *(5-19yrs)*  
Fortnightly Saturday, 10am to 12noon *(term time)*  
This group is for children and young people with autism and other learning and physical needs. The group offers a safe and caring environment for those living in East Cambridgeshire and Fenland with activities designed to enhance a range of skills and encourage choice in order to promote independence.

**St Neots Stars**  
The Bargroves Centre, St Neots *(5 - 19yrs)*  
Fortnightly Saturday, 10.30am to 1.30pm  
St Neots Stars is a specialist group for children and young people with additional needs, which runs fortnightly focusing on having fun, understanding social behaviour and interaction, new experiences and independence outside of the home, encouraging community involvement and a sense of belonging.

These groups can be accessed through the Disabled Children’s Early Help Team if you are in receipt of early help funding. If not, you can pay direct for them. Contact Carers Trust CPN for further details.

A: Carers Trust Cambridgeshire, Unit 4, Meadow Park, Meadow Lane, St Ives PE27 4LG  
T: 0345 241 0954 or 01480 499090  
E: hello@carerstrustcpn.org  
W: www.carerstrustcpn.org  
Facebook: [https://www.facebook.com/CarersTrustCPN](https://www.facebook.com/CarersTrustCPN)  
Twitter: [https://twitter.com/CarersTrustCPN](https://twitter.com/CarersTrustCPN)

To make a referral to the groups contact the Disabled Children’s Early Help Team  
A: Buttsgrove Centre, 38 Buttsgrove Way, Huntingdon PE29 1LY  
T: 01480 379800  
E: dceh@cambridgeshire.gov.uk  
W: [www.cambridgeshire.gov.uk/short-breaks](http://www.cambridgeshire.gov.uk/short-breaks)
Carers Trust CPN Young Carers Project
Countywide (5 – 25yrs)

Carers Trust Cambridgeshire supports Young Carers aged 5 - 18 years old across Huntingdonshire and Young Adult Carers aged 16 - 25 years old who live in Cambridgeshire.

We offer a range of community and secondary-school groups across Huntingdonshire. Groups are usually once a fortnight with the exception of our Huntingdon primary-aged group, which runs monthly. Activities include art, cookery, sports, themed pieces of work such as awareness raising and general time with other young carers.

We also offer drop-ins to young adult carers in a number of colleges across Cambridgeshire.

We run a Children in Need funded project called “Free to be Me” which is open to young carers and children and young people with disabilities across the county and provides inspiring opportunities such as cooking skills, or support to have time as a family, or taking on new challenges.

In the school holidays, we try to provide trips and activities for young carers, in order to give them a break from their caring responsibilities, as we know many young carers experience loneliness in the holidays.

All our young carers support in Huntingdonshire is made possible by the generosity of charitable funding.

T: 0345 241 2125 or 01480 499090
E: hello@carerstrustcpn.org
W: www.carerstrustcpn.org
Centre 33
(13 – 25yrs)

This is a free, confidential service for young people living in Cambridge, Ely, Huntingdon, St Neots and Wisbech, providing information and support on any issue you need help with:

- Information and advice
- Mental health and counselling
- Housing advice
- Sexual health support and advice
- Services for young carers

Cambridge
33 Clarendon Street, Cambridge CB1 1JX
Information and Support opening times Monday, Tuesday and Wednesday 10am to 5pm
Friday and Saturday 10am to 1.30pm

Ely
24A Barton Road, Ely CB7 4DE
Information and Support Drop-in times Monday 4pm to 6pm. Thursday 4pm to 7pm

Huntingdon
Huntingdon Youth Centre, Swallowbush Road, Huntingdon PE29 7AF
Information and Support Drop-in: Thursday 4pm to 7pm

Wisbech/Fenland
Queen Mary Centre, Queens Road, Wisbech, Cambs PE13 2PE
Information and Support Drop-in: Thursday 2pm to 5pm.

Peterborough
Upstairs at Central Library Broadway, Peterborough PE1 1RX
Information and Support Drop-in: Friday 2pm to 5pm

We have offices in Cambridge, Ely, Huntingdon, March, Peterborough, St Neots and Wisbech
For all information and support drop-in times please visit our website centre33.org.uk

T: 0333 414 1809
E: youngcarers@centre33.org.uk
E: help@centre33.org.uk
W: www.centre33.org.uk
Twitter: https://twitter.com/Centre33Camb?ref_src=twsrc%5Etfw
**Red2Green**  
Harvey's Barn, Park End, Swaffham Bulbeck, Cambridge CB25 0NA  
(16yrs+, mainly adults)

Red2Green works with people with a range of disability (mainly adults) and disadvantaged, including learning disabilities, mental health problems and autistic spectrum conditions. Red2Green raises awareness of the potential of people with disabilities to make a positive and valuable contribution to society.

**Options**  
This service is for people who have learning disabilities. We work with people with a wide range ability levels and support needs. Popular regular activities include bowling, life skills; such as shopping, queuing to pay, reading a bus timetable, there are also sensory sessions, IT, keep fit and much more.

**Aspirations**  
A life skills programme for anyone over 16 years with autism spectrum conditions, such as Aspergers Syndrome and high functioning autism. Working in small groups we promote social contact, self-awareness, an understanding of others, strategies to cope with anxiety and anger management, and independent living skills.

**Advance**  
Advance supports people with disabilities or disadvantage to look for volunteering or work opportunities. We can help to identifying skills, looking for opportunities, CV/application forms and interviewing skills.

**Support - for Mental Health**  
Support – for Mental Health provide tailored support for people across East Cambridgeshire who are living with mental ill health. By providing a vital support planning and signposting service we can help you manage your expectations and build a framework to build on your improved mental health. We offer a broad range of opportunities in a relaxed and supportive environment so you can make lasting relationships and build support networks.

T: 01223 811662  
E: info@red2green.org  
W: www.red2green.org  
Twitter: [https://twitter.com/red2greenuk](https://twitter.com/red2greenuk)

**Farm Shop**  
Bottisham Village College, Lode Road, Cambridge CB25 9DL  
(Follow signs via school swimming-pool car park to the Community Garden).

Offering a range of locally grown fresh fruit and vegetables, herbs, perennials, alpines, bedding plants for all seasons, homemade jams and pickles. Opening times: Tuesday to Friday 9am to 3pm.

T: 01223 813650
VoiceAbility
Strengthening voice, championing rights, changing lives!
The Old Granary, Westwick, Oakington, Cambridge CB24 3AR
Countywide (all ages)

VoiceAbility supports people who face disadvantage or discrimination to have a voice that counts. We have led work to ensure that people are supported to have control over their lives. VoiceAbility have pioneered new ways of enabling people to be heard and have rights, ranging from the creation of local Parliaments run by people with learning disabilities to new statutory services supporting people with the highest support needs facing the most critical decisions. VoiceAbility has developed excellent services and as a result has become one of the largest advocacy providers in the UK.

Our aim:
• The right to be heard and respected
• The right to the same choice, control and freedom as any other person
• The right to be safe from violence or abuse
• Strengthen our ability to achieve these rights

We’re really proud of what we do and we want everyone’s voice to be heard loudly and clearly; we want to support people to understand their rights and take control of their lives.

T: 01223 555800 (Head Office)
T: 0300 222 5948 (Care and Support Referrals)
E: careadvocacy@voiceability.org
W: www.voiceability.org
Facebook: https://www.facebook.com/pages/VoiceAbility/272484539438605
Twitter: https://twitter.com/voiceability

Cerebra
National Organisation

Cerebra is a national charity that strives to improve the lives of children with neurological conditions through research, information and direct, ongoing support.

They offer information and advice both online and through their phone line. Cerebra offers a Sleep service with a team of Sleep Practitioners who can give one-to-one support to parents. Cerebra also offers presentations and workshops on accessing public services and DLA.

There is an Innovation Centre which designs products to help children with disabilities.

T: 0800 328 1159 Helpline (freephone)
E: info@cerebra.org.uk
W: http://w3.cerebra.org.uk/
Romsey Mill Centre
Romsey Mill, Hemingford Road, Cambridge CB1 3BZ (various ages)

This is a Christian charity committed to overcoming disadvantage, challenging injustice and promoting social inclusion with young people, children and families.

We work with around 3500 people each year, including:
- young mothers aged 19 and under and young fathers aged 25 and under
- young people on the margins of society who may be involved in offending
- young people struggling to engage fully with education
- families with pre-school children
- young people with an autistic spectrum condition who have few social opportunities.

Our work is long term, relational and needs-led. We work with participants to develop their skills and to enable their progress towards training, work and positive involvement in the community.

Romsey Mill provides consistent, long-term support, someone to listen and show unconditional care. Through skills development courses and interest-based projects such as sports, music or arts, young people develop new skills and begin to discover their potential.

Romsey Mill works with young parents (mums 19 and under – dads 25 and under) through providing antenatal care, parenting groups and educational opportunities.

For young people with autistic spectrum conditions, Romsey Mill offers a safe, understanding place to be themselves, developing social skills and supportive friendships.

Romsey Mill is a Children's Centre, offering a full programme of weekly groups, monthly drop-ins, health clinics and individual support for families and carers with children up to three years old, and a playgroup for pre-school children.

T: 01223 213162
E: Online
W: http://www.romseymill.org/
Facebook: https://www.facebook.com/romseymill
Twitter: https://twitter.com/romseymill
Sibs
National Organisation (all ages)

Sibs' is the only UK charity representing the needs of siblings of disabled people. Siblings have a lifelong need for information; they often experience social and emotional isolation, and have to cope with difficult situations. They also want to have positive relationships with their disabled brothers and sisters and to be able to choose the role they play in future care.

Sibs' aim is to enhance the lives of siblings by providing them with information and support, and by influencing service provision for siblings throughout the UK.

Our Service:
- Young siblings of disabled children: online support service: [www.youngsibs.org.uk](http://www.youngsibs.org.uk)
- Workshops in schools and online sibling groups
- Adult siblings: online forum and resources, phone crisis support and advocacy service.
- Parents of young siblings: online resources and coaching for parents on supporting siblings.
- Service providers: workshops on supporting siblings; training on running sibling groups; consultancy on developing local and national sibling support services.

We charge for parent coaching; sibling workshops; online sibling groups; training and consultancy.

A: Sibs, Meadowfield, Oxenhope, West Yorkshire BD22 9JD
T: 01535 645453 (Sibs information line)
E: info@sibs.org.uk
W: www.sibs.org.uk
Facebook: [https://www.facebook.com/SibsCharity?ref=hl](https://www.facebook.com/SibsCharity?ref=hl)
Twitter: [https://twitter.com/Sibs_uk](https://twitter.com/Sibs_uk)
Shine
Cambridgeshire, Peterborough, Northamptonshire and Lincolnshire (all ages)

Shine: (Spina Bifida – Hydrocephalus – Information – Networking - Equality)
This is the leading UK registered charity providing information and advice about spina bifida and hydrocephalus.

Our involvement differs with each family or individual who contacts us.

Some of the more common ways we help include:

- Support to families
- Help for adults and young people
- Information days
- Education advice
- Medical and health information
- Publications
- Research
- Information for professionals

You can contact Shine on any matter relating to hydrocephalus or spina bifida for information or advice on everything from reducing the risk of having a baby with spina bifida, to independent living for adults with the disability.

C: Sharon Lapsley, Regional Support and Development Worker, Cambs, Northamptonshire, Peterborough and Lincolnshire
A: 42 Park Road, Peterborough PE1 2UQ
T: 07876 865231 (Direct Line)
T: 01733 555988 (Shine National Office)
E: sharon.lapsley@shinecharity.org.uk
W: www.shinecharity.org.uk
Facebook: www.facebook.com/ShineUKCharity
Twitter: http://twitter.com/ShineUKCharity
YMCA Cambridgeshire and Peterborough
Queen Anne House, Gonville Place, Cambridge CB1 1ND
National Organisation: centres in Cambridge, Wisbech and Peterborough (various ages)

The YMCA is a leading charity supporting young people, particularly in times of need. Our vision is to enable communities, families and young people, to reach their full potential by participating in a supportive and inclusive society. We deliver programmes across Cambridgeshire.

We work in the following areas:

- **Housing:**
  Homeless young people aged 16 – 25, within our hostels and supported housing in Peterborough and Cambridge.

- **Crime Prevention and Youth Justice:**
  Under 25’s who are involved in or at risk of crime, including mentoring, intensive support, resettlement, appropriate adults and reparation.

- **Health and Fitness and Instructor Training:**
  Offering a fully equipped 70 station gym with membership from £11.99. We work with able bodied and disabled people as well as offering high quality training and qualifications through our courses. WE also work closely with GP’s and health services to deliver 12 free sessions as part of our referral scheme to improve mental health and physical wellbeing.

- **Counselling:**
  We provide free counselling in the community to young people aged 13 - 25 years in Peterborough, Wisbech, March, Whittlesey, Huntingdon, St Neots and Ramsey.

- **Youth Engagement:**
  Cambridge Ten Sing group - a performing arts group for young people aged 11 – 18yrs:
  Girton Youth Project, offering positive youth activities and art awards for young people aged 8 - 19yrs.

- **Menu of services:**
  Offering schools a range of early intervention and therapeutic services for students and family support.
  MOS also offers training for teachers, awards and qualifications for students.
  MOS caters for students aged 5 – 18yrs.

