Huntingdonshire Information Book

This book has been produced to provide information on activities, services, support, and much more for the Huntingdonshire 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
Contents
This book is available online here: www.cambridgeshire.gov.uk/scip
To quickly find information in this booklet use Ctrl F and use the navigation box to search for an activity, service or organisation.

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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 158.
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
Leisure Centres

There are five leisure centres in Huntingdonshire running a variety of activities throughout the year including local sports, dance and leisure clubs, summer holidays and term breaks. Brochures/timetables are available from the centres and can also be downloaded from their website. Contact your local centre for details. You can also book activities online.

If you are interested in any of the activities but are unsure if they are suitable for your child i.e. swimming lessons, please contact the instructor and discuss your child’s needs.

One Leisure

Huntingdon: St. Peter's Road, Huntingdon PE29 7DA (all ages)
St Neots: Barford Road, Eynesbury, St Neots PE19 2SA (all ages)
St Ives Indoor and Outdoor: California Road, St Ives PE27 6SJ (all ages)
Sawtry: Green End Road, Sawtry PE28 5UY (all ages)
Ramsey: Abbey Road, Ramsey PE26 1DP (all ages)

These are multipurpose leisure facilities comprising of (check your local leisure centre as not all have all these facilities):

- Swimming Pool
- Swimming Lessons
- Fitness Classes
- Impressions Fitness Suites
- Heat Experience Suite
- Pure Day Spa
- The Sports Injury Clinic
- The Cutting Room
- Zest: Cafe and Bar
- Leo's Funzone
- Children's Term Time Courses
- Children's School Holiday Activities
- Children's Parties
- Badminton
- Table Tennis
- Sports Hall
- Squash and Racket Ball Courts
- Netball Courts

There are a range of activities suitable for all abilities taking place throughout the school holidays. For full details please go to the website

Clubs and Organisations: One Leisure Centre’s are used by a wide variety of private clubs and organisations. There is also a range of party options for children of all ages, for more information please contact the leisure centre.

T: 01480 388600
W: www.oneleisure.net
Huntingdonshire Disability Sports Forum

The Forum was formed to assist the development of disability sport and recreation throughout the district. These developments include access to clubs, activities and coaches, so that sports can be delivered to a high standard.

The Huntingdonshire Disability Sports Forum has the following aims and objectives:

• raise awareness of sporting opportunities available for disabled people within the community
• improve current provision for disabled sport by introducing new activities to the area
• work with local mainstream organisers of sport on improving coaching and facility provision for disabled sport across Huntingdonshire (i.e. local clubs and centres)
• encourage and advise local people about the best way to become involved with disabled sports and activities
• explore avenues and apply for grant funding for sporting activities for disabled people across Huntingdonshire
• promote and raise the profile of sports for disabled people.

Who is in the forum?
The forum is a voluntary group and is made up of:

• service users
• local, club and national governing body representatives
• sports development officers
• teachers
• members of social services
• members of other voluntary organisations.

A forum meeting is held every six to eight weeks and we also host annual sports festivals for participants to try new activities and sports. If you are interested in becoming involved with any activities either as a volunteer, a coach or as a member, then please contact us.

T: 01480 388469
E: activelifestyles@huntingdonshire.gov.uk
W: www.huntingdonshire.gov.uk/disabilitysport

Disability Festivals

The Huntingdonshire Disability Sports Forum organises two festivals each year. The aim is to introduce disabled people to sports and activities they may not have taken part in before, and to provide details of where they can participate in these activities. The festivals are supported by local clubs and organisations who give up their time voluntarily to coach and lead the activities.

T: 01480 388469
E: activelifestyles@huntingdonshire.gov.uk
W: www.huntingdonshire.gov.uk/disabilitysport
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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Holiday Sessions
Huntingdonshire (all ages)

Special Educational Needs and Disability (SEND) sports holiday programme runs during school holidays at various venues across Huntingdonshire. These sessions are open to all, but some age restrictions may apply. The sessions offer a range of sporting activities for people of all ages and abilities. All activities are led by qualified and experienced coaches who are assisted by helpers and volunteers.

Siblings and friends are also welcome as long as there are enough spaces available (charges apply unless the helper is actively supporting the child/service user’s participation). If the participant requires one-to-one care, we ask that a parent/carer stays for the duration of the session to support the participant. There is also the opportunity to book onto a mainstream sports activity if preferred. For more information contact the Active Lifestyle Team.

T: 01480 388469
E: activelifestyles@huntingdonshire.gov.uk
W: www.huntingdonshire.gov.uk/disabilitysport
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

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**Active and Able Multi-Sports Club**
Huntingdon and St Neots (14yrs +)

One Leisure Huntingdon
Thursdays, 11am to 12noon (term time)

One Leisure St. Neots
Fridays, 11am to 12noon (term time)

Cost: £2.50 per session

These sessions are open to all and our aim is to encourage individuals to play and progress in sport and activity, regardless of ability. We operate a multi-sport approach where we try a new activity every week, adapted to meet individual needs.

The sessions are structured and led by qualified coaches who ensure all participants stay physically active and develop their own sporting ability in a social environment. Participants must be aged 14 years and over. The cost is £2.50 per session and carers can join in for free. Sessions are term-time only.

T: 01480 388469
E: activelifestyles@huntingdonshire.gov.uk
W: www.huntingdonshire.gov.uk/disabilitysport
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

PEDALS
Hinchingbrooke Country Park (all ages)
Wednesdays 11.30pm to 12.30pm (term time)

PEDALS is a cycling scheme for anyone requiring additional support to exercise and their families. The scheme involves instructor-led sessions on adapted bikes. We have two adapted bikes that are suitable for younger children and a number of adapted bikes for older children and adults.

The sessions cover a range of games and challenges using the bikes and a chance to cycle around the park. Cycles, helmets, and high visibility jackets are all available to hire.

T: 01480 388469
E: activelifestyles@huntingdonshire.gov.uk
W: www.huntingdonshire.gov.uk/disabilitysport

St Ives Rangers Ability Counts FC
St Ives One Leisure, Outdoor Centre (5yrs+)
Wednesdays 6pm to 7pm
Cost: £1 per training session

The St Ives Rangers Ability Counts football team give disabled people the opportunity to participate in regular football training sessions. The adult team plays in The FA ParAbility Football League providing competition once a month in the season.

For information and to book a place or for further information contact:
C: Gary Marheineke, Huntingdonshire Football Association
T: 01480 447486
E: Gary.Marheineke@huntsfa.com
Upside Down Sports Club
One Leisure St Ives (4 – 18yrs)
First Saturday of every month between 10.15am to 12pm

The Upside Down Sports Club is for children and young people who are wheelchair users. Members are from Cambridgeshire and beyond.

Members have a broad range of needs/ability. Some have additional needs such as sensory impairment, learning or communication difficulty. Activities are adapted to enable all to take part.

During our monthly sports sessions we enjoy tasters of a wide variety of sports such as football, archery, tennis, boccia, new age kurling, dance and bowls.

