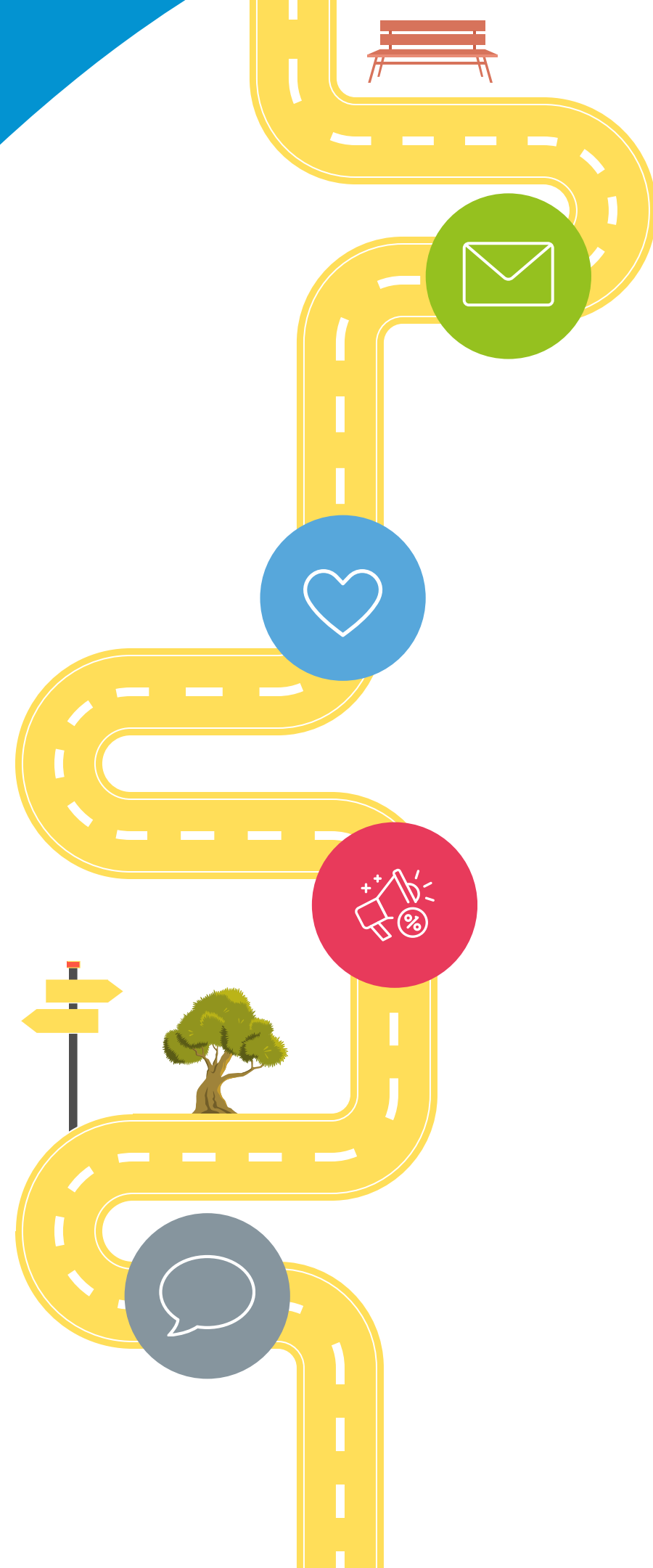




**Working together
for SEND families**



This is an information guide from your local Parent Carer Forums with help and advice

We are here for you

We know you may be feeling lost and confused right now and we hope this resource will help you to understand your options and where you can get support. Any **pink** text is a link. Click it to find out more.

Talk to us

Tell us what support you're getting, what is missing and how this has affected your family. Your voice helps us champion change that reflects real family experiences. You can do this using these links:

[Bristol](#), [South Gloucestershire](#), [North Somerset](#)

What do you most need help with right now?