T: 01733 373185
E: Admin@theymca.org.uk
W: www.theymca.org.uk
Facebook: https://www.facebook.com/YMCACandP/
Twitter: https://twitter.com/YMCA_CambsPBoro
Helping Hands – Gardening Group
VCAEC, 41e Forehill, Ely CB7 4AA
East Cambridgeshire (all ages)

The scheme is to provide a voluntary gardening service to people who would not otherwise be able to get the work done, for example the elderly, disabled or disadvantaged.

The teams of volunteers (volunteers are 18yrs+) tackle most jobs in the garden such as:
- weeding, pruning, shrub removal, creating patios, laying slabs, complete make-overs, laying gravel, mowing and rotavating, planting new plants and general clearing up.
- cultivate allotment areas within large unmanageable gardens for training purposes.

The small and evolving group of volunteers has gained new skills, received training, gained confidence and pride being part of team that make a big difference. We are currently looking for individuals to volunteer as a gardener on the scheme, if this is something you are interested in please contact Steve (details below).

T: 01353 666556 (office hours Monday, Wednesday, Thursday and Friday 9am to 1pm, although we may be assisting people with their gardens, so please leave a message and we will get back to you)
E: steve@vcaec.org.uk
W: http://www.vcaec.org.uk/
Facebook: https://www.facebook.com/pages/Voluntary-Community-Action-East-Cambs-VCAEC/425072124275460
Twitter: https://twitter.com/VCAEC

Taxicard Scheme
Customer Services Centre, Madela House, 4 Regent Street, Cambridge CB2 1BY
Cambridge (various ages)

This scheme aims to provide a transport service to disabled and elderly people in receipt of a means tested benefit who are unable to use public transport. A subsidised taxi fare is available for journeys within a ten mile radius of the city centre. This is a means tested scheme of which people must satisfy certain criteria of eligibility. Information leaflets and an application form are available on request.

T: 01223 457000
E: taxicard@cambridge.gov.uk
W: https://www.cambridge.gov.uk/content/taxicard
Facebook: https://www.facebook.com/camcitco
Twitter: https://twitter.com/camcitco
Cambridgeshire Minibus Brokerage Scheme (CaMBS)
Countywide (all ages)

Are you a member of a community group, club or organisation? Do you need to transport members to attend meetings, activities and events, or to go out as a group? The new Cambridgeshire Minibus Brokerage Scheme (CaMBS) may well be the solution that you are looking for.

CaMBS is a vehicle-sharing scheme that enables community groups, clubs and not-for-profit organisations to use accessible and affordable minibuses. CaMBS has over 50 minibuses available for hire and nearly all are wheelchair accessible. The scheme can supply drivers; groups can (subject to training) use their own drivers.

All community groups, clubs or organisations wishing to use this service must be on a not-for-profit basis, to comply with our vehicle licensing.

**Not-for-profit includes:**

- Charities and housing associations
- Health and wellbeing groups
- Faith and belief based groups
- Interest, hobbies and arts groups
- Over 60s groups
- Parents, preschool and toddlers groups
- Schools, colleges and academic groups
- Sports and games clubs
- Scouts, guides and cadets
- Youth clubs and groups
- Social clubs and community groups
- After school activities
- Individuals with a disability, for example a wheelchair user (or their families), may be able to hire an available vehicle.

Hiring a minibus will depend on availability. Normally vehicles can be hired at any time and for any reasonable length of time. For example: part-day, day, weekend or even longer. This scheme is open to all age groups, provided that users aged 16 and under are accompanied by a responsible adult provided by the group making the request for transport (i.e. not those providing transport).

For not-for-profit groups needing a minibus, please contact us to request a membership application form first.

C: Gavin Moulton
T: 01223 715606
E: community.transport@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/communitytransport
Peterborough

Peterborough Information Network

Peterborough’s Information Directory
Peterborough City Council has launched a new information directory, bringing together the Families Information Service (FIS), the Adults Care Directory and the special educational needs and disability Local Offer into one place. The new directory is called the Peterborough Information Network.

The new site has a wealth of information for carers, whether you care for an adult, an older person or a child. There are information pages, links to useful external websites, leaflets and documents that can be downloaded and printed, and a wide range of services and providers to choose from.

An additional new function is the ability to request to have a service or provider’s name, phone number, email address and website texted directly to your mobile telephone.

The site includes a Personal Assistants Register where people seeking care can find someone to support them. There is also an Equipment and Living Aids section where pieces of equipment can be searched for and then purchased direct from the retailer.

W: http://fis.peterborough.gov.uk/kb5/peterborough/directory/home.page

Vivacity Sports Development
Peterborough (various ages)

You can contact the Sports Development Team at the Vivacity Peterborough Culture and Leisure Trust either as an individual or as a group and ask for information on a particular sport or leisure activity in which you would like to take part or would like to initiate. There may be funds available to buy any special equipment, assist with facility or for general advice, which might be necessary.

Rebound Therapy
Phoenix Upper School (all ages)
4pm to 6pm (term time)

Rebound therapy is trampolining for people with disabilities and the aim is to develop a person’s fitness and overall wellbeing whatever their ability rather than perfectly coordinated movements. It can be particularly beneficial to people who find classic dynamic activities a struggle.

Fins Swimming Lessons
Jack Hunt Pool (5 – 15yrs)
2pm to 4pm
Cost: £24 per month

Become a member of the FINS swimming club and learn how to swim in a relaxed and fun environment full of games and different activities.
Archery
(all ages)
We offer target archery to suit a range of abilities and needs. Our qualified archery leaders adapt the equipment and delivery style to enable participants to reach their potential and gain satisfaction from seeing their skills improve.

Peterborough Sharks: Special Needs Basketball Club
Be a member of a club and learn how to play basketball in a relaxed and fun environment full of games and different activities.

Boccia Club
(all ages)
This non–contact Paralympic sport relies upon skill and subtlety of the player rather than their size, speed and strength. Boccia is a form of indoor bowls and is a great game for anyone to play especially those with severe impairment.

Peterborough Adapted Cycling Scheme
(all ages)
People who have mobility problems can come to any of the sessions and try out a range of specially adapted bikes, with both qualified cycling coaches and experienced disabled cyclists on hand to offer help and support.

All sessions require booking prior to attending.

C: Matt Taylor  
T: 01733 863783  
E: matt.taylor@vivacity-peterborough.com  
W: www.vivacity-peterborough.com/disabilitysports  
Twitter: https://twitter.com/VivacityPboro

Special Olympic Groups – Peterborough

Athletics
Peterborough Athletics Track, Bishops Road, Peterborough  
Thursdays 5.45pm to 7pm

C: Ian Nolan  
T: 01778 347458  
E: ian929nolan@btinternet.com

Aquatics
Jack Hunt Swimming Pool, Ledbury Road, Peterborough PE3 9PN  
Friday/Sunday 7pm to 8pm

C: Joh Roberts  
E: Joh.sydenham@btinternet.com
**Boccia**  
Peterborough Indoor Bowls Club, Burton Street, Peterborough  
Saturdays 10am to 12noon  
C: Matt Taylor - Vivacity  
T: 01733 863783  
E: matt.taylor@vivacity-peterborough.com

**Basketball**  
Hampton Leisure Centre, Clayburn Road, Hampton, Peterborough PE78GL  
Sundays 11am to 12noon  
C: Matt Taylor - Vivacity  
T: 01733 863783  
E: matt.taylor@vivacity-peterborough.com

**Equestrian**  
Lynch Farm Riding School, Wistow Way, Orton Wistow, Peterborough PE2 6XA  
Wednesdays 5.30pm to 6.30pm and 6.30pm to 7.30pm  
C: Marilyn Butcher  
E: Mebutcher.1210@gmail.com

**Figure Skating**  
Planet Ice, Mallard Road, North Breton, Peterborough PE3 8YN  
C: Kay Greenaway, Inspire Peterborough  
T: 01733 330815

**Gymnastics Artistic**  
Peterborough Gymnastics Academy, Thistle Drive Centre, Wessex Close, Stanground, Peterborough PE2 8HZ  
Saturdays 11am to 12noon  
C: Zoe Manning  
T: 07715 412183

**Golf**  
Nene Park Golf Club, Thorpe Wood, Peterborough PE3 6SE  
Taster Sessions  
C: Suzanne Dickens  
T: 07748 115063  
E: Suzd71@btinternet.com
Lynch Farm Riding Centre  
Wistow Way, Orton Wistow, Peterborough PE2 6XA (4yrs+)

At Lynch Farm we cater for riders with special needs covering a wide range of conditions. “Horses as vehicles for rehabilitation, therapy and equine facilitated learning.” The ancient Greeks were already aware of the therapeutic effects of horses some 2600 years ago. These benefits are being re-discovered and increasingly used in our times.

There are numerous studies showing clinical evidence of the benefits of interaction with horses. Members with special needs have a wide range of conditions. These range from Autism, Tourettes Syndrome, Downs Syndrome, Cerebral Palsy and a range of other conditions including recovering Stroke Victims. To make your booking, please contact us.

C: Duncan Brown  
T: 01733 234445  
E: club@lynchfarmriding.co.uk  
W: http://www.lynchfarmriding.co.uk/special-needs/

Little Miracles Peterborough  
Little Miracles, The Spinney, Hartwell Way, Peterborough PE3 7LE (0 – 25yrs)

Little Miracles is a parent led support group and charity for families in the Peterborough area with children up to 25 years of age who have additional needs, disabilities or life limiting conditions. We offer a range of activities, events and support to provide parents with the chance to talk and get support whilst the children play, learn and have fun. We provide daily activities so please get in contact to discuss what you are looking for.

T: 01733 262226  
E: Online form  
W: http://www.littlemiraclescharity.org.uk/  
Facebook: https://www.facebook.com/LittleMiraclesCentre/  
Twitter: https://twitter.com/littlemiraclesp?ref_src=twsrc%5Etfw
Peterborough Eating Disorders (PEDs)
3 Lincoln Court, Peterborough PE1 2RP (all ages)

Personalised Eating Disorder Support (PEDs) is a specialist eating disorder charity based in Peterborough, supporting individuals from across the East of England including Cambridgeshire, Norfolk, Suffolk and Essex.

Our charity is run by two registered nurses who between us have over 18 years’ joint experience working in the field of eating disorders. This includes working on a paediatric ward, CAMHS case management, Adult eating disorders and working within a specialist eating disorder in-patient unit.

We are based in the centre of Peterborough within the premises of Peterborough Council Voluntary Services where we offer assessments. We also have a telephone support line during the week and respond to emails as well as offering outreach and individual/family sessions (this is chargeable) to people in their homes. Training can be provided to schools, GPs and clubs/other voluntary sector organisations at a small fee.

Our focus is to work alongside individuals and their families to help them acknowledge and understand their illness. We can help provide tools to support recovery and assist with practicalities e.g. meal planning and meal support, managing difficult thoughts and behaviours and ensuring physical safety.

Whilst we acknowledge it can seem a long road to recovery, the purpose of our charity is to ensure you are not alone on your journey and have support.

Please get in contact by email, telephone, post or online form.

T: 01733 391537
E: admin@pedsupport.co.uk
W: http://www.peterboroughedc.co.uk/

Shine Support Group
Shine HQ, 42 Park Road, Peterborough PE1 2UQ (0 – 5yrs)
Monthly 10am to 12noon

This group is for 0-5 year olds with Spina Bifida and/or Hydrocephalus and their parents. It is free to attend and people do not need to book, just turn up on the day. We meet once a month, 10am - 12noon. We are not too strict on the age group of attendees but obviously we have to be careful of the little ones who spend a lot of time playing on the floor. Siblings are welcome to attend and also parents-to-be if they are interested in learning more about the conditions.

Please contact Shine for more information or to confirm your attendance.

C: Sharon Lapsley
T: 07876 865231
T: 01733 555988 (Head Office)
E: sharon.lapsley@shinecharity.org.uk
W: www.shinecharity.org.uk
Facebook: https://www.facebook.com/Shine.Sharon.Lapsley
Deaf Youth Group
(11 – 25yrs)

Our Youth Group aims to meet every school holiday for some fun social activities. We feel it is important to have time for youths and get as many as we can to come together to be social and support each other. We understand that a lot of our teens are often the only deaf person in their class or even school. Deaf teens can often feel very isolated at school but at youth club they are able to relax in the company of other teens and have some fun. Some of the activities we have tried this year include Bounce, Roller Skating and Laser Quest. Check out our events page for more activities.

If you would like more information please contact Ayesha Quraishy, Youth Group Leader
E: ayesha_quraishy@outlook.com

Deaf Swimming Lessons
Stamford Leisure Pool, Drift Road, Stamford PE9 1UZ (0 – 11yrs)
Fridays 6pm to 7pm

A great session for deaf children to learn to swim in a fun atmosphere!

Contact Amy Casselden for more information.
T: 07816 912744
Facebook: https://www.facebook.com/pddcs

Deaf Toddler Group
Goldhay Centre, 105 Paynels, Peterborough PE2 5QP
Every other Thursday, 10am to 11.30am

A stay and play session for deaf toddlers, siblings and parents. Audiology will be there for advice and new moulds.

For more information please contact Gina
T: 07908 463118

For more information on our play sessions, trips and parties please take a look at our website http://www.pddcs.co.uk/
STRIVE Young Adult Carers
Peterborough (16 – 25yrs)

Stronger Together Respect Individual Value Equal
Are you aged 16 - 25 and give support, whether practically or emotionally - to a family member, friend or partner with either an illness, disability, mental health issue, dementia, substance misuse or alcohol problem? Perhaps you care for your siblings as a result. You don’t have to live with the person you care for to be a carer.