We also arrange a programme of activities throughout the year, sporting and social. We have recently enjoyed boat trips, skiing, bowling and an activity holiday. Events are subsidised as much as possible depending upon what club funds are available.

There is an annual subscription of £30 (2018) - this covers the monthly meetings and new members receive a club T-shirt.

If you would like to come and try the club please get in touch so we can tell you where we are for the next few sessions.

T: 0845 6022 007 (Please note this line is manned by a volunteer, please call during the day only, no later than 8pm, thank you.)
E: activities@upsidedownsportsclub.co.uk
W: www.upsidedownsportsclub.btck.co.uk
Facebook: https://www.facebook.com/upsidedownsportsclub/

Rotations
Unit 8, Cirrus Court, Globe Road, Huntingdon PE29 7DL (2yrs+)
Cost: £6.50 per hour

Rotations is a trampoline club suitable for all abilities, whether complete beginner or someone returning to the sport. Having a number of qualified British Gymnastic coaches we encourage members to achieve their potential in just recreational enjoyment or in a more competitive level of Regional or National competitions.

Sessions run during school term times. Throughout the holidays other sessions are provided (these may vary). Please see the website for details. The facilities are also available to hire for parties outside these times.

T: 07769 314028 or 07792 828729
E: rotations@btinternet.com
W: http://rotationstrampoline.webs.com/
Facebook: https://www.facebook.com/rotations.huntingdon
**Jump Club**

Broad Leas Centre, St Ives, Huntingdon PE27 5QB (all ages)

Thursdays 9am to 5pm  
Fridays 12noon to 6pm  
Saturdays 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

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**Huntingdon Olympic Gymnastics Club**

Huntingdon Gymnastics Club, Mayfield Road, Huntingdon PE29 1UL (2yrs+)

For more than 35 years Huntingdon Gymnastics Club has been providing opportunities for thousands of people to stay healthy, to enjoy sport, to meet new people and to achieve excellence. With elite athletes winning Olympic, World and European medals. We run an extensive programme of coached sessions and drop in sessions for everyone from baby sessions to adult classes, freestyle and disability groups. Taster sessions are held regularly but you need to book.

Please check the website for more information.

T: 01480 52343 (this number is correct)  
E: info@huntingdon-gymnastics.org  
W: http://www.huntingdon-gymnastics.org/  
Twitter: https://twitter.com/HuntsGymClub
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.

T: 07763 635591
E: connorbeaumont18@gmail.com
Facebook: https://m.facebook.com/Branded-Rebound-Rebound-Therapy-1325047690939397/
**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

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**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/
Inclusion Project
Cambridge City and Huntingdonshire Area (16yrs+)
(Including St Ives, Biggleswade, Sandy and surrounding towns/villages)
Monday to Friday: 7hr day sessions
Cost: Check the website

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).

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/
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
Twitter: https://twitter.com/spectrumcio
Instagram: https://instagram.com/spectrumcio
Max Card: https://spectrum.org.uk/maxcard
Swimming

Huntingdon Piranhas Swimming Club
One Leisure Huntingdon, St Peter's Road, Huntingdon PE29 7DA (6yrs+)

We are a friendly local development club for those who want to compete at all levels. Our swimmers have competed at County, Regional and National level, but their first step was to have fun with their sport in a club that can help them realise their true potential.

If you would like to join, please contact our Membership Secretary. We generally ask that you initially attend a club night to be assessed by one of our coaches, who will then suggest the most suitable training sessions.

T: 01487 840182
E: linda_youngs@talk21.com
W: http://www.huntingdonpiranhas.org/

Upside Down Swimming Club
One Leisure St. Neots
Tuesdays 3.45pm to 4.20pm and 4.20pm to 4.55pm (term time)
Cost: Check the website

The swimmers are helped to develop confidence in the water and to interact with other swimmers in a friendly and supportive environment. There may also be opportunities for attaining swimming awards.

E: upsidedownswim@aol.co.uk
W: https://sites.google.com/site/upsidedownswimmingclub/home

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
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: facebook/oakactivities
Twitter: @oakactivities

Grafham Water Sailability
Grafham Water Sailability, Grafham Water Centre, Off Chichester Way, Perry, Huntingdon PE28 0GW (various ages)

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 2019 Season’s Sailing runs every Thursday afternoon from 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
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 (open Monday to Friday 9am to 5pm)
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

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
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/LIVING_SPORT

iCAN Experiences
iCAN Experiences Ltd, 17 Fair Close, Bicester, Oxfordshire OX26 4YW (11yrs+)

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
Martial Arts

There are a huge number of martial arts classes in Huntingdonshire (far too many to list here!) offering a range of styles such as kickboxing, Jiu Jitsu, karate and many more. You will find classes at your local leisure centres, community centres and school halls. To find a club near you, go to www.cambridgeshire.net or contact your local leisure centre, or do a Google search for your area.

Tae Kwon-Do School
St Neots: One Leisure St Neots. Barford Road, ST Neots PE19 2SA (6yrs+)
Saturdays 2.30pm to 4pm

Huntingdon: St Peter's School, St Peter's Road, Huntingdon PE29 7DD (6yrs+)
Thursdays 7pm to 8.30pm

Peterborough: Jack Hunt Secondary School, Ledbury Road (6yrs+)
Tuesday 6.30pm to 8pm

Ely: Paradise Centre, Newnham Street, Ely CB7 4PQ (5yrs+)
Adult Beginners Mondays 7.15pm to 8.15pm
Children Beginners Saturdays 1pm to 2pm

Wisbech: Queens Community Centre, Queens Road, Wisbech PE13 2PE (6yrs+)
Mondays 6.30pm to 8pm

March: Neale Wade Community College, Wimblington Road, March PE15 9PX (6yrs+)
Wednesdays 6.30pm to 8pm

Martial arts instruction for children and adults, including women's self-defence.

Tae Kwon-Do is arguably the best method of instilling confidence into children and at the same time emphasises the importance of respect and discipline.

At our Tae Kwon-Do Schools we offer the chance for young children to start learning the martial art of Tae Kwon-Do at a young age, usually starting at 6 years old. At our specialised children beginner classes in Kings Lynn and Ely students can start at 5 years.

C: Mark Farnham
T: 07771 644460
E: mark@mftkd.co.uk
W: http://www.mftkd.co.uk
**Temple Martial Arts**
Priory Park Infant School, Almond Road, St Neots PE19 1DZ (4yrs+)
Mondays and Fridays

Great Paxton C of E Primary School, Mount Pleasant, Gt Paxton, St Neots PE19 6YJ (4yrs+)
Wednesdays

Whether you want to train in martial arts to keep fit, learn self-defence or work towards your black-belt with a club that is part of a national organisation, you'll find a friendly welcome at Temple Martial Arts. New starters from 4 years upwards and all levels are welcome.

The instructors have experience of teaching children and young people with a disability or additional needs. If you would like to see if these classes are suitable for your child please contact Andy Drumgold, Sensei.

