

Introduction

This Directory provides details of services available to Disabled Children and their families and is funded through the Aiming High Short Breaks Transformation Programme. It is also available electronically through www.snaap.org.uk

It is one of five covering the county of Kent and has been developed from a publication originally produced by SNAAP (Special Needs Advisory and Activities Project) based at Windchimes Resource Centre in Herne Bay.

These directories have been produced using SNAAP's original format. Thanks and acknowledgement is therefore conveyed to SNAAP for permitting their original format to be used in publication, as well as for their support in collation.

Every attempt has been made to ensure that the information in this directory is as comprehensive as possible but accuracy cannot be guaranteed.

Aiming High Short Breaks Programme

In 2008, Kent County Council was successful in its bid to become one of 21 Pathfinder local authorities across the country to be part of the ***Short Breaks Transformation Programme***.

Short Breaks have been defined as:

- A wide range of short breaks, tailored to families' needs
- Available in the evenings, at weekends, and school holidays
- Culturally appropriate, sympathetic to race, culture, religion.
- Age appropriate
- Including sufficient provision to meet the needs of severely disabled children, including complex health needs.

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This status brought with it a significant level of funding to invest in the development of short break services.

The funding is to provide new and expanded services to meet the needs of children aged 0-18 and their families. Kent is required to significantly increase the range of short breaks for children with the following impairments:

- Autism Spectrum Disorder
- Technology dependant
- Challenging behaviour
- Moving and handling needs
- Palliative care

The short breaks programme also includes breaks for disabled children who have not previously been eligible to receive a service from Kent County Council Disabled Children's Social Services.

Part of the Core Offer within the overarching "Aiming High" initiative is to make sure that sufficient information is available to families about local services to enable them to make informed choices. A directory is therefore being produced for each of the five Disabled Children's Resource Centres across the county to ensure that families receive that information as part of the **Aiming High Core Offer**.

Disabled Children's Resource Centres

Kent County Council has reconfigured family support services for disabled children and their families over the past five years, so that they are co-ordinated and provided from five multi agency Resource Centres across the county.

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A Resource Centre comprises two elements: an overnight short breaks unit and an additional community unit for daytime, evening and weekend activities which are also termed short breaks. These may be on the same site or on two sites, as part of a campus.

The Resource Centres are:

Resource Centre	Overnight Breaks Unit	Geographical Coverage
1) Parents Consortium	Allsworth Court will become an overnight breaks unit following completion of building works in February 2010. Rainbow Lodge	Dartford/Gravesham/Swanley
2) Windchimes	The Beach Hut	Canterbury/Swale/Dover/Thanet
3) Sunrise	The Den	Tunbridge Wells/Tonbridge
4) Maidstone Multi-agency Specialist Hub	Still to be identified	Maidstone
5) Ashford/Shepway Multi-agency Specialist Hub, Wyvern School	Fairlawn	Ashford/Shepway

Short break activities are being developed along the lines of a "hub-and-spoke" model from these Resource Centres. Comparable services are being developed in the "spokes" or outlying areas. There is a vision for parents to eventually manage the short breaks activities delivered by each Resource Centre.

CHILDREN'S SOCIAL SERVICES

Kent County Council Children's Social Services

Introduction

Kent County Council Children's Social Services provides support for children in need. A child is defined by the 1989 Children Act as 'in need' if:

- He/she is unlikely to achieve or maintain, or have the opportunity of achieving or maintaining, a reasonable standard of health or development without the provision for him/her of services by a local authority;
- His/her health or development is likely to be significantly impaired, or further impaired, without the provision for him/her of such services; or
- He/she is a Disabled Child.

Any support provided is determined by an assessment of a child's needs. Children's Social Services work in conjunction with colleagues from other agencies such as the NHS to support children to:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic well-being

These are known as the five 'outcomes' for children

How to contact them

A referral can be made to Children's Social Services by telephoning Kent Contact & Assessment Service on 08458 247 247

CHILDREN'S SOCIAL SERVICES

Disabled Children's Service (DCS)

Some disabled children in Kent may be eligible to receive a service from the specialist Disabled Children's Service. These are children who have a disability that is permanent or long term, and that can be defined as:

- Severe or profound learning or physical disability, or
- Severe or profound social communication disorder, or
- Life threatening illness, or
- Complex medical need

Some children may have a combination of two or more of the above.

Following acceptance of a referral, an initial assessment of a child's needs will be carried out. The assessment will look at:

- The child's developmental needs
- The parenting capacity of the child's parents and carers to respond to these needs
- Relevant wider family and environmental factors.

If necessary, a further ('core') assessment of all the circumstances relating to the child or young person will then be carried out. This will involve a visit to the child's home. The assessment will include talking with the parent/s, the child, and anyone else who provides a significant amount of care for him/her. This includes talking with other professionals caring for the child. A care plan will then be written that sets out how the child's needs will be met. The parents' or carers' needs may also be assessed separately.

The transition period from child to adulthood is often a worrying time for young people and their parents. The Disabled Children's Service can help with this transition by linking young people with Kent Adults Social Services. For very young children, DCS can link parents with early support services

CHILDREN'S SOCIAL SERVICES

Children's Occupational Therapy Service

This is part of the KCC Disabled Children's Service. Occupational Therapists aim to enable children who are permanently and substantially disabled to make the most of their abilities, be as independent as possible, and gain control over the practical aspects of their daily life.