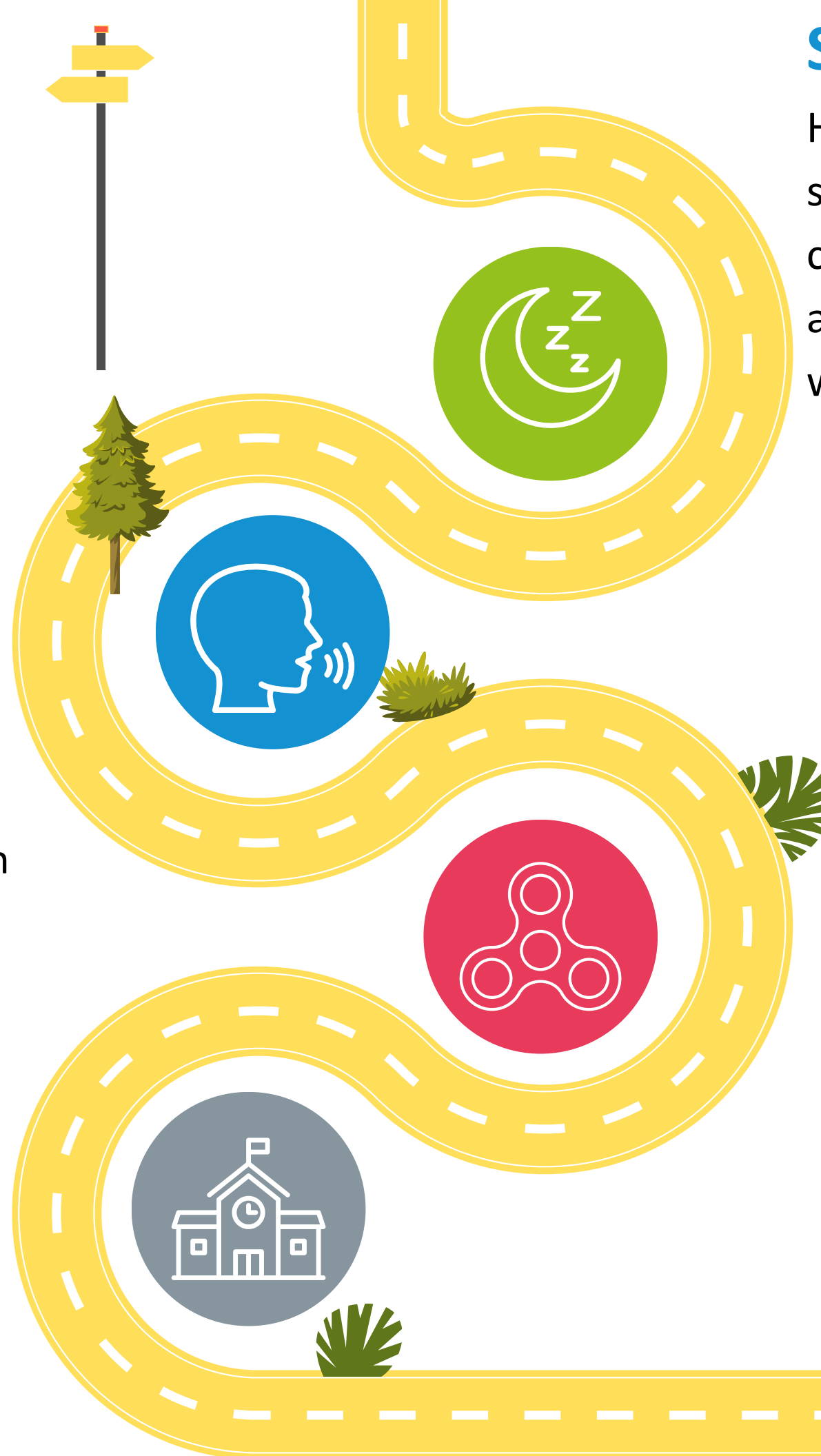
Disordered Eating

For information and advice, the [UK's Eating Disorder Charity](#), [Beat](#), offer help and support.



Sensory needs

The Sensory advice line is available on 0797 1035385 on Thursday morning. Please call between 8.00-9:30am to book a callback. You can find more from the Occupational Therapy Team [here](#). There are additional resources [here](#)



Sleep

Health Visitors support children age 0-5, and School Nurses support school-age children, even those not in school. The contact details for the school nursing team are [here](#). If you are concerned about sleep, you can also speak to your GP, who may refer you to Community Paediatrics.

Speech

You can call Sirona Care and Health and speak to a speech therapist for advice and information. If your child is school age click [here](#), and for pre-school click [here](#)

School support

Schools have a duty to meet children's needs without a diagnosis. Ask your SENDCO for a copy of the school's SEND Information report.

You can also contact [SEND and You](#) for advice; attend a peer support session provided by your local parent carer forum ([Bristol](#), [North Somerset](#), [South Gloucestershire](#)) and access these Bristol Autism Support [resources here](#)

Mental health needs

If your child is struggling with anxiety, emotional regulation or behaviour you can ask for a [school nurse](#) referral for emotional support or refer your child yourself. The service is open to all, including children not currently attending school. Your child may also be able to access a [Mental Health Support Team](#) via their school. [OTR](#) (11+) also offer services for some young people. Young People can also access anonymous emotional support from [Self Injury Support UK](#), [silvercloud](#), [Kooth](#) or [CYN](#).

Talk to other families

Hearing from other families in a similar boat can make a bigger difference than you would imagine. Attend a peer support session facilitated by your local parent carer forum. Details can be found on their websites and social media and the last page of this document.

Motor skills

If your child struggles with handwriting, motor skills or self-care, you can call the Sirona Care and Health advice line on Thursday mornings between 9-11am: on 07917 393196. There are additional resources [here](#)

Physical needs

If your child has difficulty with coordination, walking, or muscle tone, you can call the Sirona Care and Health advice line on Thursday mornings between 9-11am: on 07917 393196. There are additional resources [here](#)



Right to Choose

The Right to Choose (RTC) lets you choose an NHS-funded provider to carry out an ADHD or Autism assessment. If you would like to pursue an autism or ADHD assessment, there is more information on this in our dedicated leaflet [here](#)

Step 1: Contact your GP

Speak to your GP Surgery, ask them what the process is for RTC. Some GPs want to see you, some GPs will ask for a call/appointment, and some need you to fill in a form.



Step 2: Pick a provider

You can find a list of providers on [this](#) page. Please download the spreadsheet to view. ADHD UK also have a list [here](#) covering ADHD and Autism for children and adults



Step 3: Request your RTC assessment

Follow the process of your GP Surgery and ask them to process your RTC request with your chosen RTC provider. Only GPs can refer to RTC.



Step 4: Work with your chosen provider

If your GP agrees to make the referral, and you meet the provider's eligibility criteria, they will contact you. Each provider has their own process which they will detail when they contact you.



What is available in your local area?

Send and You (SAY)

The local [SEND Information Advice and Support Service](#) (SENDIASS) that offers free, confidential, and impartial advice to help you feel more confident about SEND processes, policies and the law.



SAY
SEND AND YOU
SENDIASS



Bristol

- [Bristol Parent Carer Forum](#)
- [Local offer](#)



North Somerset

- [North Somerset Parent Carers Working Together](#)
- [Local Offer](#)



South Gloucestershire

- [South Glos Parent Carers](#)
- [Local Offer](#)