Support is available for:
• Health - physical and emotional, leisure activities
• Work – Employment, education and training
• Financial knowledge
• Caring role
• Managing the home
• Time for yourself

Need more information? Want to refer yourself or someone else?

C: Lisa Masters
T: 01733 645234
E: lisa.masters@carerstrustcpn.org
W: www.carerstrustpeterborough.org

SPACE: Peterborough’s Siblings Project
Thorpe Hall Day Centre, Thorpe Road, Peterborough PE3 6LW (5 – 17yrs)
Monthly

SPACE project stands for Siblings Playing And Caring Everyday. The project is open to anyone aged 5 to 17 who has a brother or sister who has a physical or learning disability or long-term illness.

The SPACE project:
• is for children and young people who have a brother or sister that has a physical or learning disability or a serious long-term condition
• is for access to group activities and sessional 1:1 engagement (if appropriate)
• is to reduce their possible social and emotional isolation felt by having a brother or sister with a disability or illness
• will allow them to meet other children and young people who also have a brother or sister with a disability or illness
• gives them their own SPACE

For more information on this project or to refer a young person into the project please contact Lisa.

C: Lisa Masters
T: 01733 645234
E: lisa.masters@carerstrustcpn.org
Young Carers Project
(5 – 18yrs)

Are you aged 5 - 18 and give support, whether practically or emotionally, to a family member with either an illness, disability, mental health issue, dementia, substance misuse or alcohol problem? Perhaps you care and have to help for your siblings as a result.

The Young Carers Project:
• is for access to group activities, individual support and holiday activities
• Is for access to in-school support (if available)
• is to reduce their possible social and emotional isolation felt by being a young carer
• will allow them to meet other children and young people who are also young carers
• is for signposting and supporting to other services for the individual and family as a whole

T: 01480 499090
E: hello@carerstrustcpn.org

Royal Voluntary Service
Royal Voluntary Service, 2 Cattle Market Road, Peterborough PE1 1TW

Our volunteers deliver services that help older people in Peterborough. We’re always on the lookout for volunteers to help in our City Centre Teabar or drivers who own their own car for the Community Transport Scheme.

T: 01733 307304
E: cambridgeshirehub@royalvoluntaryservice.org.uk
W: http://www.royalvoluntaryservice.org.uk/service/1458-cambridgeshire
Facebook: https://www.facebook.com/royalvoluntaryservice
Twitter: https://twitter.com/RoyalVolService

Welfare Benefits

Finding help in Peterborough
The area of welfare benefits is always going to be a difficult advice topic to navigate. The benefit laws are both complex and complicated. You should seek specialist advice before applying for any benefits.

These agencies can offer some help, phone for details:
• Disability Peterborough (physical disability) 01733 265551
• CAB (general) 01733 558383
• Age UK (over age 55) 01733 564185
• PCVS (learning disability) 01733 342654
• MIND (mental health) 01733 530651
• City Council (appeal work only) 01733 296337
Disability Peterborough
(Formerly DIAL Peterborough)
John Mansfield Centre, Western Avenue, Dogsthorpe, Peterborough PE1 4HX

Disability Peterborough is your local centre for free confidential and impartial information and advice, for physically disabled people, their carers and families. The purpose of Disability Peterborough is to provide a range of services that assist people with physical disabilities to achieve their potential and have maximum choice and control over their lives. The information and help we provide can enable anyone, living in Peterborough, with a disability gain the freedom and support they are entitled to.

Disability Peterborough core functions:
- Support disabled people to access their rights
- Identify local needs and issues of disabled people
- Enable the views of disabled people to be represented effectively at policy, strategic planning and service delivery levels of our statutory partners
- Ensure disability issues are kept high on local providers agendas

The services offered include:
- Independent disability advice
- Understand your disability rights
- Disability Forum
- Consultation, involvement and inclusion
- Regular newsletters and radio shows
- Wheelchair and scooter services
- Accessible sport and leisure services
- Disability Discrimination advice
- Welfare Benefits services
- Advocacy and Care Plan advice
- Health, Wellbeing and Social Care advice
- Aids, adaptations and access information
- Assisted Technology and equipment advice
- Financial and legal guidance
- Employment advice and support
- Practical guidance workshops
- Education and employment links
- Influencing policy, practice and services

T: 01733 265551
E: info@disabilitypeterborough.org
W: https://www.disabilitypeterborough.org/
Peterborough CRUSE
3 Lincoln Court, Lincoln Road, Peterborough PE1 2RP (3yrs+)

This is a branch of the national organisation and aims to ensure all bereaved people have somewhere to turn when someone dies. Help offered includes a helpline, one-to-one support, drop-in centres and a number of bereavement support groups. Individual help is also offered to anyone over 3 years old and their families. No charge is made for services, though donations are welcome.

Grief is a natural process, and most people will cope with help and support from family and friends. For those who need additional specialist help, Cruse offers:

- **Telephone support**
- **Email support**
- **Face-to-face support**
- **Support for children and young people**
- **Early intervention project**
- **Publications**
- **Bereavement Care Journal**

CRUSE Bereavement Support Volunteers are trained and experienced, and are available for those who need to talk in confidence in their own home or a neutral venue.

**Hope Again** is the youth website of Cruse Bereavement Care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.


T: 01733 808030 or 07503256972

T: 0844 477 9400 (Cruse UK Helpline open Monday to Friday 9.30am to 5pm)

E: admin@peterboroughcruse.net


Peterborough Citizens Advice
16-17 St Mark's Street, Peterborough PE1 2TU

Citizens Advice Peterborough offers free, confidential, impartial and independent advice and information services. We are located a short walking distance from the city centre. We operate a drop in system for assessments, there is no option to pre-book appointments (other than via Adviceline, or for vulnerable/disabled clients), and clients will be seen on the day, initially by an Information Assistant who will try to support the client through our self-help options. If the case requires advice they will then be seen by an Adviser.

**Our service aims to:**
- provide the advice people need for the problems they face
- improve the policies and practices that affect people’s lives

T: 0344 499 4120 (Monday to Friday, 10am to 4pm)

T: 0300 330 0650 (If you are calling from a mobile)

Benefits

Disability Living Allowance (DLA)

Disability living allowance is the main benefit for disabled children under 16. DLA is designed to help you cover the extra costs that you might face because of your child’s disability. The range of levels is wide, from a little extra help for children with learning disabilities to severe disability both mentally and physically.

What’s really important to remember about the DLA, is that it is about how much extra care and support your child needs not what their diagnosis is. Even if your child doesn’t have a diagnosis yet, you can still claim DLA. You will of course need good evidence of how their needs impact them day to day life. The key issue is that they have extra needs that other children their age don’t have.

Care Component
This is for children that need extra help day to day including their personal care. It comes at three levels.

- Lowest rate - help for some of the day or night
- Middle rate - frequent help or constant supervision during the day, supervision at night or someone to help while they’re on dialysis
- Highest rate - help or supervision throughout both day and night, or they’re terminally ill

Mobility Component
This is to help your child if they have trouble getting around. It comes at two levels:

- Low rate mobility DLA
  If your child needs lots of extra help in getting around and staying safe but isn’t necessarily physically disabled, then your child might qualify for the lower rate. You’ll need to be really specific about what this extra help is.

- Higher rate mobility DLA
High rate criteria:
  - unable to walk
  - virtually unable to walk
  - the exertion required to walk would constitute a danger to their life or would be likely to lead to a serious deterioration in their health
  - have no legs or feet (from birth or through amputation)
  - severely mentally impaired and show extremely disruptive and dangerous behaviour
  - or have a severe visual impairment; or be both blind and deaf and need the assistance of another person to walk out of doors.

Children with Autism and DLA
Children who don’t necessarily have a physical disability but need extra “guidance or supervision” to help them get around may be eligible for the lower rate. However, some children with Autism could also qualify for higher rate depending on their specific needs.
To be eligible for the higher rate, your child must have ‘a severe mental impairment and behavioural problems’ or be ‘virtually unable to walk’.

There are many organisations and online services where you can find information about claiming DLA and other disability related benefits, and help to complete the form. Please see Information and Advice pages in this book.
These guides can help you work through your application for DLA if your child has learning disabilities or Autism.

**Contact: Guide to DLA**  
**National Autistic Society: DLA Guide**

T: 0345 712 3456 (Disability Living Allowance Helpline)  
Textphone: 0345 722 4433

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**Universal Credit (UC)**

Universal Credit is a **means-tested benefit** for people of **working-age** who are on a low income.

It replaces six existing means-tested benefits:
- Income Support
- Income-based Jobseeker’s Allowance
- Income-related Employment and Support Allowance
- Housing Benefit
- Child Tax Credit
- Working Tax Credit

Universal Credit is intended to be simpler than the current system of benefits and tax credits.

Universal Credit is paid on a monthly basis. Entitlement is worked out by comparing your basic financial needs that the government says you need to live on with your financial resources.

Universal Credit is being introduced gradually. Whether you can claim depends on where you live and your personal circumstances.

If you don’t live in a qualifying area or you are not eligible to claim Universal Credit you may be able to claim Jobseeker’s Allowance or other means tested benefits.

You don’t need to do anything if you are already claiming existing benefits. You will be told by the Department of Work and Pensions (DWP) when you have to claim Universal Credit.

There are many websites and organisations where you can get additional information on UC including:
W: https://www.turn2us.org.uk/Benefit-guides/Universal-Credit/What-is-Universal-Credit  
W: https://contact.org.uk/search-results/?s=Universal+Credit  
W: www.gov.uk  
W: https://www.citizensadvice.org.uk/benefits/universal-credit/
Personal Independence Payment (PIP)

Disability Living Allowance (DLA) is ending for people aged 16 to 64. PIP is the benefit replacing it. You’ll continue getting DLA until the Department for Work and Pensions (DWP) invites you to apply for PIP. You don’t need to do anything until DWP writes to you about your DLA unless your circumstances change.

What is PIP?
PIP is a benefit paid to people who have daily living and/or mobility needs, to help with the extra costs of long-term illness or disability.

Is your son or daughter approaching 16? If they already receive Disability Living Allowance (DLA) benefit, they will soon be invited to apply for PIP.

The Process
- If your son or daughter already gets DLA, once they get to 16, they will be invited by letter from the Department of Work and Pensions (DWP) to transfer and apply for PIP.
- The letter will have an application deadline – make sure you fill it in and return it by this date (see top tips below)
- When you receive the letter, you will need to make a phone call to give your young person’s details such as NI number and bank details.
- Collect any evidence and reports that you need (your GP and other services might charge for a report) and fill out the PIP form. You generally have a month to do this but you can ask for a two-week-extension.
- Once returned, the form will go to a DWP medical assessor. Your young person will probably be asked to attend a face-to-face assessment, but not every person applying for PIP will have to have one. You can apply to have this assessment at home, but remember that you may want to explain how they struggle in an unfamiliar environment, so a home assessment may not paint a true picture of their difficulties.
- You will be told whether your young person is eligible for PIP and the rates they will get. DLA is paid for 4 weeks after the decision on PIP is made.

PIP guides and advice in Cambridgeshire
Factsheets and guides are available from:
- Cambridgeshire County Council’s PIP factsheet
- Scoring for the Personal Independence Payment 2017 Cambridgeshire County Council factsheet
- Cambridgeshire County Council’s guide on how to claim PIP

PIP advice
- The county council’s Welfare Benefits Team: Free support and assistance with claiming disability benefits and other connected benefits. Home visiting service for people who can’t access front line advice or live in rural areas of Cambridgeshire. Service details on the council website E: welfare.benefits@cambridgeshire.gov.uk
- Little Miracles Peterborough: access help with form filling for PIP, by either by messaging Peterborough Little Miracles http://www.littlemiraclescharity.org.uk/contact-us/, or Facebook message https://www.facebook.com/LittleMiraclesCentre/ and ask for help with filling in the form. Parents may be asked to fill in a membership form for Little Miracles but membership is free. Little Miracles Cambridge, Ely and Newmarket. You have to become a LM member first but this is free. E: familyworker@littlemiraclescharity.org W: www.littlemiraclescharity.org/familyworker
• National Autistic Society in Cambridge: adult support manager Joseph Simon can help 16+ with forms, face to face meeting, tribunal and support in court.
E: Joseph.Simon@nas.org.uk

Citizens Advice Bureau can help filling in PIP forms. Volunteers help with the initial form filing and paid staff to help with tribunals. Access service by attending drop-ins. Outreach sessions at:

• Cambridge (centre)
  Cambridge City Council, Mandela House, 4 Regent Street, Cambridge CB2 1BY.
  Drop-in – no appointment necessary: Tuesdays and Thursdays, 11am to 3pm

• Cambridge (north)
  Meadows Community Centre, 1 St Catherine’s Road, Cambridge CB4 3XJ.
  Drop-in – no appointment necessary: Wednesdays, 11am to 3pm

• Girton
  Girton Community Centre, St Vincent Close, Girton CB3 0PE
  Drop-in – no appointment necessary: Wednesdays, 1pm to 4pm

• Sawston
  John Huntingdon Centre, 189 High Street, Sawston CB22 3HJ
  Drop-in – no appointment necessary: Fridays, 9.30am to 12.30pm

• Trumpington
  Trumpington Pavilion, Paget Road, Cambridge CB2 9JF
  Drop-in – no appointment necessary: Thursdays, 11.30am to 2.30pm

• Arbury
  Arbury Road Surgery, 114 Arbury Road, Cambridge CB4 2JG
  Appointments only – Thursdays, 2pm to 5pm

• Fen Ditton
  East Barnwell Health Centre, Ditton Lane, Cambridge CB5 8SP
  Registered patients only: Fridays, 8.30am to 1pm

• Nuffield Road Medical Centre
  Nuffield Road, Cambridge CB4 1GL
  Appointments only: Thursdays 1pm to 4pm

Cambridgeshire SEN parent/carer support group Facebook page This is a closed Facebook page where you can post for advice and information from other SEN parents on any aspect of your child/young person’s life 24/7.