C: Master Andy Drumgold (6th Dan)
T: 07595 608786
E: templemartialarts@live.co.uk
W: http://www.templemartialarts.org/home.html
Facebook: https://www.facebook.com/TempleMartialArts

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**Archery**

**St Neots Bowmen**
Offord D'Arcy, near St. Neots in Cambridgeshire (outdoor season April to September) (ages 8+)
Tuesday, Wednesday and Friday evenings, Saturday afternoons and Sundays

Alconbury Weald (near Huntingdon) (winter season October to March) (ages 8+)
Tuesday, Wednesday and Friday evenings, as well as Saturday and Sunday mornings

This is a target archery club. Members shoot their own compound, recurve and traditional English longbows. For beginners and novice archers we have recurve bows and arrows available. We have our own indoor and outdoor shooting range, and members can enjoy these facilities whenever they like! Archery is a very inclusive sport with able-bodied and disabled archers competing on the same playing field. Note however that there are no toilet facilities (able-bodied or disabled) on either field or indoor range.

Beginner's courses are available. We will provide all of the necessary equipment. Children under eight years of age can participate subject to an assessment (parents will need to be present for junior archers under 19).

For information for special needs/disabled archers:
C: Marc Bax, Club Secretary
T: 01480 381172
E: secretary@stneotsbowmen.club
W: http://www.stneotsbowmen.club/
**Jolly Archers**
Jubilee Park, Kings Ripton Road, Hartford, Huntingdon PE28 2NR (12yrs+)
(Please Note: your sat nav is likely to take you to Sapley Park in Huntingdon. Please see directions on our website)

The Jolly's is open to new archers from age 12 or ability (juniors (under 18's) must be accompanied by a parent or guardian at all times). We normally run our beginners course in the outdoor season (April to September) when we will teach you all you need to get started in archery. The Club will provide the equipment - all you need to bring is your enthusiasm. Normally places are limited to about 8-12 people to ensure all enjoy the best possible experience.

Beginner’s courses are run every year usually in June. Details are available on the website.
To avoid disappointment please book early as spaces usually go quickly.
To book your place go to the website.


**Ramsey Ravens Archery Club**
The Old Nene Golf and Country Club, Muchwood Lane, Bodsey, Ramsey PE26 2XQ (various ages)

The club was formed with the aim (excuse the pun!) of making the sport of archery more easily accessible. With that in mind, we teamed up with Living Sport who helped us set-up our ‘Pay-n-Play’ sessions which we now run monthly from April to October.

**Come and try archery**
We understand that it is sometimes difficult to know whether you will enjoy archery or indeed find a club that is running a beginner’s course in the near future or on dates that fit with your busy calendar. To give you a chance to try our sport or fill the gap and help fuel your enthusiasm, we run a pay ‘n’ play events, usually on the second Saturday of every month.

These sessions are not a replacement for a full beginner’s course but will give you a chance to experience the sport until your course begins. There are no restrictions on the number of times you attend, you do not have to book a beginner’s course with us.

Session dates are published on our website. The session starts at 2.30pm for 1.5 hours and costs £5 per person. There are a maximum of 12 places available therefore booking is advisable however drop-ins are welcome (spaces permitting).

Please note: Under 16’s MUST be accompanied by an adult at all times.

E: hello@ramseyravens.co.uk
W: [http://www.ramseyravens.co.uk/](http://www.ramseyravens.co.uk/)
Facebook: [https://www.facebook.com/ramseyravens/](https://www.facebook.com/ramseyravens/)
Tw: [https://twitter.com/ramsey_ravens](https://twitter.com/ramsey_ravens)
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

Horse Riding

Northbrook Equestrian Centre
Northbrook Equestrian Centre, New Road, Offord Cluny, St Neots PE19 5RP
(various ages)

Northbrook is a well-established and professionally run Riding School and Special Needs Therapy Centre. We work closely with a broad spectrum of both adults and children that need our help, involving local care homes and assisted living, along with hospital units and Mencap. We also have 3 registered RDA (Riding for Disabled) Groups based here which all facilitate the needs of the locals special needs schools who visit us every week throughout the term time.

We offer one to one riding therapy, which enables us to achieve the personal enrichment that people are looking for, as well as enhancement and awareness of motor skills and muscle control. There is no age limit/restriction and we have been able to help some elderly dementia patients. Our staff are very caring and considerate towards everyone and their personal needs and goals. We also like to deal with everyone on an individual basis and get to fully understand what each person is looking for. Health and Safety is of paramount importance here.

We run riding lessons for all ages and abilities, plus activity days and summer camps, even fun personalised birthday riding parties. Northbrook are also an approved Pony Club Centre, there is always plenty going on here. We consider it to be a very “sensory” place as there are lots of things to watch and animals to touch and stroke; as well as the horses there are also chickens, baby chicks, goats and our very friendly cats.

T: 01480 812654
E: northbrookec@gmail.com
W: http://www.northbrookequestriancentre.com/
Facebook: https://www.facebook.com/Northbrook-Equestrian-Centre-Saddlery-288680274509569/?fref=nf
Monach Farm
The Green, Hilton, Huntingdon PE28 9NB (various ages)

Monach Farm is a traditional livestock farm with special emphasis on rare and unusual breeds of cattle, sheep, pigs and goats. This is a working farm offering a family friendly service.

There are a range of riding lessons to choose from. Group lessons have a maximum of 5 pupils in each group. There are leaders and helpers for all beginners and nervous riders, and the instructors are fully qualified. The horse’s workload is restricted to keep them happy.

During school holidays the farm runs a variety of special events including 'Own a Pony Days' and in the summer there are pony camps. All lessons must be booked in advance. Non riding half days 'Heidis Helpers' run during the school holidays.

Private lessons are available but only by prior arrangement and availability may be limited.

T: 01480 830426 or 07483 147218
E: info@monachriding.co.uk
W: www.monachfarm.co.uk
Facebook: https://www.facebook.com/pages/Monach-Farm-Riding-Stables/465822763521884

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
Countywide (5yrs+)

Stretching from Peterborough in the north to St. Neots in the south, members range from the newest Rainbow to most experienced Guider and all those in between.

Girlguiding Cambridgeshire West is part of Girlguiding UK, which is the largest voluntary organisation for girls and young women in the UK. Guiding enables girls and young women to develop their potential and to make a difference to the world.

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 – 7 years
Brownies: 7 – 10 years
Guides: 10 – 14 years
Senior Section units: 14 – 25 years

If you would like to join as a girl or adult volunteer please registered on www.girlguiding.org.uk/interested or if you would like more information please contact us.

How we support girls with additional needs
- Our fund for members with disabilities – ask your Unit Leader about our grants to help provide specialist equipment or support for disabled members on camps and other trips.
- A network of specialist Advisers at the local level who provide support and information for Leaders in their area.
- Guidance for Leaders on adapting games and activities for young members of all abilities.