Following an assessment of a child, equipment may be offered. Advice can also be offered about other sources of help. Adaptations to the family home may also be recommended, which could be minor e.g. fitting a rail or ramp, or entail more major work (see the section entitled 'Adaptations to the Home' on page 96).

A referral can be made to the Children's Occupational Therapy Service by telephoning Kent Contact and Assessment Service on 08458 247 247.

Short Break Services

Depending on the level and types of need determined by the assessment, the Disabled Children's Service (DCS) might be able to offer a range of services.

These services may be provided directly by DCS. Or they may be provided through the method of a direct payment. A direct payment enables a parent/carer to make their own care arrangements. This might mean employing a personal assistant, or it might mean paying a service provider directly, e.g. for a summer play scheme or a befriender. Help with setting up a direct payment is available from the Children and Families Direct Payment Support Service (see separate entry). Young people over the age of 16 yrs. may be entitled to a direct payment in their own right.

CHILDREN'S SOCIAL SERVICES

A pilot of a short breaks voucher scheme is taking place. If the pilot is successful, it will be extended. The vouchers can be exchanged for a service from a set list of services. To be eligible, a child must either be in receipt of at least one higher rate component of Disability Living Allowance, or be assessed for the scheme by a key professional involved in his/her care.

Emergencies

If you have an emergency occurring outside of office hours, you can contact the emergency out of hours social work team on 0845 762 6777.

Kent Carer's Emergency Card

Carers Support, Norman House, Beaver Bus. Park, Beaver Rd, Ashford
01233 664393 www.kentcarersemergencycard.org.uk

Carers are issued with a card which can be used as an instant source of identification in case of accident or sudden illness. In an emergency situation, anyone can telephone the number on the card and quote the number printed. The contact centre uses this number to access the carer's pre-arranged emergency plan and puts it into action. The service is free.

Deaf Children & Families Team

The Deaf Children & Families Team provides support and information for children and their families where there are issues related to deafness. This service is available to deaf and deaf/blind children up to the age 18 years and also hearing children of Deaf parents.

To make a referral to this team Contact and Assessment Service on 08458 247 247 or text phone 08458 247905 or you can e-mail at deafserviceschildrenfamilies@kent.gov.uk.

Children's Disability Register

www.kent.gov.uk/cdr

The Children's Disability Register is a confidential computerised database containing details of children from birth to 18 years who have a disability. It is voluntary: you have the choice whether or not to register your child, and names can be removed at any time. We would encourage you to register your child, as the Register gives you the opportunity to let us know what kinds of services you would like to see provided. From this information we are able to highlight gaps in services and develop ways of filling those gaps.

You can register your child by completing a register application form. This is available online or from the Disabled Children's Service Disability Register Co-ordinator on 08458 247 247.

Once you have registered your child, you will receive a regular update about services in your area, and other information that may be of interest to you.

Health Services

Introduction

There are many Health Services which you and your child may need. In this section we show who can help, depending on the age of your child, the various professionals available to help you, and the way in which you can access their services. If you have any concerns about your child's health or development, you can either contact your own GP, your health visitor if your child is under 5, or your school nurse.

Getting Help with your Pre-school child

Often, developmental issues only become apparent once a child is in a more social setting, such as a playgroup or nursery, at which point the playgroup leader may raise these issues with you. You may choose to discuss your concerns either with your own GP or health visitor or playground workers assigned to the playgroup/nursery.

Early Support Programme

www.earllysupport.org.uk

This is the Government programme to achieve better co-ordinated, family focused services for young disabled children and their families. It's a national programme that:

- brings together the different services available to you and your child
- focuses on children under three years old but some councils use it for children up to five years old
- is accessed through social services & managed by your council

Early Support Leaflets and Information

They have developed a range of disability-specific leaflets intended as a 'first step' in informing parents about the disability and pass on information and advice from other parents. There are specific disability booklets including sensory impairments, autism, rare conditions and speech and language difficulties as well as one for where no diagnosis has yet been made.

HEALTH SERVICES

There is also an Early Support Family Pack, which informs parents about services to support them and to help families to know what to expect by way of good service provision and what to ask for. For more information about what is available please see Early Support website.

Specialists who can help

General Practitioners (GP's)

Your family GP practice is staffed by qualified doctors. At any stage, you are free to request that your child sees a doctor who has had paediatric training. The role of the GP is to promote health, to prevent illness and to pick up and treat the signs of illness and other longer term conditions.

Health Visitors

Health visitors aim to support parents to care for their baby and children, encourage positive parenting, identifying any problems early on. The team can offer targeted help with infant nutrition, child behaviour management, postnatal depression, domestic violence and family planning. They have skills in detecting those children who will require extra help from health services and other agencies. In families where there is a child or young adult with special needs, the health visitor will provide extra support in partnership with parents/carers and in conjunction with other agencies. They can put you in touch with support groups and provide targeted help in areas such as speech and language, sleeping, nutrition and behaviour management. Talk to them if you are worried about your own ability to cope, problems with depression or ill health, or other family problems that may affect your child.