For further information and tips on completing the PIP form, there is a really useful section on the Pinpoint website.

Benefits and Financial Help

Browse the web links below to find out about your entitlement to financial support and help with childcare.

- **Benefits and tax credits**
- **Sources of financial support**
- **Dealing with debt**
- **Help with fuel and water bills**
- **Making home improvements**
- **Energy saving tips**

If you'd like to know more or if you'd like a full benefits check, call Contact’s freephone helpline. You can also download the parent guide [Money Matters - a checklist when your child has additional needs](https://contact.org.uk/advice-and-support/benefits-financial-help/) to find out more about financial help you might be entitled to.

T: 0808 808 3555, Monday - Friday, 9.30am to 5pm
E: helpline@cafamily.org.uk

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Disability Cambridgeshire

South and East Cambridgeshire, Fenland and Cambridge City (all ages)

Disability Cambridgeshire is an advice and information service for disabled people and/or older people and their carers. We serve people of all ages in South and East Cambridgeshire, Fenland and Cambridge City. We give free, confidential and impartial advice on most issues relating to disability via our five-day a week advice line, sessions by appointment at Addenbrookes Hospital, Ely CAB and if necessary, at a place of your choice, such as your home.

**Who we help:**
- anyone who lives in our area who has a disability or mental health issue
- their families and their carers
- children and young people with learning difficulties
- older people, their families and their carers
- families with disabled children or parents
- people who work with or volunteer to help disabled people, older people and their carers

**We can help with problems including:**
- direct payments or funding for your care
- benefit entitlements including what you can and can't claim
- Attendance Allowance
- challenging decisions and appeals to DLA and PIP decisions
- employment

T: 01480 839192
A: Disability Cambridgeshire, Orwell House, Cowley Road, Cambs CB4 0PP
E: info@disability-cambridgeshire.org.uk
W: [www.disability-cambridgeshire.org.uk](http://www.disability-cambridgeshire.org.uk)
Facebook: [https://www.facebook.com/disabilitycambridgeshire](https://www.facebook.com/disabilitycambridgeshire)
Disability Huntingdonshire
Disability Huntingdonshire, Pendrill Court, Papworth Everard, Cambs CB23 3UY
Huntingdonshire (all ages)

Disability Huntingdonshire (known also as DISH) is a charitable organisation whose aim is to enable individuals with disabilities to achieve independent living, through disseminating advice and information and providing advocacy. We provide information, advice and advocacy to people on a range of subjects, including access to benefits or resources and, where children are involved, on appropriate educational provision.

Our caseworkers are willing to make home visits where it is hard for a client to travel to our office. We offer face to face, telephone and email advice. Where we cannot perform tasks directly, we can signpost people to appropriate information, or to the appropriate agency.

T: 01480 748168 (Helpline is open Monday to Thursday, 9.30am to 2.30pm)
T: 0330 3553 256 (for mobiles at landline rates)
E: info@dish.org.uk
W: www.dish.org.uk
Facebook: https://www.facebook.com/pages/Disability-Huntingdonshire/132039576861614?sk=timeline&ref=page_internal

Cambridgeshire County Council Welfare Benefits Team
Rural Cambridgeshire (18yrs+)

Free support and assistance with claiming disability benefits and other connected benefits. The home visiting service is aimed at people who are unable to access front line advice or live in rural areas of Cambridgeshire apart from Cambridge City areas.

Due to time and staff constraints, we are unable to take on appeal work from other agencies or assist with Social Fund or other benefit claims unless we already have a case opened. The home visiting service is aimed at people who are unable to access front line advice or live in rural areas of Cambridgeshire apart from Cambridge City areas.

A: Welfare Benefits Team, Adult Early Help Team Amunsden House, Compass Point Business Park, Stocks Bridge Way, St Ives PE27 5JL
T: 01353 612926
E: welfare.benefits@cambridgeshire.gov.uk
W: www.cambridgeshire.gov.uk/careandsupport

Papworth Trust
Countywide (up to 19yrs)

Papworth Trust can help you with disability benefit related enquiries for children and under-19s. They can answer your questions about benefits and support you and/or the young person you support through the application process.

T: 0800 952 5000
E: iaq@papworthtrust.org.uk
W: http://www.papworthtrust.org.uk/information/disability-advice
Information and Advice

Cambridgeshire County Council Customer Services
Countywide (all ages)

This service includes the County Council's Contact Centre and responsibility for the four corporate reception sites based at Shire Hall and Castle Court in Cambridge, Scott House in Huntingdon and Awdry House in Wisbech. Customer Services acts as the council's first point of contact for Customers.

The Contact Centre provides easy access to many local services by phone, email, fax and minicom. These services range from the assessment and issuing of Blue Badges (disabled parking permits) to Adult and Children's Social Care. Staff can help with your enquiries and assist customers to easily access information and transactions online, using the council's website: www.cambridgeshire.gov.uk

You can contact a Customer Service Advisor Monday to Friday 8am to 6pm and Saturday 9am to 1pm, unless otherwise specified using the number below. You will always speak to a real person based in Cambridgeshire. We will endeavour to answer or resolve your issue there and then, but where that is not possible, we will ensure that you are referred to the right person.

T: 0345 045 5200 (General enquiries)
E: info@cambridgeshire.gov.uk
W: http://www.cambridgeshire.gov.uk
Facebook: https://www.facebook.com/CambridgeshireCC
Twitter: https://twitter.com/cambsCC

Cambridgeshire.net
Website

Whether you're looking for a regular activity or a one off-event, find out what's on in Cambridgeshire - Cambridgeshire.net aims to provide residents and communities with easy online access to local information and services. Being able to find out what is happening locally helps people to get involved and build networks around their interests.

The community database holds the details of thousands of organisations in the county and an A-Z of Local Public Services provided by local authorities and other partners. Cambridgeshire.net is for everyone living or working in Cambridgeshire and provides a free resource of community information. It is free to use and to register, so if you want your organisation to be listed register with us today.

W: www.Cambridgeshire.net
Citizens Advice: Advice guide
Main Bureau: 66 Devonshire Road, Cambridge CB1 2BL
National Organisation (all ages)

The Adviceguide website is the main public information service of Citizens Advice, providing people with round-the-clock access to CAB information on their rights; including benefits, housing and employment, and on debt, consumer and legal issues.

The aim is to empower people by providing them with the information they need to solve their own problems and to signpost them to appropriate advice where necessary. Adviceguide helps you to have a better understanding of your rights and entitlements, and also to take the first steps in resolving your problems.

The online CAB service that provides independent advice on your rights:
- practical, up-to-date information on a wide range of topics, including benefits and housing, employment rights and discrimination, debt and tax issues
- links to our directory of Citizens Advice Bureaux
- information in a wide range of languages
- a wide selection of fact sheets to print off
- details of other reliable online sources of information

Factsheets on various debt and consumer issues are available on the website - these can be downloaded.

To save yourself time and possible inconvenience, you might want to look on-line for an answer to your enquiry, before visiting or phoning us.
You can get advice online or to find a CAB office near you go to www.adviceguide.org.uk

Before going to a CAB, please consider saving time and travelling costs by phoning or emailing as most enquiries can be answered this way. If you decide to visit us, you do not need an appointment to see an adviser, but please be prepared for what may be a lengthy wait in busy periods.

Main Bureau: 66 Devonshire Road, Cambridge CB1 2BL (Check website for drop-in times)
Drop-in: no appointment necessary.
Early arrival is essential, as we are often unable to see all those attending.
T: 0344 848 7979 (Our phone lines are staffed from Monday to Friday, but advisers are often only available between 2pm and 4pm)

To find your nearest CAB office go to the website.
W: www.cambridgecab.org.uk
W: https://www.citizensadvice.org.uk/
Twitter: https://twitter.com/CambridgeCAB
**Penderels Trust**  
Countywide (all ages)

Penderels Trust provides financial services for adults and families with children with disabilities who receive a direct payment. These include a managed account service where we manage your care package on your behalf and payroll services for people who employ their own carer or personal assistant. We are a not-for-profit organisation and have been a leading provider of advice and guidance since 1988.

A: Penderels Trust, Resource House, 1A Brandon Lane, Coventry CV3 3GU  
T: 01284 592418  
E: Cambridgeshire@penderelstrust.org.uk  
W: http://www.penderelstrust.org.uk/cambridgeshire

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**Cambridge Crisis Network**  
Cambridge City (all ages)

This network was set up to help people who have an immediate crisis

They could, for example:

- Be under the threat of homelessness
- Have a sustained negative household budget
- Be unable to manage their own affairs
- Have suffered a close family bereavement
- Suffer from an illness that affects their life
- Have just lost their job
- Be facing a cut in income due to the benefit cap or other loss of benefits
- Have just lost essential services/utilities
- Have debts with no means to pay
- Be threatened with loss of their liberty
- Feel socially isolated and have a learning disability

Eddie’s, a learning disability charity based in Waterbeach, is working in partnership with other organisations for this project, including Cambridge Citizens Advice Bureau, Food Bank, Headway, Cambridge Women’s Resource Centre and Wintercomfort.

We can also help give further support to build confidence, skills and resilience.

C: Vicky or Deborah  
E: vicky.baddeley@eddies.org.uk or deborah.nicholson@eddies.org.uk  
T: 01223 883130
**Airport Assistance**

More UK airports are offering assistance programmes for families needing support and quick boarding - some offer wristbands and lanyards to passengers and families so that they can be more easily identified by staff.

The National Autistic Society have a range of resources to help you plan and enjoy your holiday.

**Holidays: preparation and practicalities**

Planning a holiday can be exciting and stressful for everybody, but there can be extra things to consider if you are travelling with someone who is autistic.

Find out about choosing [where to go](#), deciding [how to get there](#), [preparing for the trip](#) and some [practical considerations](#). You can find more information [here](#).

Manchester has a booklet designed for young travellers with autism, with a step-by-step guide of what to expect. Anxious passengers can be fast-tracked through security to make travelling easier. [More info about Manchester Airport special assistance](#)

Birmingham also has an [autism assistance video](#). Help at [Stansted Airport Access guide to Stansted Airport](#)

**Proper changing facilities** – find one on your travels. Travelling with a child or young person who is severely disabled? Standard accessible toilets don’t meet the needs of over 250,000 people in the UK. Changing Places toilets, on the other hand, have a height-adjustable, full-sized changing bench and hoist. And there are now 1000 of them around the UK. [Find a Changing Places facility](#) — including UK airports. There’s a UK airports page too [find out more](#)
Grants/Funding

Family Fund
Family Fund, 4 Alpha Court, Monks Cross Drive, York YO32 9WN (up to 17yrs)

Family Fund is the UK's largest charity providing grants to families with disabled or seriously ill children. We provide grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor play equipment, clothing and computers. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.

Parents or carers of severely disabled children can apply if:

- Their child is 17yrs or under; and
- Families are eligible for, and can send evidence of one of the following tax credits or benefits; Child Tax Credit, Working Tax Credit, Income based Job Seekers Allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit, Pension Credit.
- They have lived in the UK for six months and have permanent residency here.

We cannot help children and young people in local authority care, including those living with relatives or foster carers.

T: 01904 550055
E: info@familyfund.org.uk
W: www.familyfund.org.uk
Facebook: https://www.facebook.com/familyfund
Twitter: https://twitter.com/FamilyFund

Cambridge Re-Use
Unit H, The Paddocks, 347 Cherry Hinton Road, Cambridge CB1 8DH (all ages)

Cambridge Re-Use is a volunteer based service helping people on low income to furnish their homes. We are a registered charity. Our store is open to households on a low income: single person earning up to £18,000 and couples earning up to £23,000.

T: 01223 576 535
E: donate@cambridgereuse.org.uk
Twitter: https://twitter.com/CambridgeReUse
Newlife Foundation
Website and telephone support

Newlife is the UK’s largest charity funder of children’s specialist disability equipment. They also run the UK’s only national emergency equipment service for terminally ill children. Their nurses support thousands of families, campaign for policy change and fund targeted medical research to improve child health.

Newlife equipment includes beds, seating, wheelchairs, communication aids and much more. The equipment can relieve pain, keep children safe, prevent conditions worsening, give independence, the opportunity to learn, or improve a child’s quality of life.

Newlife’s Care Services Helpline provides professional confidential care and support to families and professionals caring for disabled and terminally ill children. A Live Nurse Chat Service is available.

Experienced Nurses are readily available to give condition specific support and information, while the rest of our trusted Care Services team provide information and updates about our Equipment Services.