How we support adults with additional needs
We are also dedicated to supporting adult members with additional needs so they can get as much out of volunteering for us as possible.
For more information about the support offered to girls and volunteers in your local area, please contact your local Commissioner.

Join Girlguiding: Register your interest here.
http://www.girlguiding.org.uk/get_involved/volunteer/register_your_interest.aspx
T: 0800 169 5901
W: www.girlguiding.org.uk
Facebook: https://www.facebook.com/girlguidinguk
Twitter: https://twitter.com/girlguiding

A: Girlguiding Cambs West, Huntingdon Business Centre, 16 Blackstone Road, Huntingdon PE29 6EF
T: 01480 877307
E: cambswestguides@yahoo.co.uk
W: www.girlguidingcambswest.org.uk
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
W: http://www.cambridgeshirescouts.org.uk/

Dance and Drama

Bedazzle Theatre Arts Group
Various Venues (12yrs+)
Bedazzle Projects is our registered charity (No: 1140390). It supports individuals, groups and new initiatives aimed at encouraging participation in all expressive arts and is open to all ages and abilities, particularly those who are disadvantaged.

The charity also supports all of our inclusive initiatives such as; Theatre Arts Groups, Workshops and of course, our annual ‘Imagine…’ variety show. More recently it has launched a new Bedazzle inclusive Theatre (‘Bit by bit’) and three new Work Experience programmes, complementing our bespoke education.

For more information about Bedazzle and the projects it runs contact Diane.

C: Diane Janssen
T: 07841 990609
E: dbedazzle@gmail.com
W: www.BedazzleArts.com
Twitter: https://twitter.com/theatrebitbybit
Generations Dance Academy
10 Orchard Lane, Huntingdon PE29 3QT (3yrs+)

This dance school has been highly recommended by the parent of a child who is on the autistic spectrum. The school has been running for 28 years. We have full disabled access and a few parking spaces on site. There are two fully air conditioned studios with sprung floors, mirrors and barres.

Based in the centre of Huntingdon, the School offers ballet classes following the Royal Academy of Dance syllabus and Tap, Modern and Jazz. We also have several other styles of dance and technique classes available for children and adults. We encourage creativity, fundamental movement skills, development of coordination, body alignment, confidence and of course, lots of fun.

C: Wendy
T: 01480 434625
E: studio@gda.dance
W: http://www.gda.dance/index.htm

Riverside Theatre Company
The Priory Centre, The Priory, St Neots PE19 2BH (7 – 18yrs)

We are a vibrant youth performing arts charity which runs weekly (Sunday) workshops covering all areas of performing arts, including acting, singing, and dance. We run musical theatre sessions involving all the disciplines, which are always working towards full productions in front of a paying audience giving our students an opportunity to showcase skills they have developed.

We also run holiday workshops for 4 days at Easter and in the summer. We are a registered charity and keep membership costs low whilst ensuring paying for professional tutors to deliver our Sunday and holiday workshops. Please contact us to find out more.

T: 07941 017504
E: enquiries@riversidetheatrecompany.co.uk
W: http://www.riversidetheatrecompany.co.uk
Facebook: https://www.facebook.com/RiversideTheatreCompany
Twitter: https://twitter.com/RiversideT

Stagecoach Huntingdon
Godmanchester Community Primary School, Park Lane, Godmanchester PE29 2AG (4 – 18yrs)

Stagecoach offers quality training in the three performing arts disciplines: drama, dance and singing - helping to develop confidence, physical awareness, communication and articulation - as well as being educational and lots of fun. There is no need to find separate singing, acting and dance classes in Huntingdon, when Stagecoach offer all three to a high standard under one roof! Class details are on the website.

T: 01353 861320
E: huntingdon@stagecoach.co.uk
W: http://www.stagecoach.co.uk/huntingdon
Facebook: https://business.facebook.com/stagecoach.huntingdon.newmarket
Twitter: https://twitter.com/Stagecoach_GBR
**Jigsaw Dance Company (JDC)**
Units 1-3, Grovemere Court, 11 Regal Lane, Soham CB7 5BA (3yrs+)

JDC is an award winning dance school providing dance classes for all abilities! We have classes ranging from Hip Hop Tots to our Performing Arts from ages 3 to adults.

We also run Affinity Cheerleading and Sekani Street Dance/Hip Hop competitive. We have recreational classes and an Allstar Squad in both of these.

We put on a wide range of classes for all ages and tastes at our very own studio in Stretham, 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.

Try something NEW!!!!

If you would like to come and see our competition squad/crew in action or join please contact us to arrange an appointment. If you would like to attend one of our classes please do so, no need to book. Details of class times and days can be found on our website.

T: 0844 445 8010
E: support@jigsawdance.com
W: www.jigsawdance.com
Facebook: [https://www.facebook.com/JigsawDanceUK/](https://www.facebook.com/JigsawDanceUK/)
Twitter: [http://www.twitter.com/JigsawDanceUK](http://www.twitter.com/JigsawDanceUK)

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**Katy North Dance Academy**
St Mary’s School, Wintringham Road, St Neots PE19 1NX

Jubilee Hall, Eaton Socon St Neots

Crosshall Infant School, Eaton Ford

Loves Farm House, Loves Farm, St. Neots (4yrs+)

Katy North Dance Academy is a fun and friendly place to learn to dance. We are an established dance school that has been running in St. Neots for 25 years. We offer classes in Street Dance, Rock ‘n’ Roll, Cheer, Latin American and Wheelchair dancing for ages 4+. Our classes are held in different locations in St. Neots including Eaton Socon and Loves Farm. For full details of all our dance classes please go to the website.

St Mary’s School, Wintringham Road, St Neots, PE19 1NX
Monday’s 6pm to 7pm: Wheelchair Dance Class and SEN Dance Class (10yrs+)
£6 per class

Our adult additional needs dance class covers a wide variety of dance styles including street dance, line dancing and Latin and Ballroom. A fun class for all levels of needs for 16years+.

C: Katy North
T: 07500 875060
E: info@katynorthdanceacademy.com
W: www.katynorthdanceacademy.com
Twitter: @katynorthdance
The Owl Centre
Music Therapy, Speech and Language Therapy, and Emotional Resilience Coaching Services

The Owl Centre's services are 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.

- Speech and Language Therapy can help with a broad range of issues from lisps to complex speech, language, and behavioural needs.

- Emotional Resilience Coaching helps people engage with their feelings and create a greater emotional awareness. This enables them to adapt more effectively to the stresses of everyday life, and to deal with challenges and change more calmly and in control.

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

For further information, or if you would like to be put in touch with one of the music therapists in your area, please contact the centre.

T: 01242 571883
E: office@theowltherapycentre.co.uk
W: www.theowltherapycentre.co.uk

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
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.
   

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)

The 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. There are some external providers with whom we work who can offer services for young people over the age of 19. Where appropriate the service will choose these providers to promote continuity for the young person. We work closely with children, young people and their families asking for regular feedback to help develop and improve our offer.