School Nurse

01227 812280

Each school has a named school nurse who can be contacted through the school. School nurses are also available for health advice and discussion with parents and can help and support parents and teachers with feeding issues. They also liaise closely with the Special Educational Needs Co-ordinator (SENCO) in schools and all other members of the statutory agencies as well as your health visitor. If you have any concerns about your child's health, development or well-being you should discuss these with your school nurse.

Child Development Centres

Offer a range of services and specialists under one roof including therapists, Clinical Psychologists and Community Paediatricians.

Shepway

Seabrook Children's Centre, 59 Seabrook Road, Hythe
01303 261522

Ashford

Jubilee House, King's Avenue, Ashford
01233 204070

Specialists

Child Development Team

There is a consultant led team of community paediatricians who are qualified doctors that work only with children and carry out assessments. Once your child has been assessed you may be referred on to another specialist or therapist. You can be referred by your health visitor, GP, therapist, school nurse, hospital paediatrician or any agency involved with your child.

HEALTH SERVICES

Speech & Language Therapist (S<)

Children are seen by this service when they have difficulties with interaction, understanding and use of spoken language. S< also help with eating, drinking and swallowing problems. Therapy is set up to suit the child's individual needs and delivered individually, in a group or through a programme. Anyone involved in the care of your child can refer to the Speech Therapist.

Paediatric Physiotherapists

Helps children from 0 - 19 years and their families. Children are seen in various settings including home, clinics, at the Child Development Centres, in nursery or at school. Paediatric Physiotherapists evaluate and treat children with varying conditions. They work with the child's parents in a way that will empower the parents to become significant partners in their child's development and/or rehabilitation. Wherever possible, physiotherapists work through play and activities of daily living. A child can be seen by direct referral from the child's GP, Paediatrician, Health Visitor, parents or teachers but there is a strict criterion.

Paediatric Occupational Therapists (OT)

OT's who specialise in working with children, aged 0-19, have a wide range of knowledge in children's development, illnesses and conditions/disorders. The 3 main aims they focus on are:-

- to assess and provide suitable special equipment where needed or refer on to appropriate services.
- to assess for hand function and co-ordination development and provide treatment programmes where necessary.
- to assess for perceptual difficulties after using standardised tests and give advice to the children, carers and educational staff when appropriate.

Specialist Nurse Advisor

01227 864111

This team provide ongoing support to families with children with disabilities aged 0-5 years. They work in partnership with families of children with disabilities providing a clear point of reference for individual families to co-ordinate services and signpost families to appropriate organisations. They have an open referral procedure enabling referrals to be taken from parents and professionals

Their key tasks will be:-

- To provide regular long-term contact and continuity of support for individual families.
- To be a single point of contact for each family.
- To provide up to date information and advice in line with Specialist Nurse Advisors guidelines.
- To maintain family held records and inform all involved as appropriate.
- To help families access and receive relevant services and co-ordinate services as required.
- To assist families in looking forward to their child's next stage of development and anticipate their service needs.
- To assist families to identify their and their child's needs.

The Community Children's Nursing Team

01227 864125

Based at the Child Assessment Centre and covering East Kent they are involved with and offer nursing care and support to any child who has an identified nursing need. The team will support and offer advice to others who may also be involved with the child or young person. They accept referrals from any source (professional or family/self referral) and if they are not the most suitable service, they will direct the referrer accordingly.

HEALTH SERVICES

Other specialists and services that can help

Children's Bladder & Bowel Nursing Team

A Children's Bladder & Bowel Nurse Specialist is a children's nurse that is a specialised and trained nurse to assess and care for children with a bladder and / or bowel dysfunction; they work closely with all professionals doing joint clinics and run their own nurse led clinics all over East Kent including Sheppey, Sittingbourne, Faversham, Ashford, Folkestone, Dover, Deal Canterbury, Whitstable, Herne Bay and Thanet. If you would like further information on the service they provide and areas covered please call 01227 594633.

They are also involved with the home delivery service of nappies & pads; if it is a clinical issue contact 01227 594633, if it is an administrative or delivery query call 01227 594610.

Dental Care Clinics

www.bda-findadentist.org.uk

Dental Care can be provided for children with special needs at clinics. If you have a dentist who cannot treat your child, the dentist can refer you to the Community Dental Service. If you do not have a dentist, your GP, the school nurse or other healthcare worker can refer or visit website for list of suitable dentists.

Dietician

Advice and support on food and nutritional issues may be obtained from the paediatric community dietician. When working with children with complex eating and nutritional problems, the paediatric community dietician may work with a team of people such as doctors, psychiatrists, speech & language therapists and OT's. Anyone involved in the case of your child can refer you to the dietician, GP, health visitor, Specialist Nurse Advisor, Paediatrician etc.