Newlife can provide:

- Information on rare/complex health conditions
- Access to Newlife’s Equipment Services
- Information about local health and social care professionals
- Information on national and local statutory and charitable services
- Support to address individual needs
- Emotional care and support
- Information on rights and benefits

T: 0800 902 0095 (free helpline from UK mobiles and landlines)
Monday to Friday 9.30am to 5pm (Wednesday 9.30am to 7pm)
E: Online
W: http://www.newlifecharity.co.uk/
Facebook: /newlifethecharity
Twitter: @newlifecharity

Turn2us
Website

Turn2us is a national charity which helps people access the money available to them through welfare benefits, grants and other help.

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.

Their free, accessible website has been designed to help you find appropriate sources of financial support, quickly and easily, based on your particular needs and circumstances.

W: http://www.turn2us.org.uk/default.aspx
Facebook: https://www.facebook.com/turn2us
Twitter: https://twitter.com/turn2us_org
**Wizzybug: Free Loans to Families**  
*(14mths – 5yrs)*

Does your under 5 year old have no or little mobility? Would a powered wheelchair make a big difference? Designability offers free loans to families with children aged 14 months to 5 years old. In the past, they have been loaned to boys and girls with disabilities such as cerebral palsy, spina bifida and spinal muscular atrophy, as well as to children who have amputations following an illness.

Families are required to come to Bath for their child’s assessment appointment, and normally take their Wizzybug home with them the same day. A £200 deposit is payable on the day, but is returned at the end of the loan.

Through the scheme, a child can have a Wizzybug for as long as they can benefit (this is usually until they outgrow it). When they have completed their loan, they return their Wizzybug and we refurbish it for another child.

T: 01225 824103  
E: wizzybug@designability.org.uk  
W: www.designability.org.uk

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**Little Bundles**  
Caring for Families in Cambridgeshire *(0 – 5yrs)*

Little Bundles aims to meet the needs of those finding themselves in difficult circumstances when they are expecting or caring for a baby. Providing essential items such as cots, prams, high-chairs and baby clothes. Little Bundles in Cambridge works across the Cambridge region, for example as far afield as Huntingdon and March.

**Little Bundles works on a referral only basis**

- Those who would like help from Little Bundles should contact their midwife, health visitor, social worker, children’s centre or other professional body/agency and ask them to inform Little Bundles.
- Referral agencies please complete the [online referral form](#).
- Little Bundles volunteers will advise about available stock and arrange pick-up or delivery of the "bundle".
- It is then the referrer’s responsibility to pass on the "bundle" to the family.

Please direct any queries to referrals@littlebundles.org.uk  
General/Volunteer: littlebundles@littlebundles.org.uk  
Donations: donations@littlebundles.org.uk  
VICTA

Improving the lives of children and young people who are blind or partially sighted (up to 29yrs)

VICTA supports children and young people who are blind or partially sighted and their families across the UK. If you are the parent of a blind or partially sighted child or young person or you are visually impaired yourself and under the age of 29 then VICTA can help.

VICTA Activities
VICTA organises activities for children and young people who are blind or partially sighted and their families. The activities are designed to improve the emotional, social and living skills of the children and young people that we support. Not only are they fun they are also aimed at helping young people to develop new skills and gain confidence and life experience. Bringing children and young people who are blind or partially sighted together to socialise, have fun, try new things and travel, whether in the UK or abroad, VICTA helps them to realise just what they can achieve.

VICTA Grants
VICTA makes grants available to enable children and young people to reach their full potential. Whether it is for a Brailer or a computer to help them keep in touch, we want everyone to have the opportunity to learn and grow. We want to encourage children and young people to develop independent life skills and therefore provide grants for equipment such as talking household items, magnifiers, navigation aids and activity breaks. With the right support, we believe everyone can develop the confidence to take their place in the world.

Applications will be considered for children and young people who are registered or are register-able blind or partially sighted up to and including the age of 29 years and who are permanent residents in the UK. All items supplied through our grant scheme are for home use only (not for school or college).

T: 01908 240831
E: admin@victa.org.uk
W: http://www.victa.org.uk/
Facebook: https://www.facebook.com/VICTAChildren
Twitter: https://twitter.com/VICTAChildren
John Huntingdon’s Charity (JHC)
John Huntingdon Centre, 189 High Street, Sawston, CB22 3HJ (all ages)

The Charity runs JHC Support Service which employs Support Workers who help with advice on housing, debt, benefits, form filling or just someone to talk to. Our service is totally confidential. We also give grants to individuals living in the village as well as other organisations and groups that benefit Sawston residents.

The Citizens Advice Bureau is available at John Huntingdon Centre, Fridays 9.30am - 12.30pm. No appointment is needed; people are seen on a first come first served basis.

South Cambridgeshire District Council’s fortnightly drop-in advice sessions are also based here, they run from 10am until 1pm every other Thursday. For dates see www.scambs.gov.uk

C: Jill Hayden
T: 01223 830599 or 01223 492492
E: office@johnhuntingdon.org.uk
W: www.johnhuntingdon.org.uk
Facebook: https://www.facebook.com/John-Huntingdons-Charity-142204175829575/?fref=ts

Disability Grants
Website

- Do you have a Disability?
- Are you a parent or carer of a Disabled child or adult?
- Are you struggling to fund essential equipment, activities or even a holiday from caring?

If so, have a look at the Disability Grants website.

Charities and Trusts provide funding towards the high cost of disability equipment, holidays, housing, days out, in fact anything above and beyond the normal costs of everyday living.

Searching for extra funds takes time; in between work, hospital appointments, caring, therapies and the hundred and one other things we all have to juggle every day! That’s why Disability Grants is here to help you, your family or anyone you’re supporting with a disability.

Discover what’s available nationally and in your local area by searching the individual sections. The website is easy to navigate and cross reference between sections.

W: www.disability-grants.org
Facebook: https://www.facebook.com/disability.grant/
Twitter: https://twitter.com/disgrants
Sky Badger
Website

This charity can help you to find grants, financial advice, holidays and so much more for disabled children and their families.

Sky Badger is a charity that finds help and adventure for disabled children and their families all over the UK. We do this by building bridges between disabled children and the charities and services available to help. We find everything from disabled sports clubs to sibling groups to ‘make a wish’ charities and tell families about them though our website, social media platforms, videos, information packs and helpdesk.

T: 0845 609 1256* (10am to 1pm on Mondays, Wednesdays and Fridays. Please leave a message at all other times and we’ll call you back. *Calls cost 5p per minute plus your phone company’s access charge. Please check with your provider)
E: Online email form available
W: http://www.skybadger.co.uk/
Facebook: https://www.facebook.com/SkyBadger/
Twitter: https://twitter.com/sky_badger

Caudwell Children
National Charity (0 – 19yrs)

Caudwell Children is working to transform the lives of disabled children. We act as a safety net for families who are unable to gain the help they need.

Caudwell Children provide family support services, equipment, treatment and therapies for disabled children and their families across the UK. We also run our Enable Sport programme for talented disabled athletes and our Destination Dreams holiday for children fighting life-threatening conditions.

The service can provide telephone, email and face to face support to help families to make informed choices and gain access to equipment, treatment, therapies and local services they need.

Caudwell Children provides financial and practical support for equipment, treatment and therapies. The free service works around the needs of families, using skilled volunteers to help with practical necessities like applying for grants, finding local support groups and information about medical conditions.

Caudwell Children provide family support services, equipment, treatment and therapies for disabled children and their families across the UK. We also run our Enable Sport programme for talented disabled athletes and our Destination Dreams holiday for children fighting life-threatening conditions.

T: 0345 300 1348
E: charity@caudwellchildren.com
W: http://www.caudwellchildren.com/
Facebook: https://www.facebook.com/caudwellchildren
Twitter: https://twitter.com/caudwellkids
Buttle UK
For Children and Young People

Buttle UK exists to give support and relief through grant aid, research and project work. The maintenance, education and advancement in life of children and young people who through poverty and family circumstances are in need of, and will benefit significantly from, Buttle UK’s support.

Our values

- Non-judgmental. Focused on the needs of the child without passing comment on those around them.
- Expert. Can be trusted by donors to make a difference with their money. Can be relied on by beneficiaries to do the right thing for them, championing their cause if it is being overlooked.
- Having the courage of our convictions, to back a solution that may be divisive or challenging.
- Personal. Not a huge corporate entity – a small organisation inspired by one visionary. Flexibility - able to answer to the needs of individuals with bespoke solutions.
- Practical. The on-the-ground knowledge and years of experience to develop solutions that work in the real world – not just on paper. Innovative where a new solution or approach is needed.
- Connected. Working in partnership with the front line workers who understand the problems and are aware of those most in need of help.
- Entrepreneurial. True to Frank Buttle’s vision, constantly seeking new solutions, unencumbered by layers of bureaucracy or process.

A: England Buttle UK 15 Greycoat Place London SW1P 1SB
T: 020 7828 7311
E: Online form
W: http://www.buttleuk.org/
Facebook: https://www.facebook.com/ButtleUK
Twitter: https://twitter.com/buttleuk

Whizz-Kidz
(Equipment – up to 18yrs)
(Young People’s Services – up to 25yrs)

Whizz-Kidz is a national charity that is all about giving disabled children the chance to lead a more independent life. Whizz-Kidz is the working name of The Movement for Non-Mobile Children.

The charity provides disabled children and young people with appropriate mobility equipment, wheelchair skills training, life skills training, local clubs where they can meet and make friends, work placements and help to campaign locally and nationally on issues that matter to them.

Clubs and training events take place throughout the country. All services and help with mobility equipment are provided free of charge.

T: 020 7233 6600
E: info@whizz-kidz.org.uk
W: www.whizz-kidz.org.uk
Facebook: https://www.facebook.com/whizzkidz
Twitter: https://twitter.com/WhizzKidz
Children Today
(up to 25 yrs)

Children Today is a charity that raises funds to provide specialised equipment and services for children and young people with disabilities throughout the UK. We help disabled children and young people up to the age of 25 enjoy a better quality of life by providing them with the specialised equipment they need.

By providing grants for vital, specialised equipment to families in need, we aim to help give these children more independence and the best possible quality of life – from adapted trikes so they can ride a bike for the first time to a powered wheelchair so a young person can get around university easier.

T: 01244 335622
E: info@childrentoday.org.uk
W: www.childrentoday.org.uk
Facebook: https://www.facebook.com/ChildrenTodayCT2015
Twitter: https://twitter.com/childrentoday

Ableize Disability Resource
Website

Ableize is a directory offering a range of disability, mobility and health resources in the UK and Europe. Find a vast collection of sites offering information, advice and sales from education through to disabled groups, clubs and sports. Ableize also lists mobility, daily living aids and disability shopping sites waiting to assist you and your special health needs. Ableize has disability covered.

Ableize is owned and run by disabled people and has disability covered.

W: www.ableize.com
National Organisations

Gov.uk
Website

This is the online home of government services and information. The best place to find government services and information. Simpler, clearer, faster.

W: www.gov.uk

Disability Rights UK - National Key Scheme (Radar Key)

Providing access to disabled toilet facilities: Disability Rights UK believes that everyone who experiences ill-health, injury or disability should have the same freedom and independence as other citizens. An important part of that freedom is having the confidence to go out, knowing that public toilets will be available, accessible and will meet your needs.

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with NKS locks can be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. There is a charge for the key, details are on the website.

We produce a series of factsheets explaining disability benefits and disability rights. We operate the Disabled Students Helpline, and for independent living, the Personal Budgets helpline and email service.

Disabled Students Helpline
T: 0330 995 0414 Disabled Students Helpline (Open 11am to 1pm on Tuesdays and Thursdays)
E: students@disabilityrightsuk.org

Personal budgets helpline and email service
The Personal budgets helpline telephone and email service (formerly the Self Directed support Line) at Disability Rights UK is an advice service that is open for individuals and organisations to provide information on Personal budgets as part of the Personalisation agenda.
T: 0330 995 0404 Personal Budgets Helpline (Open 9.30am to 1.30pm on Tuesdays and Thursdays)
E: personalbudgets@disabilityrightsuk.org

A: Disability Rights UK, Plexal, 14 East Bay Lane, Here East, Queen Elizabeth Olympic Park, Stratford, London E20 3BS
T: 0330 995 0400
E: enquiries@disabilityrightsuk.org
W: http://www.disabilityrightsuk.org/
Twitter: https://twitter.com/DisRightsUK
Contact
(0 – 25yrs)

Contact is a national charity for families with disabled children. We support families with the best possible guidance and information. We bring families together to support each other, and we help families to campaign, volunteer and fundraise to improve life for themselves and others.

We enable families to support themselves
- **Contact helpline**
  Our freephone helpline advises thousands of parents each year on all aspects of caring for a disabled child.
- **Medical information**
  We provide up-to-date and validated information on hundreds of disabilities and conditions, their symptoms, treatment and the support available.
- **Website and parent resources**
  Our website has information on issues such as education, benefits and family life, and our parent resources cover a range of topics including health and social care services.
- **Workshops and information sessions**
  We run workshops and information sessions for parents across the UK.
- **SENDirect**
  Our SENDirect service is a website where families of children with disabilities or special educational needs can search for and compare accessible support, activities and services.