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 – 19yrs)

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 Children's 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 (5 – 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 372798 or 01480 727964  
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 in the above locations 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 for 11 - 19 year olds (25yrs SEND) can be found here: www.youthoria.org

For youth work programme 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

Brook - Sexual Health and Wellbeing
Website (under 25yrs)

Free and confidential sexual health and wellbeing experts.
W: www.brook.org.uk
Youth Clubs and Activities

Huntingdon Youth Centre
Huntingdon Youth Centre, Sallowbush Road, Huntingdon PE29 7AF (8 – 25yrs)
Open weekdays 9.30am to 9pm

The centre is part of Cambridgeshire County Council, Office of Children and Young People’s Services. The centre runs a variety of clubs and projects for young people aged 8 to 18 during term time (for young people with additional needs programmes continue up to age 25) and a holiday activity project FUSION in school holidays. Most activities are free. Please ring for details of current programmes. The centre also has live music and studio recording facilities and a training room with TV/DVD.

T: 01480 375030

Fusion
Huntingdon Child and Family Centre, Sallowbush Road, Huntingdon PE29 7AF (8 – 25yrs)

Fusion Family and Youth Projects is a charity that provides free of charge projects for young people term time and during the school holidays.

Seniors
Mondays 7pm to 8.45pm (term time only)
Youth Club for young people in school years 9 to 13.

Gateway
Tuesdays 6pm to 8pm (term time only)
Youth Club for young people with additional needs aged 11 to 25yrs.

Juniors
Wednesdays 7.30pm to 9pm (term time only)
Youth Club for young people in school years 7 to 8.

Funky Monkey
Wednesdays 5pm to 7pm (term time only)
Youth Club for young people aged 8 to 11yrs.

Fusion Holiday Projects
Free provision in some school holidays.

Volunteers and Orange T-shirt Projects
We give young people aged 14 to 17yrs the opportunity to volunteer in our groups. As part of the Orange T-shirt Project, through training, supervision and support, young people gain a work ethic, build their confidence and learn new skills. We also offer training and support to adult volunteers.

For information on all Fusion Projects please contact the co-ordinator.
T: 01480 372326
E: fusion.coordinator@gmail.com
W: http://www.fusionfamilyandyouthprojects.org
Here:Now Projects
A safe, friendly, confidential space for young people.

Here:Now Art and Craft Group
Here:Now Project, Huntingdon Youth Centre, Sallowbush Road, Huntingdon PE29 7AF
(11 – 19yrs (25yrs SEND))
Thursdays 4pm to 5pm

This group will support young people to explore their emotions and feelings through art and craft activities. We will explore different emotions and discover how we can use art to relax, promote happiness, gratitude and self-esteem.

Drop-in to HYC or contact Jo to discuss further
E: Joanne.gibson@cambridgeshire.gov.uk
T: 01480 372700

Friday Night Project
Godmanchester Baptist Church
(School years 7 - 9)
Fridays 6.30pm to 8.30pm (term time)
Cost: 80p

Lots of activities, themed nights and trips out. Please let the club know of your child’s needs as they want to do their best to accommodate everyone.

C: Daniel Beckett
T: 01480 458565
E: office@godmanchesterbaptist.org
W: http://godmanchesterbaptist.org/fridaynightproject

Toast
Godmanchester Baptist Church
(School years 10 – 13)
Fridays 8.15pm to 9.45pm (term time)
Cost: 80p

Lots of activities, themed nights and trips out. Please let the club know of your child’s needs as they want to do their best to accommodate everyone.

C: Daniel Beckett
T: 01480 458565
E: office@godmanchesterbaptist.org
W: http://godmanchesterbaptist.org/fridaynightproject
**Core Groups**
Huntingdon Child and Family Centre, Sallowbush Road, Huntingdon PE29 7AF (various ages)
These groups are offered under the local district offer for Huntingdon and St Ives Areas.
Membership for these groups is by referral only.

**Social Skills**
Wednesdays
This group is aimed at young people who have ASD diagnosis, or display similar behaviours and are struggling to engage socially or in educational settings. Please contact Ummar for more information.

C: Ummar Anjum
T: 01480 372690
E: ummar.anjum@cambridgeshire.gov.uk

**Exploring Behaviours**
Thursdays
This is a 13 week programme aimed at young people that are at risk of offending either directly or through peer relationships. Contact Viv for more information.

C: Viv Merryweather
E: viv.merryweather@cambridgeshire.gov.uk

**Being Me**
Thursdays
This group supports and encourages wellbeing. Looking at healthy eating, sleep patterns, confidence and self-esteem. It has an 8 week programme aimed at girls up to age 16. For more information contact Claire.

C: Claire Preston
E: Claire.preston@cambridgeshire.gov.uk

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**Heron Club St Ives (Eddies)**
Mid Leys Centre, High Green Leys, St Ives PE27 6RU (16yrs+)
Wednesdays 7pm to 9pm

The club is for adults with learning disabilities (16+). Current age range is 17 – 70.
For further information please contact Jo.

C: Jo Lloyd
T: 01480 460784
E: joanna.lloyd@eddies.org.uk
W: www.eddies.org.uk

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**Step Forward**
The Bargroves Youth Centre, Cromwell Road, St Neots PE19 2EY
Monday’s 4pm to 5.30pm for school years 6 – 9 (term time)

This group is a fun and interactive group for young people in school years 6 to 9 who may need extra support with life skills. We will be focussing on some of the things young people may find difficult such as increasing confidence and self-esteem, improving communication and independence, learning to make and keep friendships, cooking and important life skills. If you would like to attend this group please contact Tony.

C: Tony Evans (Lead Youth Worker)
T: 01480 376199
E: tony.evans@cambridgeshire.gov.uk
KICK Thai Boxing Club
St Ives Broad Leas Centre, Broad Leas PE27 5QB (12 – 19yrs)
Tuesday 5.30pm to 7pm (term time only)
Free

This is an open access KICK programme designed for young people to get fit, meet new friends and have fun in a safe environment. All groups are minimal contact fitness workouts, done on pads with a partner and based on traditional kick and Thai boxing.

Kick boxing has proved to be a great tool for personal development, teaching dedication, hard work and respect while helping to control aggression. Please contact us for more information.

Visit our downloads section for a permission form that must be completed (if you are under 18 parental consent is required).

W: www.kickyouth.org

KICK Roots Youth Club
The Bridge Church (upstairs), 2 Burrel Road, St Ives PE27 3LE (11 - 14yrs)
Wednesdays 7pm to 9pm (term time only)

There are consent forms for both groups in the downloads section of our website.

W: www.kickyouth.org

Zone Youth Club
Little Gransden Village Hall, Hunts SG19 3DP (5 – 16yrs)
Fridays (term time):
4.30pm to 6pm, 5 – 10yrs
6pm to 7.30pm, 10 – 16yrs

Running positive activities for young people in School year groups 3 – 9. Indoor activities include: air hockey, pool, table tennis, arts and crafts, Xbox, music, board games, film nights and cooking. Outdoor activities include: football, badminton, tennis and much more!!