Audiology & Vision

Your health professional may refer your child for further hearing and vision testing if your child has more specific difficulties. If you have any concerns about your child's hearing or sight contact your GP or the Paediatrician involved in the care of your child

Queries, Concerns and Complaints

PALS (The Patient Advice and Liaison Service)

0800 085 6606

www.pals.nhs.uk

The service aims to help patients and carers with their questions and problems concerning health and related services. The NHS can then learn from patients' experiences. PALS will:

- Provide information for patients, their families and carers about health and local health services.
- Put people in touch with voluntary organisations and support groups.
- Help people sort out problems and concerns quickly, before they get more serious and cause anxiety.
- Advise on how to make a complaint if that becomes necessary
- Act as an early warning system, by listening to the views of patients and their families and alerting NHS services to any issues.
- Liaise with other NHS staff to improve local health services.
- Understand basic medical terminology and the internal structures of the NHS

Want to know when things are going well and you have received good service from the NHS

EDUCATION SERVICES

Special Educational Needs

Introduction

Up to 20% of all children, at some time, experience a special educational need. Children with special educational needs have a right to a place in a mainstream school if it is their parents' wish and provided it does not compromise the education of other children in the school. All schools are expected to provide for their needs and make reasonable adjustments to ensure their inclusion. Schools can call on the support and advice of a range of professionals and specialists who work in the locality, including Specialist Teaching Service, Educational Psychology Service, lead school and special school outreach and speech & language therapy services. For some children where mainstream schools can not meet their needs, a special school place may be needed. Some special schools have links with mainstream schools to enable the children to learn and play together.

Some frequently used initials

CAF	Common Assessment Framework
LCSP	Local Children's Services Partnership
OFSTED	Office for Standards in Education
DCSF	Department for Children, Schools, and Families
LA	Local Authority
AEN	Additional Educational Needs
SEN	Special Educational Needs
SENCO	SEN Coordinator (school)
TA	Teaching Assistant
FLO	Family Liaison Officer
SENDIST	SEN and Disability Tribunal
EPS	Educational Psychology Service
IEP	Individual Education Plan
SLD	Severe Learning Difficulties
MLD	Moderate Learning Difficulties
SpLD	Specific Learning Difficulties

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BESD	Behaviour, Emotional and Social Difficulties
PSC	Profound, Severe and Complex
SLCN	Speech, Language and Communication Needs
ASD	Autism Spectrum Disorder
HI	Hearing Impairment
VI	Visual Impairment
DAMP	Deficits in Attention, Motor control & Perception
FE	Further Education (at a College)
HE	Higher Education (at University)

Definitions

Special Educational Needs: A child has special educational needs if they have a learning difficulty or a disability which calls for special educational provision to be made (provision which is additional to, or different from, the educational provision made for children of their age)

SEN Code of Practice: Provides advice to schools, settings and LAs on carrying out their duties to identify, assess and make provision for children with special educational needs.

Statutory Assessment: An assessment of a child's needs. It involves information being gathered by the LA from educational, medical, psychological and social services plus any other agencies that you wish to consult. The reports from these professionals help the LA decide if a statement is needed. If so, a proposed statement is written first on which parents are consulted.

Educational Psychologists: promote child development and learning mainly with children and young people aged 0-19 years, through the application of psychology. Work is carried out in partnership with individuals and groups of children, teachers and other adults. This can be at an individual, systemic or organisation level. Educational Psychologists also work with parents, carers and families, Local Authority Officers, Health, Social Services and other agencies. Educational Psychologists aim to help children and young people through the application of Psychology.

Teaching Assistant: This is someone who works alongside a teacher in the classroom to support those children and young people who need extra help. Sometimes they work with children and young people who need some withdrawal time from the class.

Proposed Statement: This is a draft of the Statement of Special Educational Needs which is sent to parents for their comments, before the final Statement is issued. Parents have a right to meet LA officers before the proposed statement is made final.

Statement of Special Educational Needs: is a legal document, issued by the LA that sets out a child's special educational needs, the provision to meet those needs and the school that the child will attend.

Tribunal: The SEND Tribunal is an independent body that hears appeals made by parents against decisions made by the LA on Refusal to assess/reassess, refusal to issue a statement, content of Part 3 of the statement, Name of the school in Part 4, ceasing a statement, disability discrimination (these can be against the school also).

Special Needs Education and Disability Act (2001)

This act places a duty on all education providers to ensure that they have made reasonable adjustments to include a child with a disability or special educational need within an educational setting. This means that the focus is on schools to include disabled children in all aspects of school life. Schools have to provide justification for not including disabled children on school trips, holidays and when accessing leisure opportunities.

Common Assessment Framework (CAF) www.kenttrustweb.org.uk

'The Common Assessment Framework (CAF) and Lead Professional functions are new processes all local authorities are required to implement with Children's Trust partners to strengthen integrated service delivery for children and young people. Common Assessment Framework (CAF) is a key component in the Every Child Matters: Change for Children programme. The aim is to identify, at the earliest opportunity, a child's or young person's additional needs which are not being met by the universal services they are receiving, and provide timely and co-ordinated support to meet those needs. The CAF is based on solution-focused practice principles and enables practitioners and families to work in partnership to start to bring around change at the first sign of difficulty. The focus is on prevention and early intervention and providing better support to parents and families. These are Lead Professional, Information Sharing and ContactPoint'

Common Assessment Framework (CAF) Processes

The CAF is a separate process although it shares some common principles with School Action and Early Years Action in particular those of early recognition of needs and early assessment to inform appropriate interventions. Depending upon the concerns about a child, a child might be on School Action and Early Years Action or School Action and Early Years Action Plus and not have a CAF and vice versa.