We enable families to support each other
- **Parent support groups**
  We support local and national groups in their work bringing parents carers together for practical and emotional support.
- **Connect with families**
  Our special linking website connects families going through similar experiences or whose child has the same condition or disability.
- **Contact in your area**
  Our offices across the UK organise family fun days and outings so parents can make new friends and socialise.
- **Parent carer participation**
  We support the development of parent carer participation, a process in which parents work together with professionals to make improvements to local services.
- **Working with professionals**
  As well as supporting families, we help a wide variety of professionals in their work with disabled children.

Contact has a wide range of publications for parents and professionals including the **Helpful Guide** - the guide is our all-in-one book with all the information and help you need to enjoy family life.

T: 0808 808 3555 (Helpline open Monday to Friday 9.30am to 5pm)
Textphone: 0808 808 3556
E: helpline@contact.org.uk
W: https://contact.org.uk/
Facebook: facebook.com/contactfamilies
Twitter: @contactfamilies
Blue Badge Scheme

A Blue Badge is a disabled parking permit that allows people who are registered severely sight impaired, or those with severe mobility issues easier access to public facilities by allowing them to park close to where they need to go. Applications can only be fast tracked where the applicant is terminally ill.

In order to qualify for a badge you must be permanently and substantially disabled and provide evidence of this. There is a £10 charge when applying for a Blue Badge payable by credit or debit card. If you are not eligible you will be refunded.

Automatic criteria
You are automatically eligible to apply for a Blue Badge if you are over two years old and meet one of the following criteria:

- receive the Higher Rate Mobility Component of Disability Living Allowance
- are severely sight impaired (registered blind)
- receive the War Pensioner’s Mobility Supplement
- receive a lump sum benefit from the Armed Forces and Reserve Forces Compensation Scheme (within tariff levels 1-8). You must also have been certified as having a permanent and substantial disability which causes inability to walk or very considerable difficulty in walking.
- receive 8 points or more under the 'moving around' descriptor for the mobility component of the Personal Independence Payment (PIP).

As part of your application you will be required to provide supporting documentation as evidence of your qualifying benefit.

Discretionary criteria
If you do not automatically qualify the council will assess your eligibility for a Blue Badge. Anyone over two years old may be eligible for a Blue Badge, if they either:

- have a permanent and substantial disability which means you cannot walk or which makes walking very difficult.
- drive a motor vehicle regularly, have a severe disability in both arms, and are unable to operate all or some types of parking meter (or would find it very difficult to operate them)

If you do not meet the automatic eligibility for a Blue Badge, as part of your application you may be asked to attend an independent mobility assessment.

We do not issue badges for temporary disability or conditions, or currently for those with mental health difficulties.

Children under 3 years
If you are the parent of a child who is less than 3 years old you may apply for a Blue Badge for your child if they have a specific medical condition, which means they:

- must always be accompanied by bulky medical equipment which cannot be carried around without great difficulty
- need to be kept near a vehicle at all times, so that they can, if necessary, be treated in the vehicle, or quickly driven to a place where they can be treated, such as a hospital

You can apply/re-apply for a Blue Badge using the online form available here: https://www.cambridgeshire.gov.uk/residents/travel-roads-and-parking/parking-permits-and-fines/blue-badges/

T: 0345 045 5204 (Monday to Friday 8am to 6pm. Saturday 9am to 1pm)
E: blue.badges@cambridgeshire.gov.uk
W: http://www.cambridgeshire.gov.uk/info/20018/parking_permits_and_fines/11/blue_badges
Motability Scheme

The Motability Scheme enables disabled people to lease a new car, scooter or powered wheelchair, using their Government funded mobility allowance. If you receive the Higher Rate Mobility Component of Disability Living Allowance, the Enhanced Rate of the Mobility Component of Personal Independence Payment (PIP), the War Pensioners' Mobility Supplement (WPMS) or the Armed Forces Independence Payment (AFIP) you may be eligible to join the Motability Scheme.

The Eligibility Checker tool and the information on the website will help you to find out if you may be eligible to apply to join the Scheme.

T: 0300 456 4566 (Monday to Friday 8am to 7pm. Saturday 9am to 1pm)
W: http://www.motability.co.uk/

Fledglings

Fledglings is a national charity that:

- Provides practical advice and support about living with children with additional needs, and accurately signposts people to other organisations to get the other advice they need.
- Finds and sells products that improve the lives of children with additional needs and their families and
- Provides advice and support around these products
- We offer a range of products for special needs children.

We understand that life with a disabled child can be challenging, and we help by providing practical, affordable, good quality products that address everyday problems faced by children with disabilities such as cerebral palsy and autism. Whether you are a parent or carer of a disabled child, grandparent or family friend, teacher or health professional, Fledglings can help make life a bit easier.

The products we source and supply help make life a bit easier for a parent, and more fulfilling for their child. We specialise in finding those unusual items, including many products specially designed for disabled children with specific needs. The products are simple solutions to complex problems, and if we do not stock a product ourselves, we can point you in the direction of someone who does.

We listen to the needs of families of disabled children and source and sell products that meet their child's specific needs. All our products are carefully tested, and we are constantly on the lookout for new products that might improve the lives of disabled children and their families. We offer a wide selection of adaptive equipment for children with disabilities.

Our products are priced to try to make them affordable to anyone who needs them. Many of them are subsidised, or sold at cost price, and any surplus that Fledglings makes is invested back into the charity, helping us to support more children with additional needs and their families.

T: 01799 541807 (Open Monday to Friday 9am to 5pm)
E: enquiries@fledglings.org.uk
W: http://www.fledglings.org.uk/
Facebook: https://www.facebook.com/Fledglingscharity
Twitter: https://twitter.com/Fledglings
Hft

Hft is a national charity, providing services for people with learning disabilities throughout England. We support people to live the best lives possible - whether by providing support for just a couple of hours a week, or 24 hours a day.

Our services include Supported Living, Residential Care, and Short Break services. We empower people to make their own choices, including finding a job, building friendships and relationships and taking part in activities.

T: 01179 061700
E: info@hft.org.uk
W: www.hft.org.uk
Facebook: https://www.facebook.com/Hftlearningdisabilities
Twitter: https://twitter.com/Hftonline

Family Carer Support Service

Hft's Family Carer Support Service (FCSS) is a free national service for family carers who have a relative with a learning disability.

We support family carers in a variety of ways:

- Providing one-to-one support by telephone, letter or email
- Providing family carer workshops about issues affecting family carers
- Developing family carer resources
- Updating family carers about issues and legislation that affect them

T: 0808 801 0448 (Free support line)
E: familycarersupport@hft.org.uk
W: www.hft.org.uk/familycarersupport
Facebook: https://www.facebook.com/familycarersupport
Twitter: https://twitter.com/hftfamilycarers
YouTube: https://www.youtube.com/user/familycarersupport/playlists
Jumbulance Trust

The Jumbulance Trust is an accessible travel charity that exists to make it possible for severely unwell or disabled persons to embark on holidays or day trips with the help of our 'Jumbulance' coaches.

The Jumbulances are available to hire by groups of people, including disability groups, care homes, hospices, schools, disability sports groups and other organisations.

The Jumbulance Trust is a small, national charity which “Makes Travel Possible” for disabled and other disadvantaged individuals with life-limiting conditions through disabled coach holidays across the UK and Europe. Want to travel with us? Check out our destinations page for inspiration and get in touch!

The holidays are for disabled and other disadvantaged individuals. Many of our travellers hear about us through their local community; some live at home while others come from care homes and hospices. You can find out if you are able to hire the Jumbulance for your group trip here. We also welcome spouses to come on our holidays, enabling them to have a break without the caring responsibilities.

T: 01582 765423
M: 07795 018934
E: info@jumbulance.org.uk
W: http://www.jumbulance.org.uk/

Unique - Understanding Chromosome Disorders
National Organisation

Unique is a source of information and support to families and individuals affected by any rare chromosome disorder and to the professionals who work with them. Unique is a UK-based charity but welcomes members worldwide. Membership is free but the group receives no government funding and is heavily reliant on donations and fundraising to continue its work.

Individually these chromosome disorders are rare but collectively they are common. It is believed that more than one in every 200 babies is born with a rare chromosome disorder, many having symptoms from birth or early childhood, the rest being affected when they grow up and try to have babies of their own.

Unique offers contact with families with an affected member who has the same rare chromosome disorder or who has similar symptoms or practical concerns, irrespective of specific chromosome disorder. It produces a comprehensive range of family-friendly, medically-verified information guides on a variety of rare chromosome disorders. A network of local contacts promotes awareness of rare chromosome disorders to the general public and professionals. Unique co-ordinates families to assist in research and has private Facebook pages for registered members only. As well as more public Facebook pages, Twitter, etc. Unique publishes a magazine three times a year and hosts occasional study, regional and family conference weekends. Unique has over 13,500 affected families and many relevant professionals as members worldwide in more than 100 countries.

C: Dr Beverly Searle, CEO Unique
T: 01883 723356 (Monday to Friday, 9am to 5pm. 24-hour answering machine at all other times)
E: info@rarechromo.org
W: www.rarechromo.org
Facebook: https://www.facebook.com/pages/Unique-Rare-Chromosome-Disorder-Support-Group/130797430472
Twitter: https://twitter.com/unique_charity
Netmums
Website

Netmums is a family of local websites set up and run by mums, but of course dads, grandparents, health professionals and anyone involved in caring for young children are welcome too.

Our National Chat Forum provides an invaluable place members can chat with other mums and get support and advice on anything and everything to do with being a parent, from little gripes to big issues. Our members enjoy an incredibly dynamic, friendly and welcoming forum that has proved to be a lifeline for many Netmums. Our Parent Support Team, which includes Health Visitors and other health professionals also work within the Coffee House, adding a layer of expert help to our community of parents who support each other.

We also have a wealth of online articles, covering a wide range of issues relevant to family life. We also have competitions, special offers, survey and campaigns about the more serious things in life.

Registration: You need to register as a Netmums member before you can access the local information on Netmums - the unique email address and password you set up will give you full access to this site. It's free and they don't pass on your email to anyone.

W: www.netmums.com
Facebook: https://www.facebook.com/Netmums
Twitter: https://twitter.com/@Netmums

Disability Living Foundation (DLF)

DLF is a national charity providing impartial advice, information and training on independent living. Many of us know what it is to be older, or to have a disability, because it has happened to us or to someone close to us. At the Disabled Living Foundation (DLF), we’re here to help. We have built up an unparalleled range of information on daily living equipment and other useful advice for people who may need some help in living their life to the full.

With a huge range of equipment available, sometimes it can be confusing. How do you know what is available? Where do you go to buy equipment? How do you know what is right for you? How do you know if a supplier is reputable? DLF provides answers to these questions.

T: 0300 999 0004 (Tuesday to Thursday 10am to 4.30pm)
E: info@dlf.org.uk
W: www.dlf.org.uk
**KidsOut**

Kids Out exists to give disadvantaged and disabled children and young people fun, positive activities and experiences that contribute to their development, well-being and outlook for a happier future. Their small team works with KidsOut’s partners all across the UK to deliver innovative, high quality services to disadvantaged children.

We are a charity based on action; rather than raising awareness, we offer practical help and support to disadvantaged kids all over the UK, bringing fun and happiness into the lives of children who otherwise wouldn't have much to be happy about. We aim to transform their lives by providing life changing experiences. Through the innovative work that we do, we aim to provide these kids both with fun and happiness now and a brighter, more positive future.

T: 01525 385252  
E: info@kidsout.org.uk  
W: www.kidsout.org.uk  
Facebook: [https://www.facebook.com/kidsout](https://www.facebook.com/kidsout)  
Twitter: [https://twitter.com/kidsout](https://twitter.com/kidsout)

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**Letterbox Library**

Letterbox Library is a children’s bookseller, specialising in books which celebrate equality, diversity and inclusion. It provides books which show under-represented individuals/communities and which deal with issues which are critical to children and yet are so often neglected by mainstream booksellers. Multicultural and non-sexist titles; books featuring disabled children, books dealing with family break up, immigration, bereavement, etc. Books are suitable for children from birth to teens. A not-for-profit social enterprise.

A: Letterbox Library, Unit 151 Stratford Workshops, Burford Road, Stratford, London E15 2SP  
T: 020 8534 7502  
E: info@letterboxlibrary.com  
W: www.letterboxlibrary.com  
Twitter: [https://twitter.com/letterboxlib](https://twitter.com/letterboxlib)
Listening Books

50,000 people across the UK who find it difficult or impossible to read due to illness or disability. We help a wide range of organisations and individuals and provide our audiobooks on 3 easily accessible formats: through the post on CD, downloaded online and streamed from this website. Members can choose from a range of options to find the service that best suits their needs.

Our service is quick and easy to use and it will open up the wonderful world of books to people who find it difficult to read in the usual way. We support the National Curriculum from Key Stage 2 to A-Level and have a huge range of fiction and non-fiction titles for both adults and children. Listening to audiobooks allows children and young people to listen to the same books their friends and peers are reading, helping to instil a greater understanding and enjoyment of literature. For older members, audiobooks can provide welcome relief from pain, boredom and loneliness, lifting them out of what are often challenging circumstances.

