

ADHD UK

Information, awareness, support, advocacy and research

<https://adhduk.co.uk>

**Contact**

Information, advice and support for families with SEND children

www.contact.org.uk

**Family Fund**

Advice on finance, benefits, and information on mental health and wellbeing

www.familyfund.org.uk



AMAZE SEND resources, information, events, support, factsheets, workshops for parent carers and young people

www.amazesussex.org.uk

**Down Syndrome UK**

Parent-led charity offering support and resources

www.downsyndromeuk.co.uk

**Holding Space**

Local parent carer peer support if your child is experiencing challenges

www.holdingspace.org.uk

**AMAZE SENDIASS**

Detailed online info, regular free workshops and an advice line for one-to-one advice

www.amazesussex.org.uk/sendiaass

**East Sussex Children's Integrated Therapy & Equipment Service (CITES)**

Therapy & equipment support for children, including speech & language

www.eastsussexchildren.nhs.uk



Independent Provider of Special Education Advice (IPSEA) Free, independent legal advice, support, resources

www.ipsea.org.uk

**British Dyslexia Association (children)**

Information, advice and training

www.bdadyslexia.org.uk/advice/children



Handy links for SEND families

Compiled by East Sussex Parent Carer Forum - raising the collective voice of SEND families (special educational needs and disabilities)

National Autistic Society

Advice, guidance and local branches offering social activities

www.autism.org.uk

**CAMHS (Child & Adolescent Mental Health Service) Sussex**

Provider of mental health support & autism & ADHD assessment

www.sussexcamhs.nhs.uk



Not Fine in School Parent led organisation offering advice and support when children are experiencing school attendance problems & barriers

www.notfineinschool.co.uk/

**Capa First Response**

Support for families experiencing child-to-parent harmful behaviour

www.capafirstresponse.org

**East Sussex Family Hubs**

One-stop-shops for families to access activities or receive support in their local community

www.familyhubs.eastsussex.gov.uk

**PDA Society - Pathological Demand Avoidance**

Information, training & support

www.pdasociety.org.uk

**Caudwell Children**

Practical & emotional support for families with disabled and neurodivergent children

www.caudwellchildren.com

**East Sussex Local Offer**

Support and info for children & young people (0 to 25) with SEND, & their parents & carers

www.localoffer.eastsussex.gov.uk

**SCOPE**

Campaign group providing information and support empowering families, including those with disabled children

www.scope.org.uk

**Cerebra**

Health, legal, financial, and social care advice for children with brain conditions and their families

www.cerebra.org.uk

**East Sussex Parent Carer Forum**

Independent, parent carer-led group representing the views of SEND families

www.espcf.org.uk

**SOS!SEN**

Advice & support to help parent carers navigate the processes to secure the right educational provision

www.sossen.org.uk