Further Information - Leaflets

www.dcsf.gov.uk

Further information about (CAF) the role of the Lead Professional and ContactPoint can be found on the Department for Children Schools and Families website and leaflets for children, parents and professionals are available.

EDUCATION SERVICES

Pre-School - Getting Help before starting school

Specialist Teaching Service

If you have any concerns about your child's development before they start school you should talk to your GP, Paediatrician, Health Visitor, Pre-School Leader or any other professional who is supporting your child. The Specialist Teaching Service works alongside other professionals to provide the most appropriate support & advice for babies and very young children with special educational needs or disabilities.

Referrals can be made from Health professionals, Social Services or from the pre-school setting, if your child attends. Some children with complex needs may be referred to Early Support in order to plan the provision of coordinated, high quality child and family centred services. The Specialist Teaching Service continues to support children when they go to school. Phone Clover House 01227 772992 if you have any concerns

Specialist Observation and Assessment Placement

Mary Sheridan Wing, Child Assessment Centre, Canterbury
01227 783044

Children with severe and complex needs are referred to the unit via the Education Authority. Children can have up to 3 two and a half hour sessions per week. The Unit works within a multi-agency framework in order to support both the child and family leading up to placement in full time education.

Kent Portage East

www.portage.org.uk

The Children's Centre, 59 Seabrook Road, Hythe, CT21 5QJ
01303 267771

Kent Portage East is an educational home visiting service for pre-school babies and children with additional needs. Children and families are visited weekly or fortnightly in their homes and a programme of activities to support their development is devised between the family and the Portage Home Visitor. Referral is only through Early Support. In addition to home visiting, which is their core work, they offer groups for children and their families receiving Portage or referred and awaiting allocation.

Parent and toddler groups

For children from birth upwards parents stay with their children and these groups are not registered with Ofsted. Some groups have special facilities for children with SEN. See Leisure section for details.

Pre-school playgroups

Playgroups offer children a mixture of play, socialisation and early education. The Early Years' branch of Ofsted now inspects playgroups and their guidelines state that registered playgroups must be aware that some children have special needs and take steps to promote their welfare and development in partnership with parents, carers and other relevant people

For more information on pre-school playgroups, nursery schools, breakfast and after school clubs contact:

Kent Children and Families Information Service:

08000 32 32 30

www.kent.gov.uk/cfis

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Funding by Kent County Council

All 3 and 4 year olds are entitled to free nursery education. Children are eligible for up to 2 years following their third birthday. The money is paid directly to the nursery education provider by KCC.

School years 5-19

If you have any concerns about your child's education the first thing to do is to talk to your child's class teacher. If you need more information, find out who the school's SENCO is and discuss your worries with them. You may also wish to talk to the head of year, head teacher, governor with responsibility for SEN or the chair of the governing body. The Partnership with Parents Service can support you with information or offer someone to go with you to meetings.

School Action and Early Years Action

To meet your child's special educational needs in school/setting, it may be possible to support your child at School/Early Years Action. This means the school/setting should provide interventions from within its allocated resources that are additional to, or different from, what other children need. The SENCO and class teacher will put together a special plan and targets for your child called an Individual Education Plan (IEP). You should be shown this so you can also help your child. Your child's progress will be reviewed to check targets are being met.

School Action and Early Years Action Plus

Where despite sustained intervention at School/Early Years Action level a child is still failing to make appropriate progress, the school/setting may seek more help from external specialists. Your child will have an IEP with targets and reviews and experts from outside the school will advise or help. This is called School/Early Years Action Plus.

Statutory Assessments

If your child still has difficulties, or they get worse, you may contact the LA and ask in writing for a statutory assessment. Address your letter to: Head of Special Educational Needs, Education Office, Clover House, John Wilson Business Park, Whitstable CT5 3QZ.

The LA will consider the need for a statutory assessment and if they think it appropriate, they will seek parental, educational, psychological, medical and social services advice. The LA will also seek advice from any professionals identified by you. The LA will send you a comprehensive information pack to help you understand and participate in the process.

You will be asked for written permission in advance of any assessments of your child and you have a right to attend all assessments and interviews that form part of the Statutory Assessment Procedure.

As soon as the LA begins to consider making an assessment they must:

- Tell you what they plan to do, including what happens in a statutory assessment and the time limits they work to.
- Give you the name of one of their staff who can give you more information (Named Officer).
- Tell you about the steps they will take if they decide to make an assessment.
- Give you at least 29 days to say whether you agree that they should assess your child.
- Give you details of the Partnership with Parents service who can offer you advice and support.
- Encourage you to give your views on your child's needs.
- Consider the opinions of your child where this is possible.

The whole process should be completed within 26 weeks, as follows:

EDUCATION SERVICES

6 weeks to decide whether or not to make an assessment.

10 weeks to make the assessment.

2 weeks for drafting and issuing the Proposed Statement.

8 weeks for finalising the Statement, giving details of provision including the school your child will go to.

If the LA decides not to make a Statement

They must notify parents giving their reasons. You have a right to appeal if you disagree.

Checking the Proposed Statement

Make sure it:

- lists all your child's needs and difficulties
- lists all the provision needed by your child
- specifies the number of hours of extra help
- gives details of any equipment your child needs
- is clear and understandable. Don't accept the Proposed Statement if you are unhappy with any part of it.