T: 020 7234 0522
E: library@listening-books.org.uk
W: www.listening-books.org.uk
Facebook: https://www.facebook.com/pages/Listening-Books/132377140165552
Twitter: https://twitter.com/ListeningBooks

Merlin's Magic Wand
(2 – 18yrs)

Merlin's Magic Wand Children's Charity has been set up by the Merlin Entertainments Group ("Merlin") to provide magical experiences at its attractions. We aim to give children who are seriously ill, disabled or disadvantaged the opportunity to enjoy attractions that they may otherwise not have been able to. We believe in putting the magic back into the childhoods of seriously ill, disabled and disadvantaged children.

Who can apply?
We welcome applications on behalf of children aged 2-18 with a confirmed serious illness/long term illness, disability or disadvantage*, who would benefit from a day out at a Merlin attraction. These applications can be made by either parents/guardians of these children or organisations which work with these children.

*Disadvantaged Classification:
  • In foster care/recently adopted.
  • Child of terminally ill or recently deceased parent/legal guardian.
  • Child victim of abuse including domestic violence.
  • Registered Young Carer.

E: Online email form available
W: https://www.merlinsmagicwand.org/
Facebook: https://www.facebook.com/MMWCharity
Twitter: https://www.facebook.com/MMWCharity
W: www.merlinentertainments.biz
Counselling and Advice Services

CAMHS
(up to 18yrs)

CAMHS stands for child and adolescent mental health services. CAMHS offer assessment and treatment for families where children and young people have emotional, behavioural or mental health difficulties. CAMHS are usually NHS services. They are sometimes called ‘specialist CAMHS’, because there are also other services that can help children and young people with their mental health, such as youth counselling and school counselling.

Children, young people and their families can be offered support by CAMHS if they are experiencing difficulties with their behaviour or emotions or they are finding it hard to cope with life in the family, at school or in the wider world.

The types of problems CAMHS can help with include:
- Violent or angry behaviour
- Depression
- Eating difficulties
- Low self-esteem
- Relationship problems
- Anxiety and phobias
- Obsessions and compulsions
- Sleep difficulties
- Self-harming
- The effects of abuse or traumatic events

CAMHS can also diagnose and treat serious mental health problems such as:
- Psychosis
- Bipolar disorder
- Schizophrenia
- Anorexia nervosa

CAMHS may also diagnose and offer support with conditions such as Autism and ADHD, but this differs from area to area, so ask your GP for advice about this.

There are different ways to get a referral to CAMHS, but the most common way is via your child's GP. You can discuss your worries about your child and if the child is old enough and feels able to do so, they can see the GP themselves. The GP may be able to offer advice or if they think specialist help is needed, they will write a letter to CAMHS asking them to make an appointment for your child.

Other professionals who may be able to make a referral to CAMHS include:
- Teachers or other school staff
- Health visitors
- School nurses
- Social workers
- Youth counselling services
CAMHS are expected to work with children and young people up to the age of 18. However, some services stop working with young people at age 16, or will only work with a person aged 16-18 if they are in full-time education.

If your child is over the age at which their local CAMHS stops seeing young people, they may need to be referred to the adult mental health team, or to other support services for older young people. Different areas have different ways of organising their services, so it is best to ask your GP about this.

For more information about CAMHS visit Contact website.

W: https://contact.org.uk/advice-and-support/health/camhs/

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**CPFT Psychological Wellbeing Service**

Psychological Wellbeing Service (IAPT), Grebe House, Gloucester Centre, Morpeth Close, Orton Longueville, Peterborough PE2 7JU (17yrs+)

Improving Access to Psychological Therapies (IAPT) services.

IAPT is an NHS initiative designed to make psychological or talking therapies more accessible to people experiencing common mental health problems (for full details about this service please visit our website).

Many people experience mental health problems at some point in their lives. Everyone goes through difficult times and sometimes our problems affect our day to day lives and we feel that we can’t cope.

This service is set up to help those aged 17 and over who are suffering from mild to moderate depression and anxiety disorders including generalised anxiety, social anxiety, post-traumatic stress, health anxiety, panic, phobia or obsessive compulsive disorder. All of the talking therapies offered as part of our Psychological Wellbeing Service work by helping you understand what is happening to you, help you to work through your difficult feelings and learn new ways of coping in order to improve your wellbeing.

There are teams throughout the county, made up of people with different skills who offer a range of ways to help. Appointments are available throughout the day, from Monday to Friday.

**You can access the service by contacting your GP and asking for a referral, or you can refer yourself:**

- Self-refer with our online form
- Self-refer by post, by email or by fax. Copy, print and complete the self-referral form, which can be found in the Related Documents section on our website, and send it to us (address above)

T: 0300 300 0055 (open Monday to Friday 9am to 5pm (excluding bank holidays)
E: selfreferIAPT@cpft.nhs.uk
W: http://www.cpft.nhs.uk/services/pws/psychological-wellbeing-service.htm
Keep Your Head
Website

Keep Your Head brings together reliable information on mental health and wellbeing for children, young people and adults across Cambridgeshire and Peterborough. This website signposts you to important online information and local services. It’s for children, young people, parents, carers, teachers and other professionals.

It has dedicated pages for young people, parents, teachers and professionals under 'How can I help myself', 'Need help now' and 'Resources'. If you are a young person, parent/carer or professional looking for tailored advice and support, also have a look at www.youngminds.org.uk and www.wellinformed.org.uk

W: https://www.keep-your-head.com/

Kooth
Website (11 – 19yrs)

Free, safe and anonymous online support for young people
Monday – Friday 12pm to 10pm
Saturday – Sunday 6pm to 10pm

This is a free, confidential counselling service, providing mental health self-help information and support online for people aged between 11 and 19.

Young people can chat to counsellors on the website until 10pm, 365days a year, and join in on forums with young people experiencing similar challenges.

This online support service is working closely with existing services provided locally by Cambridgeshire and Peterborough NHS Foundation Trust.

W: www.Kooth.com

Moodjuice
Website (all ages)

This site is designed to help you think about emotional problems and work towards solving them. Emotional problems are often the mind and body’s way of saying that something needs to be changed in our life. The website can help you by looking at several areas of life that can contribute to problems. Each area has a set of links relating to it, these may provide useful information and guidance.

W: http://www.moodjuice.scot.nhs.uk/
CHUMS
Cambridgeshire (up to 25yrs)
Peterborough (up to 18yrs)

Supporting Children’s Wellbeing and Mental Health
CHUMS provides emotional health and wellbeing support to children and young people across Cambridgeshire and Peterborough.

The service supports children and young people with mild-moderate mental health issues such as anxiety and depression, as well as offering preventative support for other issues such as self-harm. It also supports those with significant emotional wellbeing difficulties arising from life events such as bereavement and bullying. There is a mixture of group and one-to-one support available.

W: [http://chums.uk.com](http://chums.uk.com)

Mind of My Own (MOMO)
App

Cambridgeshire County Council Children’s Social Care and SEND Services 0 – 25 app called MOMO available to the children and young people they support. MOMO stands for "Mind of my Own" and is designed to help children and young people share their experiences with Children’s Social Care more easily.

Telling people what you want and need can be difficult. MOMO apps help you organise your thoughts and make it easier to tell your worker what you think. Your worker will get a better insight into what’s going on, from your point of view.

W: [http://mindofmyown.org.uk/](http://mindofmyown.org.uk/)

MindEd for Families
Website

Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This new website site will help you understand and support your child. The website has been developed by parents and professionals in partnership. It is accredited by the NHS Information Standard.

Twitter: [https://twitter.com/MindEdUK](https://twitter.com/MindEdUK)
Embrace

We’re solely focused on supporting children, young people and families who are victims of serious crime. We help them cope with what has happened, support their recovery and provide services that enable them to put events behind them, move on and fulfil their life’s potential.

W: www.embracecvoc.org.uk/counselling/
Referral form online or call 0345 609 9960
E: info@embracecvoc.org.uk
Facebook: https://www.facebook.com/childvictimsofcrime
Twitter: https://twitter.com/EmbraceCVOC

ChatHealth

Cambridgeshire (11 – 19yrs)
Monday to Friday 9.30am to 4pm

This is a confidential text messaging service in Cambridgeshire. ChatHealth has experienced school nurses online to deal with messages from young people. Topics can include exam stress, relationship advice, bullying and health eating.

Text: 07480 635 443

YMCA Respect Programme

(13 – 24yrs)

Respect is a unique counselling service aimed at young people, who may have emerging or moderate domestic abuse behaviours. Counsellors will deliver seven weekly solution focused sessions to individuals on your premises. This is not a domestic abuse intervention. The focus will be on working on solutions rather than understanding problems.

The family programme is designed to work with young people and their families. All of the YMCA Respect provisions are FREE.

For further information contact Clare Taylor.

T: 07799 901502
E: clare.taylor@ymcatrinity.org.uk
W: www.ymcatrinity.org.uk

Special Needs Today

A new website has been launched by a parent of child with autism, who saw a gap in the market for a “one-stop shop” web resource with information on his child’s disability. Special Needs Today was created to fill this gap, and provides a plethora of information for parents, educators and medical professionals, as well as signposting to specialist organisations supporting children with SEND.
Family Life Plus
Website

A relationship support site for new parents raising a child with a disability.

Having a new baby is often an emotional cocktail of joy and stress. But having a child that has a disability can often amplify the stress part of the ratio and provide new challenges that strain the relationship further.

W: http://relationshipstool.cafamily.org.uk/menu

Grandparents Plus
Website and telephone support

Grandparents Plus is the national charity which champions the vital role of grandparents and the wider family in children’s lives – especially when they take on the caring role in difficult family circumstances. We do this because we want to make children’s lives better.

T: 0300 123 7015
E: advice@grandparentsplus.org.uk
W: http://www.grandparentsplus.org.uk/
Facebook: https://www.facebook.com/Grandparentsplusinfo
Twitter: https://twitter.com/gplusinfo

Samaritans
(all ages)

Talk to us any time you like, in your own way, and off the record – about whatever’s getting to you. You don’t have to be suicidal. If something’s troubling you, then get in touch. We’re here 24 hours a day, 365 days a year.

The Cambridge Samaritans, 4 Emmanuel Road, Cambridge CB1 1JW
(Usual hours open to receive callers at the door: 10.30am to 10pm)
T: 01223 364455 (local call charges apply)

T: 116 123 (Freephone)
E: jo@samaritans.org
W: http://www.samaritans.org/
Facebook: https://www.facebook.com/samaritanscharity
Twitter: https://twitter.com/@samaritans
Healthwatch Cambridgeshire and Peterborough

Healthwatch is the independent champion for people who use health and social care services. Our job is to make sure that those who run local health and care services understand and act on what really matters to people.

We listen to what people like about services and what could be improved. We share what people tell us with those with the power to make change happen. We encourage services to involve people in decisions that affect them. We also help people find the information they need about services in their area.

- Tell us where care is good and what could be improved with the health and care services that you use.
- Contact our free Information Service if you have any questions about local health or care services, including how to raise a concern. We can put you in touch with local services or let you know what your rights are.
- Get involved as a volunteer and help us listen to the experiences of people who use health and care services. You get training, support and out of pocket expenses.

Our two local Healthwatch services work together as one organisation.

T: 0330 355 1285
E: enquiries@healthwatchcambspboro.co.uk
W: www.healthwatchcambridgeshire.co.uk or www.healthwatchpeterborough.co.uk
Facebook: @HealthwatchCambsPboro
Twitter: @HW_Cambs

Cambridge CRUSE

Future Business Centre, The Hive, Kings Hedges Road, Cambridge CB4 2HY
Cambridge (4yrs+)

This is a branch of the national organisation and aims to ensure all bereaved people have somewhere to turn when someone dies. Help offered includes a helpline, one-to-one support, drop-in centres and a number of bereavement support groups. Our specialist Children and Young Person’s team provide individual help to 4 – 18 year olds and their families. CRUSE adult team provides support to anyone 18yrs and over – there is no upper age limit. No charge is made for services, though donations are welcome.

Cruse Bereavement Support Volunteers are trained and experienced, and are available for those who need to talk in confidence in their own home or neutral venue.

T: 01223 633536 (Helpline open Monday to Friday 9.30am to 1.30pm)
T: 0808 8081677 (Cruse UK Helpline open Monday to Friday 9.30am to 5pm)
E: cambridge@cruse.org.uk
W: www.cruse.org.uk/Cambridge
W: http://hopeagain.org.uk/
Twitter: https://twitter.com/crusescare?lang=en-gb
STARS
c/o CPDC, Foster Road, Trumpington, Cambridge CB2 9N
Cambridgeshire (up to 25yrs)

STARS is a Bereavement Support Service for the young in Cambridgeshire.

Supporting Young People Facing Grief. Everyone will experience bereavement during their life, but for young people, the death of a parent or another important person in their lives can be terrible to deal with.

Young people need time to be listened to and to speak about their fears and hopes for the future, but sometimes that's difficult when others in the family are coping with their own grief. It can be helpful for young people to have support from someone outside of the family, to enable them to share their thoughts and emotions, which if left unexpressed, can lead to anger, disruptive behaviour and concentration issues at school.

Our counsellors, in Cambridgeshire, can help by listening and encouraging young people to express their painful emotions through creative play and work.

T: 01223 863511
E: info@talktostars.org.uk
W: www.talktostars.org.uk

Primary Care Mental Health Service (Prism)
(17 – 65yrs)

The Primary Care Mental Health Service (Prism) is a new service run by Cambridgeshire and Peterborough NHS Foundation Trust (CPFT). The service provides specialist mental health support for GP surgeries so that people with mental ill health can access prompt advice and support, receive help in a community setting and experience a more joined-up approach to their care.