E: nantmarg@hotmail.co.uk or pegatash@aol.com
W: http://www.thezonehub.co.uk
Switch Social
13 Foundry Way, Eaton Socon, St Neots PE19 8TR (16 – 30YRS)
Tuesdays 7pm to 9pm (term time)

Are you, or do you know someone 16 – 30 years old with additional needs who would like to be part of an inclusive group? At Switch Social we recognise how important it is for individuals to remain socially engaged, make friends, be part of their community and enjoy a positive social group.

Switch Social aims to offer young adults a range of fun, social and community based activities that they can take part in and enjoy. Our timetable of activities is based around what our client group wants. By doing this we aim to involve everybody, at all levels of ability. We believe that the group should be age appropriate and reflect similar opportunities that other like-minded individuals encounter.

C: Mark Hawking on 07518 795301
C: Catherine Fairholm on 07518 795370
T: 01480 700517
E: socials@switchnow.org.uk
W: www.switchnow.org.uk

National Youth Advocacy Service (NYAS)
Unit AA, The Anderson Centre, Spitfire Close, Ermine Business Park, Huntingdon PE29 6XY (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.

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

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. It is available 365 days a year and young people can contact us by phone, webchat, email, text 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/
Facebook: https://www.facebook.com/TheMixUK
Twitter: @TheMixUK
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.totalvoicetc.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)

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.

There are various groups around Cambridgeshire. Times and days vary please phone for details.

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.

Huntingdonshire Volunteer Centre
Various Locations (various ages)

Ramsey:    Monday - Thursday 10am to 12pm   T: 01487 814117
St Ives:   Monday - Thursday 12.30pm to 3pm    T: 01480 301462
Huntingdon: Monday - Thursday 10am to 12pm    T: 01480 414766
St Neots:  Monday - Thursday 10am to 12pm    T: 01480 476047

Huntingdonshire Volunteer Centre (HVC) provides a service across Huntingdonshire for people of all ages who are looking for volunteering opportunities and for Organisations who are seeking to find volunteers.

As part of their service they support organisations in the recruitment of volunteers by advertising roles via the national website: www.do-it.org.uk. They also meet potential volunteers at various venues throughout the district and are part of the network of Volunteer Centres across Cambridgeshire. HVC also administer four community car schemes enabling those who need to make essential journeys, but have difficulty accessing public transport, get out and about. As our funding structure has changed there may be charges for elements of our services, however, we still offer many services without a set charge, but donations are gratefully received.

Huntingdon Together at 1 Princes Street, Huntingdon is a new charity shop with a difference. It has all the features of a normal charity shop but with two additional features: surplus share – donated fresh fruit and vegetables available on the basis of ‘take what you need, give what you can’, and the 50/50 Scheme: items with a minimum value of £5, if sold within the set time period, donors receive 50% of the sale prices back.

Everyone has something to offer. You do not need to have a particular skill, it's enough to have time and enthusiasm! There are many benefits to volunteering - why not get in touch with us and find out more?

Please leave a message on the answerphone or email us for more information.

C: Huntingdonshire Volunteer Centre, c/o Huntingdon Volunteer Office, 1 Princes Street, Huntingdon, Cambs PE29 3PA
E: info@huntsvc.org.uk
W: http://www.huntsvc.org.uk
Facebook: https://www.facebook.com/huntingdonshirevolunteercentre?ref=hl
**Hunts Forum of Voluntary Organisations**
Hunts Forum of Voluntary Organisations. The Maple Centre, 6 Oak Drive, Huntingdon PE29 7HN

This is an umbrella body for voluntary and community groups in Huntingdonshire. We support voluntary and community organisations with information, advice and training. Through membership of Hunts Forum, local groups have their chance to contribute to policy discussions at district and county level.

Advice and information on starting up or accessing funds is available to any group in the Huntingdonshire district free of charge for the first consultation. However, after one meeting or advice session, we do ask groups to consider joining Hunts Forum before receiving further support.

T: 01480 420601  
E: info@huntsforum.org.uk  
W: www.huntsforum.org.uk

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**Wood Green Animal Shelter**
King’s Bush Farm, London Road, Godmanchester PE29 2NH (16yrs+)

From humble beginnings in 1924 Wood Green, The Animals Charity has grown to become one of the leading animal welfare organisations in the UK. They take in animals 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
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

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
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

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/
**Small Steps**
Huntingdon Music Therapy Centre, Mayfield Road, Huntingdon (under 5yrs)
Tuesday 10am to 12noon (term time)

This group is for expectant parents up to school age children. It is a small friendly group of parents and children who come together to chat, laugh, share experiences and knowledge.

C: Alison Watson  
T: 01480 414504  
E: bjbwsmallsteps@gmail.com

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**Small Steps – Stepping UP**

This group is for school starters upwards. It is a small friendly group where we share experiences, chat and have a laugh we also have lunch together.

We do a range of activities which are arranged monthly such as dance, trampolining, gym, specialist cycling. Venues vary – please contact Alison for details.

C: Alison Watson  
T: 01480 414504  
E: bjbwsmallsteps@gmail.com

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**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](http://www.helpinglittlehandslearn.com)
**Little Stars Additional Needs Group**
Sawston Child and Family Zone, Link Road, Sawston CB22 3GB (0 – 5yrs)
Mondays 1pm to 2.30pm (term time only)
Free
**Referral Only**
For Children with special educational need or disability. We can provide support and help you to find information, or other services. You can also meet other parents and their children and enjoy time with your child.

Early Help Team
T: 01954 286012
E: Childandfamilycentre.south@cambridgeshire.gov.uk
W: Child and Family Centres
Facebook: Huntingdonshire Child and Family Centres

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**Busy Bees**
Old Blue School (Behind Church), Eastgate, Cambourne CB23 6DZ (0 – 5yrs)
Fridays 1pm to 2.30pm
Free
**Referral Only**
For Children with special educational need or disability. We can provide support and help you to find information, or other services. You can also meet other parents and their children and enjoy time with your child. Please feel free to bring a packed lunch.

Early Help Team
T: 01954 284672
E: Childandfamilycentre.south@cambridgeshire.gov.uk
W: Child and Family Centres
Facebook: Huntingdonshire Child and Family Centres

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**St Neots - Puffins**
The Eatons Child and Family Centre, Bushmead Road, Eaton Socon, St Neots PE19 8BT
Tuesdays 9.30am to 11.30am
Free
**Referral only**
Weekly Child and Family Centre and SEND led group for parents and children with additional needs.

Early Help Team
T: 01480 372700
E: Childandfamilycentre.hunts@cambridgeshire.gov.uk
W: Child and Family Centres
Facebook: Huntingdonshire Child and Family Centres
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 provide the administrative function to ensure Think Family processes are followed for children following the Early Support Pathway; supporting lead professionals and coordinating 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 significant and complex 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
1st Floor, 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 the special educational needs and/or disabilities of their children so they can make appropriate, informed decisions.

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.