What to do if you are happy with the Statement

Write to the LA and inform them of your preferred choice of school for your child.

What to do if you are not happy with decisions or provision

Contact the LA at Clover House, 01227 284405, and speak to your named officer (AEN Assessment Officer). They can arrange a meeting to discuss issues and resolve differences or mediation involving an impartial third party who will not take sides.

What happens after a child has a Statement?

There will be an annual review of the Statement.

Complaints and appeals

If you cannot resolve problems through discussion with the school SENCO, or LA Mediation you can appeal to a Special Educational Needs Disability Tribunal (SEND Tribunal). Appeals should be made within 2 months of being notified of the decision.

Partnership with Parents

01622 755515

E-mail: partnershipwithparents@kent.gov.uk

Funded by the Dfes & KCC it works with parents, schools and the LA and can offer advice and support in finding information, dealing with paperwork and meetings, and in overcoming differences where there is disagreement.

Schools

www.kent.gov.uk/education-and-learning

The Kent School Database provides an online directory of Kent LA (Local Authority) schools. They can also be found on the KCC main website under Education and Learning.

Children not at School

www.kenttrustweb.org.uk

A child may not be in school for a number of reasons. You may choose to educate the child at home, or the school may have excluded them. The LA still has a duty to provide education and this may take the form of home tuition provided by a visiting tutor. In some cases the LA may offer a place in a Pupil Referral Unit. Many pupils in PRUs will have special educational needs and a significant number will have statements, usually for emotional and behavioural difficulties. If a mainstream setting is best, a short-term placement within a PRU to tackle immediate problems may aid smooth reintegration into another mainstream school. For pupils at stages 1-3 of the SEN Code, a period in a PRU might enable that assessment to continue.

EDUCATION SERVICES

Financial Assistance

Transport

LA's must provide free transport if it is necessary to enable the child to get to the nearest suitable school and it is over the statutory distance between the home address and school. The statutory distance is up to 2 miles for pupils under 8 years and up to 3 miles for pupils from 8 to 16 years. Where the journey is within these distances, the expectation is that a child or young person walks to school, accompanied where necessary by a responsible adult. For pupils who live less than the statutory distance, where as a result of their special educational needs or disability (even accompanied by a responsible adult), their welfare or safety, or the welfare or safety of others, can not be guaranteed, free transport to school is provided. The LA may provide a free bus pass or a minibus or a taxi. If the parent agrees to take their child to school, the LA may give an allowance towards the cost of fuel.

Meals

Free school meals are available to pupils at a maintained or grant maintained school if they or their parents receive Income Support, Income-based Job-seeker's Allowance, support under the Immigration and Asylum Act 1999, child Tax Credit (providing you are not receiving Working Tax Credit and your annual income for the household is below £16,040) or the guaranteed element of pension credit. Contact the Awards Team (for the whole of Kent) on 01303 224325/224337

Useful addresses and websites

Advisory Centre for Education (ACE)

0808 800 5793

www.ace-ed.org.uk

Offer information & advice about state education for parents of school age children. Issues can include exclusion from school, bullying, special educational needs and school admission appeals.

Independent Panel for Special Education Advice

0800 018 4016

www.ipsea.org.uk

Offer independent advice to parents who are uncertain or disagree with the LA's interpretation of their child's special educational needs. Can also help with appealing to the Special Educational Needs Tribunal, including representation when needed and free second professional opinions.

Kent County Council's website

www.kent.gov.uk

Provide information about Local Authority and Special Educational Needs.

Parents Centre

www.parentscentre.gov.uk

Information and support for parents on how to help with your child's learning, including advice on choosing a school and finding childcare.

Pre-school Learning Alliance

020 7697 2599

www.pre-school.org.uk

Specialists providing practical support to early years settings. Services include publications, information & advice & training.

Network 81

0845 077 4055

www.network81.org

A national network of parents working towards Inclusive Education for children with special needs.

TeacherNet

www.teachernet.gov.uk

Provide a wide range of special education needs and disability advice and materials for teachers, parents and others working with children with SEN.

EDUCATION SERVICES

Further Information Section

Kent Children's Trust

www.kenttrustweb.org.uk

Children's trusts are central to Government policy for improving children's services. They develop the local strategy for improving children's lives by delivering better services, including their health and wellbeing. Different Trusts work in different ways, depending on local circumstances. They focus on particular issues, like reducing under-achievement in early years or improving access to services for disabled children, and on new ways of working, like co-location of services and multi-agency "teams around the child".

Extended Schools

www.kenttrustweb.org.uk

Provide a range of services outside of school hours for school-age children, their families and the local community including childcare, activities and support for learning. Extended school services enable the wider community to make use of the school's facilities. Some schools may also offer services, such as information about healthy eating and nutrition or advice on managing finances - including debt counselling and availability of welfare and benefits. By 2010, all schools will provide or be able to signpost parents to a full range of services - some will be free, but others, like childcare, will be charged for.

Local Children's Services Partnerships

www.kenttrustweb.org.uk

There are 23 Local Children's Services Partnerships (LCSPs) in Kent who play a central role in improving outcomes for local children, young people and families through integrated commissioning and front line delivery. Each LCSP has its own Local Children and Young People's Plan; they have also established their own LCSP Boards. These local partnerships are developing a local plan for children's services and a multi-agency team to provide the early intervention and preventative support services required, many of which are likely to be accessed through schools, nurseries or children's Centres.