The Primary Care Service for Mental Health is for anyone aged between 17-65 years with mental health conditions and is based on a person’s needs rather than their diagnosis. Patients are seen by the Prism team in their GP surgery where they receive signposting, education, advice or interventions.

This service also means a notable reduction time for patients waiting to be assessed or seen by a consultant. To find out more please contact the Prism project team.

T: 01733 748777
E: cpm-tr.prismservice@nhs.net
W: http://www.cpft.nhs.uk/services/prism-service.htm
Victim Support

As an independent charity, we work towards a world where people affected by crime or traumatic events get the support they need and the respect they deserve. We help people feel safer and find the strength to move beyond crime. Our support is free, confidential and tailored to your needs.

If you’ve been affected by crime, we can give you the support you need to move forward. Our services are free, confidential and available to anyone in England and Wales, regardless of whether the crime has been reported or how long ago it happened. Choose from a number of ways to contact us.

Our specialist teams deliver tailored support to help people recover from the effects of crime and traumatic events. We speak up for victims’ rights, ensuring their needs are met in the criminal justice system.

Cambridgeshire Police Victims' Hub now runs victims' services in Cambridgeshire.
T: 0800 781 6818 Cambridgeshire Police Victims' Hub (open Monday to Friday 8am to 7pm. Saturday 9am to 5pm)
T: 0808 168 9111 (National helpline)
W: http://www.victimsupport.org.uk/
Facebook: https://www.facebook.com/victimsupport
Twitter: https://twitter.com/victimsupport

Cogwheel Trust

Cambridge Counselling Centre: 47-51 Norfolk Street, Cambridge CB1 2LD
Ely Counselling Centre: Ely Library, 6 The Cloisters, Ely CB7 4ZH
Sawston Counselling Centre: Sawston Medical Centre, London Road, Sawston CB22 3HU (various ages)

Cogwheel provides counselling and psychotherapy support for people in Cambridgeshire. One in four people will suffer from mental health problems in the course of a year, the most common disorder being mixed anxiety and depression. Early counselling intervention is an effective solution and prevents more complex health and social needs from developing. Through counselling a person can talk about difficult thoughts, feelings, behaviour and situations. Counselling can enable positive changes to take place leading to a healthier, happier and more hopeful outlook.

T: 01223 464385
E: admin@cogwheel.org.uk
W: http://www.cogwheel.org.uk
Twitter: https://twitter.com/cogwheeltrust


**Relate**

Our services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People’s Counselling and Sex Therapy. We also provide friendly and informal workshops for people at important stages in their relationships.

We have a network of Relate Centres across the UK and a group of licensed local counsellors that provide face-to-face counselling and support. We also provide phone, email and Live Chat counselling so you can choose the support that works for you.

Our relationship help pages offer practical tips, guides and videos to help you manage common relationship issues such as sex, separation and divorce, and parenting. Whatever the issue, we can help.

Children and Young People's Counselling is for any young person who's having problems with any area of their life. Whether you're having problems at home or at school, we have tips to help you cope with some of the common issues young people face.

Go to the website to find your nearest Relate Centre.

E: relate.enquiries@relate.org.uk
W: https://www.relate.org.uk/
Facebook: https://www.facebook.com/relatecharity
Twitter: https://twitter.com/Relate_charity

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**CPSL Mind**

Barrere House, 100 Chesterton Road, Cambridge CB4 1ER (18yrs+)
The Limes, 24 New Street, St Neots, Cambs PE19 1AJ (18yrs+)
Morley Way, Woodston, Peterborough PE2 7JR (18yrs+)

CPSL Mind, the local Mind charity for the residents of Cambridgeshire, Peterborough and South Lincolnshire. We provide a wide range of services across the county to support those recovering from mental health challenges, promote positive mental health and tackle mental health-related stigma and discrimination within our communities.

We believe that no-one should have to face a mental health problem alone. If you are facing difficulties with your emotional or mental health, and are looking for support on your road to recovery, we are here for you. We are also committed to tackling stigma and raising awareness of the need for everyone to look after their mental wellbeing. If you are an employer, organisation or individual looking to improve your own wellbeing, or that of your employees, we can help.

T: 01223 311320 (Cambridge)
T: 01480 470480 (St Neots)
T: 01733 362990 (Peterborough)
E: enquiries@cpslmind.org.uk
W: www.cpslmind.org.uk
Twitter: https://twitter.com/cpslmind
Counselling Directory

The Counselling Directory provides a UK-wide counselling support network, enabling those in distress to find a counsellor close to them and appropriate for their needs.

W: www.counselling-directory.org.uk

British Association for Counselling and Psychotherapy (BACP)

Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing. It’s good to talk.

T: 01455 883300
W: http://www.bacp.co.uk
Twitter: https://twitter.com/BACP

Legal Services

Council for Disabled Children (CDC)

We want a society in which disabled children’s needs are met, aspirations supported and their rights respected.

This is the umbrella body for the disabled children's sector in England, with links to other UK nations. We are the only national body that brings together the diverse range of organisations that work with and for disabled children to support the development and implementation of policy and practice.

CDC’s vision is a society in which disabled children's needs are met, their aspirations supported and their rights respected.

We believe that:

- Disabled children and young people should enjoy the same rights and opportunities as other children
- All disabled children and young people communicate and have a right to have their views heard
- The views of disabled children, young people and their families are vital to the development of an inclusive society
- All disabled children and young people should be fully included in every aspect of society

CDC’s aspirations

We want disabled children and children with special educational needs (SEN) to have full and happy childhoods; fulfil their potential; and be active within the community. And we want parents of disabled children to be parents first - living ordinary lives.

E: cdc@ncb.org.uk
W: www.councilfordisabledchildren.org.uk
Facebook: https://www.facebook.com/councilfordisabledchildren
Twitter: https://twitter.com/CDC_tweets
Disability Law Service (DLS)

DLS is run by and for disabled people as an independent, national registered charity. Our mission is to provide free legal advice to people with disabilities and their carers to ensure that they have access to their rights and justice. Disabled people and their families, carers and advocates, are all welcome to get in touch through our helpline for advice.

T: 020 7791 9800 (National Advice Monday to Friday, 10am to 1pm and 2pm to 5pm)
E: advice@dls.org.uk
W: www.dls.org.uk
Facebook: https://www.facebook.com/disabilitylawservice
Twitter: https://twitter.com/DLS_Law

Law Centres

Law Centres work within their communities to defend the legal rights of local people. Specialising in social welfare law, they have an in-depth knowledge of the issues communities face. They use this knowledge to help people save their homes, keep their jobs and protect their families.

Law Centres offer legal advice, casework and representation to individuals and groups. Spotting local trends and issues in the course of their work, they highlight them to bring about necessary policy changes and to prevent future problems. Law Centres also help build capacity within local communities by training and supporting local groups and educating people about the law and their rights.

All Law Centres are independent and operate on a not-for-profit basis. They are also accountable to their communities, with local people acting on their management committees. Above all, they exist to improve the daily lives of the communities they work in. To find your local Law Centre and for further information go to the website.

W: www.lawcentres.org.uk
Facebook: https://www.facebook.com/LawCentres
Twitter: https://twitter.com/LawCentres
Using Technology

Twitter

Twitter is a form of communication using short messages known as tweets. It allows you to tell others about your experiences and interests and you can ‘follow’ other people. There are a large number of disability organisations with Twitter feeds. You will need to register on Twitter to share Tweets.

W: https://twitter.com/

Facebook

This is another useful way to connect with other people such as friends other parents and organisations. There are a large number of disability organisations on Facebook. You will need to register with Facebook to contact other people.

W: http://en-gb.facebook.com/

Vodafone Digital Parenting

Brought to you by Vodafone, Digital Parenting helps you to get more involved with the technology that young people enjoy. Whether you’re a parent, a carer, a teacher or a teenager, it’s all about building children’s confidence and resilience so that they get the very best out of the fast-moving, awe-inspiring, sometimes-overwhelming digital world. There are "how to" guides under parent/carers, tools/controls section.

W: www.vodafone.com/content/digital-parenting.html/

Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

Explore one of the six Thinkuknow websites for advice about staying safe when you’re on a phone, tablet or computer.

W: https://www.thinkuknow.co.uk/
Applications (Apps)

Applications are programmes that can be downloaded to a tablet computer, smart phone, or android phone. Many Apps are free, but some do have a cost.

Here are just a tiny few suggestions of Apps which may help with different aspects or your child’s condition or help you plan your day. There are 1000’s of App’s, so have a search for one that would suit you. If you have used any Apps that could be useful to other families or professionals please let me know.

Red Panic Button: To be able to immediately and urgently notify a number of contacts of your whereabouts can be hugely beneficial if you’re disabled. If you’re older, have learning disabilities, or live on your own but rely on others, you might want to consider the Red Panic Button.

One tap of the red button sends alerts to your contacts via text, email, Facebook and Twitter. All you need to do is enter the details of those you wish to alert ahead of using the app, and they will receive a Google Maps link with your location.

Many features are free to both Android and iOS users, though there is the option to upgrade at a fee, which means you can even send a photo attachment and record a 10-second voice message with your alert.

TripTripHurray: If you live with any form of disability, it can be challenging to plan an accessible yet enjoyable holiday, or even just a day out. But help is at hand. This app is a travel platform for people with specific needs that lets you quickly and easily search for accommodation, public transport, places of interest, shops, restaurants and services. It’s effectively a personalised trip adviser. It displays relevant options both locally and worldwide.

It’s Accessible: If you have mobility issues, It’s Accessible can help you find and share accessible hot spots, including bars, restaurants, hotels and car parks. It currently has more than 12,000 across the world rated in the app. It is community dependent, so the more people that use it, the more information there will be available.

Magma: This is a simple calming and relaxing visual app for people with special/complex needs of all ages. Magma generates lava style slow moving effects, which when combined with music from a phone or iPad can be relaxing and also stimulating. Magma has no settings screen, no adverts and no in-app purchases.

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Calm provides a range of guided mediation exercises of varying lengths to help with things such as stress, sleep and general wellbeing. The app is free to download but you will have to pay a little in order to access all of its features longer term.

Headspace offers hundreds of meditation and mindfulness guided audio sessions, many of which you can listen to for free. Perfect for using on a regular basis or when feeling stressed or anxious.
**Smiling Mind** is a mediation app that was designed specifically for children and young people although it can be used by adults too. Just have a look in the programs section and you can find all of the age specific materials. It can be used to support children who are struggling with their emotions and it completely free to download and use.

**Calm Harm** provides tasks that help you resist or manage the urge to self-harm. Distract helps to combat the urge by learning self-control; Comfort helps to care rather than harm; Express gets those feelings out in a different way and Release provides safe alternatives to self-injury.

**Touch Follow:** This is a number, letter, shape tracing app. By using this app, young minds get used to seeing the shapes that will be important to them later in life. The game helps develop co-ordination skills.
Disability Discrimination Act

The Disability Discrimination Act makes it unlawful for you/your child to be discriminated against just because of their disability. The Equality Advisory Support Service (EASS) can provide you with information on racial, disability and sexual discrimination.

Equality Advisory Support Service (EASS)
The helpline advises and assists individuals on issues relating to equality and human rights, across England, Scotland and Wales. We can also accept referrals from organisations which, due to capacity or funding issues, are unable to provide 'in depth help and support' to local users of their services.

Some examples of the types of issues we have advised on:

- A disabled individual who was trying to update banking details through the use of an interpreter at his local high street bank.
- An individual who has been victimised by a pub landlord because he has inferred that a member of his staff was acting unlawfully by racially abusing a fellow customer.
- An individual who was unhappy about the way that the younger clientele at work treated him and spoke to him because he was an older person.
- A Trans individual, who had transitioned from male to female, who worked for a security company and reapplied for a security pass only to discover that the process for renewing her pass had disclosed the fact she had undergone gender reassignment surgery.
- A pregnant woman who was advised by a leading restaurant chain to breast feed her baby in the toilet and not in the restaurant as she was causing offence.

Informal Resolution
We are able to support an individual to resolve their issue using alternative informal dispute resolution, as opposed to issuing a claim in the county court or the employment tribunal; needless to say, we recognise situations where issuing a claim may well be the only option. In some instances we may write to a service provider on behalf of a client in order to initiate a resolution.

It is important to remember that we will work with you to decide the best course of action for you to take in resolving your issue. We will support you to achieving the best possible outcome.

The EASS helpline does not provide legal advice – for more information on this please refer to our Legal Advice policy.

T: 0808 800 0082 (Advice line Monday to Friday 9am to 7pm. Saturday 10am to 2pm)
Textphone: 0808 800 0084
W: http://www.equalityadvisoryservice.com/ email via the website
Twitter: https://twitter.com/EASShelpline
About this Booklet

This information resource has been produced by the SCIP Co-ordinator with the help of parents, carer’s and local groups/professionals to whom we are very grateful. Every effort has been made to ensure the information provided is current and accurate. If you are aware of any omissions or errors please contact the Co-ordinator. This booklet and others are available online – see the website below.

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If you would like to receive this publication in a LARGE PRINT format, another language, in Braille or on Audio Cassette, please contact the SCIP Co-ordinator.

The Children Act of 1989 requires all County Councils to keep an up to date list of disabled children and young people in their areas. In Cambridgeshire SCIP was set up to do this.

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