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
Independent Support
(0 – 25yrs)

Independent Support is a Government funded scheme running until March 2018. 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 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

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**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](https://www.ipsea.org.uk/Pages/Category/get-support) available to parents and carers. There is also a free [Advice Line](https://twitter.com/IPSEAcharity) 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](https://twitter.com/IPSEAcharity) advice on appeals and disability discrimination claims to the SEND Tribunal and is also the gateway to our [Tribunal Support Service](https://twitter.com/IPSEAcharity) 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/](https://www.ipsea.org.uk/)  
W: [https://www.ipsea.org.uk/Pages/Category/get-support](https://www.ipsea.org.uk/Pages/Category/get-support)  
Twitter: [https://twitter.com/IPSEAcharity](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 and 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, Washington 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 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 & 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

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**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
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

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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. For information on courses and enrolment contact Recovery College.

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](http://www.cpft.nhs.uk/about-us/recovery-college-east.htm) (or from the website).

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
Bullying UK
Childline
The Diana Award
Internet Matters
Kidscape
The UK Safer Internet Centre
UK Council for Child Internet Safety (UKCCIS)

This guide is available from www.gov.uk

**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: www.childline.org.uk/pages/home.aspx
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 Monday to Friday 9am to 9pm, Saturday and Sunday 10am to 3pm)
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 – 16yrs)

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
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.

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

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
Huntingdon and St Ives District Team
Huntingdon Youth Centre, Sallowbush Road, Huntingdon, Cambridgeshire PE29 7AF
T: 01480 379454
W: www.cambridgeshire.gov.uk/localityteams

St Neots, Ramsey, Sawtry and Yaxley District Team
The Bargroves, Cromwell Road, Eynesbury, PE19 2EY
T: 01480 376199
W: www.cambridgeshire.gov.uk/localityteams

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

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.

**Gamlingay and District Parent Carers Group**
Various Venues (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. Contact for venue details.

C: Bridget Smith  
T: 01767 650510 or 07729 836449  
E: bridget@glockling.com

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**CARESCO**
The CARESCO Centre, Green End Road, Sawtry PE28 5UX

CARESCO is a unique charity based in the village of Sawtry, near Huntingdon in Cambridgeshire, which exists to serve the local community.

Under the CARESCO umbrella are a number of services offered to our local community, including day care for the elderly, our community printing service, our Friday drop-in cafe, our carers support and befriending service, a music-based social group, a Christmas Day party and our charity shop which helps to fund our activities.

In partnership with other organisations we also support the local foodbank (working with the local churches) and the village car scheme (working with Cambridgeshire County Council). CARESCO also edits and produces the popular Sawtry Eye magazine.

T: 01487 832105  
E: office@caresco.org.uk  
W: www.caresco.org.uk

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**Parent Drop-in**
Huntingdon Youth Centre, Sallowbush Road, Huntingdon PE29 7AF (0 – 19yrs)  
Thursdays 1.15pm to 2.45pm

Informal advice, signposting and guidance on accessing Early help services and linked agencies.

T: 07990 568569

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**Foetal Alcohol Spectrum Disorders**
The Spinney, Hartwell Way, Ravensthorpe, Peterborough PE3 7LE

Peterborough and surrounding counties Family Foetal Alcohol Spectrum Disorders (FASD) working in partnership with Little Miracles, runs a monthly support group which is open to Cambridgeshire families.

C: Brian Roberts 18 Doddington Road, Chatteris PE16 6UA
**Support, Offload, Chat**
Huntingdon Youth Centre, Sallowbush Road, Huntingdon PE29 7AF
Fridays 9am to 11am (term time)

Support, Offload, Chat is a mutual support group for parents and carers of children with special needs. If you care for a child with additional needs and want to talk and share ideas with people in a similar situation, pop down for a cuppa and chat. You can turn up on the day.

C: Emma Britton
T: 07798 633303
E: SOC.huntingdon@hotmail.com

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**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 was created by Family Fund in *partnership with charities* such as Scope, National Autistic Society and Contact to provide information about bedtime routines, sensory influences, 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](#) with similar experiences to your own, and then join in the conversation on our [Facebook page](#).

If you have anything you would like to add to the site or have questions or queries, please email our *Tired Out team*.

T: 01904 550055
E: tiredout@familyfund.org.uk
W: [www.tiredout.org.uk](http://www.tiredout.org.uk)
Family Carers Prescription
Carers Trust Cambridgeshire, 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
E: capccg.carerstrustcambridgeshireandpeterborough@nhs.net
W: https://www.carerstrustcambridgeshire.org/support/carers-prescription

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 telephone helpline: Open 10am to 4pm, Monday to Friday)
0808 800 4102 (NAS Education Rights Service)
0808 800 4106 (NAS Parent to Parent service offering a confidential telephone support service for parents and carers of people with autism)
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

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 send the service an online enquiry www.autism.org.uk/parent-to-parent-enquiries

You can find out more information about the service by following this link http://www.autism.org.uk/services/helplines/parent-to-parent.aspx
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
Chitra Sethia Autism Centre, Cambridge Road, Fulbourn, Cambridge CB21 5EF
(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, swop 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

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/

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

Cambridgeshire Invisible Illness Support (CIIS)
45 Foxwood South, Soham, Ely, Cambridgeshire 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, Lymes 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

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/
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
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

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/

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**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](https://www.family-action.org.uk) was designed to offer [support for families](https://www.family-action.org.uk) 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](https://www.family-action.org.uk)
Facebook: [https://www.facebook.com/familyaction](https://www.facebook.com/familyaction)
Twitter: [https://twitter.com/family_action](https://twitter.com/family_action)
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.

W: www.pavingtheway.works
W: www.pavingtheway.works/resources

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
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-butting)
- 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. stem4 runs 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. stem4 does 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

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
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)
W: http://hypermobility.org/
Facebook: https://www.facebook.com/pages/The-Hypermobility-Syndrome-Association/111251562248518
Twitter: 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
Facebook: https://www.facebook.com/familylives
Twitter: https://twitter.com/familylives
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](https://community.scope.org.uk) 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. 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 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
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 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 support, 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

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 or any direct services, we do operate a telephone and email service called the Parent’s Helpline. This 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/Cerebra
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
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
  4th Wednesday each month, 2.30pm to 4.30pm

- Bourn: Community Room, Hall Close
  3rd Wednesday each month, 10am to 11.30am

- Burwell: Ash Grove Day Centre
  3rd Monday each month, 2.30pm to 4pm

- Chatteris: King Edward Community Centre
  1st Monday each month, 2pm to 4pm

- Cottenham: Community Room, Franklin Gardens
  4th Thursday each month, 2pm to 4pm

- Fulbourn: Community Room, St Vigor's Road
  3rd Friday each month, 2.30pm to 4pm

- Girton: Community Room, St Vincent's Close
  2nd Wednesday each month, 10.30am to 12noon

- Haslingfield: The Methodist Church
  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
  2nd Tuesday each month, 2pm to 4pm.