Transition

All young people must start to consider their future education and career at around 14. For young people with special needs this is a crucial time as they need to consider what extra support they may need in their learning. All young people, and especially those with special needs, are entitled to further help.

Transition Plan

If your child has a Statement of Special Educational Needs, at the age of 14 they will be invited to attend their annual review. This review must include the drawing up of a transition plan which will include information from all professionals involved in supporting them, and with input from their parents/carers, to plan for their transition to adult life. The plan not only covers post-school provision but includes on-going school provision. Transition planning must also include, in conjunction with Health and Social Services:

- What the young person needs to become more independent
- What practical help or adaptation's may be needed at home
- What special health needs require on-going support
- What the young person and family want.

The Connexions Service is responsible for overseeing the delivery of this plan.

If your child has special educational needs but doesn't have a statement, they may still need additional support to plan their transition to adulthood. The Connexions Service have a responsibility to make sure all young people who have difficulty transferring to further education or training, have a needs and provision assessment in their final year of school.

If your child doesn't have a statement and isn't in contact with Connexions, you may want to arrange a meeting with them to discuss your child's options after 16.

Assessment of Needs

The Learning and Skills Act Section 140 assessment duty is a process to assess the needs, and the provision required to meet those needs, for people in their last compulsory school year if they have a Statement and if they are likely to leave school to pursue further training or Higher Education. An assessment may also take place for someone who has a learning difficulty, but not a Statement. This duty is also led by the Connexions service and strengthens the legal rights of young people during transition planning.

Connexions

www.connexionskentandmedway.co.uk

Provide information and independent advice to young people on school and college courses, different careers and the training that may be necessary. There is a Specialist Personal Adviser for young people with learning difficulties and disabilities that help young people find information and make informed choices; they can also attend review meetings.

Connexions Access Points (CAP)

Ashford, 1st Floor Trafalgar House, Elwick Rd, Ashford
01233 647862

Open Monday-Friday 9am-5pm (Wed opens at 10am)

Folkestone, Unit 5 Town Walk, Folkestone
01303 244313

Open Monday-Friday 9am-5pm (Thurs open until 6pm)

The Folkestone branch also offer a Job Shop outreach service, 1st Wednesday of every month, 2-4pm at New Romney Resource Centre. Young people can get advice and information.

Kent Transition Protocols

KCC have developed a new set of protocols, or ways to work, called Kent Transition Protocols. These will help young people and their families have a better experience of the move to being supported by Adult Social Services.

The protocols have three main aims:

- To make sure young people with complex needs who are moving from adolescence to adulthood get the integrated, continuous support they need
- To make sure young people are involved in decision-making and get the outcomes they are looking for through planning and services designed for the individual
- To establish when and how information should be shared between agencies and to help with strategic planning and commissioning services for the future

Transition to Adulthood

www.kent.gov.uk

Website has information about Transition in Kent including the Transition Strategy document, Handbooks for Parents and one for Professionals and The move to Adulthood - Planning for the Future (easy read version).

Education Maintenance Allowance (EMA)

www.direct.gov.uk

EMA is there to help with your child's costs if they stay in full time education after 16. If your household income is less than £30,810 then your child can get help with up to £30 a week towards the cost of books, travel or equipment. It is paid straight into your child's bank account.

TRANSITION

Further Education (FE)

South Kent College

www.southkent.ac.uk

0845 207 8220 - Course information

01233 655500 - Central reception, answered by one of the three sites.

The College offer a specialist service available to all students with any kind of learning difficulty or disability. Support includes:

- One-to-one specialist support including signer/interpreter
- Learning support assistants/scribes/readers in class
- Arrangements for access arrangements/extra time allowed where appropriate
- Specialist equipment or adaptations e.g. adaptations to computers, enlargement of printed materials for the visually impaired
- Personal care needs
- Welfare support needs
- Disabled vehicle drop-off points, wheelchair access, parking spaces and toilets at all campuses

South Kent College Ashford, Jemmett Road, Ashford

Main reception 01233 655559

Ashford School of Art and Design, Tufton St, Ashford

Main reception 01233 628276

Ashford School of Art and Design, Henwood Ind. Est. Ashford

Main reception 01233 642430

Folkestone Campus, Shorncliffe Rd, Folkestone

Main reception 01303 858217

Dover Campus, Maison Dieu Road, Dover

Main Reception 01304 244332

Pent Valley Technology College, Surrenden Road, Folkestone

01303 277161

www.pentvalley.com

Pent Valley Technology College is a lead school for SpLD who offer places Post 16 study opportunities to the community. They are fully inclusive and cater for all abilities with a large AEN department. They provide:

- Designated support staff for students with ASD
- Inclusion Unit for EBD
- VI unit with specialised support
- Dyslexia unit
- Physical disability unit

Kent Adult Education

0845 606 5606

www.kentadulteducation.co.uk

Offer Independent Living Skills courses that can help you to improve your reading, maths, computing and communication skills and include such topics as Managing Money, Healthy Lifestyles, Community Living and Work Skills. Main Centres:

Ashford

Associate House AEC, Queens Road, Ashford, TN24 8HJ
0845 606 5606

Tenterden

Homewood AEC, Ashford Road, Tenterden, TN30 6LT
0845 606 5606

Folkestone,

The Cube, Tontine Street, Folkestone CT20 1SD
White Lodge, Cooling Lane, Folkestone CT20 3RA
0845 606 5606

TRANSITION

Kent Adult Education, Skills Plus Centres

0845 606 5606

Skills Plus provides opportunities for you to develop your English and maths skills at a time to suit you. At the end of your individual programme you will undertake either a level 1 or level 2 in literacy or numeracy assessment. This is a nationally recognised qualification which can help you improve your employment prospects, prepare for further learning. This service is free and courses are tailored to each individual. Everyone is welcome.