- Littleport: Day Centre, Littleport Village Hall
  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
  3rd Thursday each month, 10am to 12noon

- Soham: Community Room, The Causeway
  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

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
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
Facebook: [https://www.facebook.com/TourettesAction](https://www.facebook.com/TourettesAction)
Twitter: [https://twitter.com/tourettesaction](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 focussing 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
Twitter: 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
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, Huntington, 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)

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**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
- 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
Twitter: 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/YMCAandP/
Twitter: https://twitter.com/YMCA_CambsPBoro
Switch Now CIC
Vocational Training and Enterprise Centre, 13 Foundry Way, Eaton Socon, St Neots PE19 8TR (18 – 30yrs*)
Monday to Friday

Switch Now CIC is a not-for-profit organisation based in St Neots, Cambridgeshire, serving across Hunts, Cambs and Beds. We offer young adults with learning difficulties or disabilities supported training, work experience, work placements and job coaching in professional community settings, to help develop skills to progress towards voluntary, supported, paid or self-employment.

Work placements are in a variety of settings including a professional café - Switch Cafe, a working farm, horticultural nursery, on-line trading / retail setting and lots more engaging environments.

Switch Now is a registered UK learning provider and alternative education provider; that vocationally profiles individuals and offers externally accredited training courses to develop work, transferable and independence skills. Working collaboratively with the local community and partner organisations, we aim to recognise an individual's potential, help them achieve better outcomes and a more fulfilled future.

Switch Now also offers Holiday Socials for 18-30 year olds with learning difficulties and disabilities, offering inclusive activities Wednesday, Thursday and Fridays during educational breaks. We offer a variety of age appropriate group activities for like-minded individuals.

T: 07518 795301 or 07518 795370 or 01480 700517
E: contact@switchnow.org.uk
W: http://www.switchnow.org.uk/
*from 16 years considered

Switch Café
Loves Farm House, Kester Way, St Neots PE19 6SL
Contact the café for opening times

The young people we train and mentor are involved in every aspect of running the café. We all work together to ensure it is a professional business that focuses on producing good quality, competitively priced food and drinks, and offers an excellent service as well as a social hub for the local community.

T: 01480 700517
E: contact@switchnow.org.uk
W: www.switchnow.org.uk
Facebook: https://www.facebook.com/switchnowcic/
Twitter: https://twitter.com/switchnowcic
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  
Facebook: https://www.facebook.com/pages/Vivacity-Peterborough-Culture-and-Leisure/138802812827599  
Twitter: https://twitter.com/VivacityPboro

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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  
Facebook: [https://www.facebook.com/LittleMiraclesCentre/](https://www.facebook.com/LittleMiraclesCentre/)  
Twitter: [https://twitter.com/littlemiraclesp?ref_src=twsrc%5Etfw](https://twitter.com/littlemiraclesp?ref_src=twsrc%5Etfw)

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**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/](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

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/

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
**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**

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
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 manger 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 [PDF] 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
W: https://contact.org.uk/advice-and-support/benefits-financial-help/

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
Facebook: 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: iag@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
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 now from 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 CAB offices in your area) Drop-in: no appointment necessary.
Early arrival is essential, as we are often unable to see all those attending.
T: 0344 848 7979 (Open Monday to Friday, but advisers are often only available between 2pm and 4pm)

To find your nearest CAB office go to the website.

W: https://www.citizensadvice.org.uk/
Twitter: https://twitter.com/CambridgeCAB

Penderels Trust
Countywide (all ages)

Penderels Trust provides financial services for people 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, Seven Stars Estate, Wheler Road, Coventry CV3 4LB
T: 01284 592418
E: Cambridgeshire@penderelstrust.org.uk
W: http://www.penderelstrust.org.uk/cambridgeshire
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 621115  
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)
Monday to Friday 9am to 4.30pm

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. As a single person you can earn up to £18,000 and couples up to £23,000.

T: 01223 576535  
E: donate@cambridgereuse.org.uk  
Twitter: https://twitter.com/CambridgeReUse
Wizzybug: Free Loans to Families  
(14mths – 5yrs)

Does your under 5 have no or little mobility? Would a powered wheelchair make a big difference? Designability offers free loans to families with children aged 14 months – 5 years old. In the past, they have gone 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.

Through the scheme, a child can have a Wizzybug for as long as they can benefit (this is usually until they outgrow it) and 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: Designability's website

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.newlifethecharity.co.uk/  
Facebook: /newlifethecharity  
Twitter: @newlifethecharity
Little Bundles
Caring for Families in Cambridgeshire

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

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**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 Braille 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
Facebook: [https://www.facebook.com/VICTAChildren](https://www.facebook.com/VICTAChildren)
Twitter: [https://twitter.com/VICTAChildren](https://twitter.com/VICTAChildren)
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 through 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

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
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

Caudwell Children
National Charity (0 – 19yrs)

Caudwell Children is working to transform the lives of disabled children. We recognise that disabled children and those with complex health needs must have access to the health care, adaptations and equipment they require.

Our Family Services offer vital support to families caring for a disabled child or young person. 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: support@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: Via the website
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 25yrs)

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/](https://contact.org.uk/)
Facebook: [facebook.com/contactfamilies](https://facebook.com/contactfamilies)
Twitter: [@contactfamilies](https://twitter.com/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/](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
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: 0117 906 1700  
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)  
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  
Twitter: https://twitter.com/kidsout

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  
Facebook: https://twitter.com/letterboxlib  
Twitter: @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 instill 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', as there are 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 through 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/](https://contact.org.uk/advice-and-support/health/camhs/)
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

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
**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/](https://www.keep-your-head.com/)

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**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, 365 days 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.


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**CHUMS**

**Cambridgeshire (5 – 25yrs)**

**Peterborough (5 – 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/

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

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: info@grandparentsplus.org.uk
W: http://www.grandparentsplus.org.uk/
Facebook: https://www.facebook.com/Grandparentsplusinfo
Twitter: https://twitter.com/gplusinfo
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.

W: http://minded.e-lfh.org.uk/families/index.html#
Twitter: https://twitter.com/MindEdUK

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.

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@healthwatchcambsboro.co.uk
W: www.healthwatchcambridgeshire.co.uk or www.healthwatchpeterborough.co.uk
Facebook: @HealthwatchCambsPboro
Twitter: @HW_Cambs
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

MoodJuice
Website

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. This website provides direct access to self-help resources to help think about emotional problems and work towards solving them.

W: www.moodjuice.scot.nhs.uk

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

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/crusecare?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

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
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

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

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
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

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
Legal Services

Council for Disabled Children (CDC)

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.

T: 020 7843 1900
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 have existed since the early 1970s and 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 few suggestions of Apps which may help with different aspects of 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 meditation 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 meditation 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 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
E: Via the website
W: http://www.equalityadvisoryservice.com/
Twitter: https://twitter.com/EASShelpline
About this Book

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 book and others are available online – see the website below.

C: Joan Adamson, SCIP Co-ordinator
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W: www.cambridgeshire.gov.uk/scip

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.