Ashford

Ray Allen Centre, 1 Stanhope Rd, Ashford TN23 5RN

01233 623 945

Gateway Centre, 14 Park Mall, Ashford TN24 8RY

01233 208 619

Folkestone

Folkestone Library, Grace Hill, Folkestone CT20 1HD

01303 259788

Funding for Disability Support

The LEA (and not the DfES as is the case for HE) provides funding for Students in FE, if you require money for books/equipment/field trips etc., then you must apply direct to the college where you intend to study and ask them what funding you could receive from their college Learner Support Funds.

Transport

Mid Kent- 01233 898639 (Ashford/Shepway)

All children who are under 8 years of age are entitled to statutory free transport if they live more than 2 miles from their nearest appropriate school. All children who are 8 years and over are entitled to statutory free transport if they live more than 3 miles from their nearest appropriate school.

Children who have a Statement of Special Educational Needs and who live less than these statutory distances from school may be entitled to free transport if their special needs make it difficult for them to get to school.

Higher Education (HE) - University places

Universities will make arrangements for students with disabilities to be able to attend lectures and classes, and have suitable accommodation for themselves and any carers they need to support them. Contact individual Universities for more details.

University Centre Folkestone

01303 760600

info@ucf.ac.uk

University Centre Folkestone is a satellite of Canterbury Christ Church University and offers a variety of courses in a modern and friendly adult learning environment.

Funding for Higher Education

Disabled Students' Allowances (DSAs)

www.direct.gov.uk

DSA's are grants to help meet the extra course costs students can face as a direct result of a disability or specific learning difficulty. They are aimed at helping disabled people to study on an equal basis with other students.

The amount you get doesn't depend on your household income, are paid on top of the standard student finance package, and don't have to be paid back.

They can help pay for

- specialist equipment you need for studying - for example, computer software
- a non-medical helper, such as a note-taker or reader
- extra travel costs you have to pay because of your disability
- other costs - for example, tapes or Braille paper

TRANSITION

Independent Specialist Colleges

There are a wide range of specialist colleges throughout the country, which have a wide experience of teaching students with special needs. They recruit nationally and often residential. The Learning and Skills Council has a duty to fund a specialist place for a student under the age of 19 whose needs cannot be met in local colleges, and has the power to fund a specialist place for a student between the age of 19 and 25 if evidence is provided that their needs cannot be met locally.

The Association of National Specialist Colleges

0121 428 5050

www.natspec.org.uk

Provide details of a wide choice of education and training to meet the needs of people with learning difficulties and/or disabilities. Online search facility.

Learning and Skills Council (LSC)

0870 900 6800

www.lsc.gov.uk

Responsible for funding and planning education and training for young people over 16. This includes Further Education, work based training, school sixth form and adult and community learning but not Higher Education.

After Transition

To help in discussions with Connexions and Social Services it may be useful to know about some of the places providing employment for adults with special needs. All placements require the support of a Social Services Care Manager.

Adult Day Opportunities Centres

Referral for a placement is by a social services care manager. Day centres offer training in independent living and work skills.

Job Centre Plus

www.jobcentreplus.gov.uk

08456 060 234 - Job search Helpline

A Disability Employment Adviser can give advice on employment/training options and benefits available for young people with disabilities.

Ashford, International Hse, Dover Place, Ashford, TN23 1HT
01233 208000

Folkestone, Palting House, Trinity Road, Folkestone CT20 2RH
01303 713800

Kent Supported Employment www.kent.gov.uk/SocialCare/disability

Works with local employers to ensure disadvantaged people are proportionately represented in the workforce. Provide ongoing support, tailored to individual need, to ensure people succeed. For more information contact Kent Social Services:

Ashford, Ashford Gateway Centre 14 Park Mall, Ashford
0845 8 247 247

Folkestone, Queens House, Guildhall St, Folkestone, CT20 1DX
01303 253476

Support and Advice

Contact a Family

0808 808 3555

www.cafamily.org

Provide fact sheet, information and advice on Transition, offer support and advice and can put you in touch with similar families.

EGAS (Education Grants Advisory Service)

020 7254 6251

www.family-action.org.uk

Run by Family Action and offers guidance and advice on funding for those studying in post-16 education in the UK. It provides an online guide on sources of student funding including loans, grants, benefits, access grants, hardship funds, bursaries and charitable trusts.

TRANSITION

The Shaw Trust

01225 716 300

www.shaw-trust.org.uk

A national Charity which supports disabled and disadvantaged people to prepare for work, find jobs & live more independently.

SKILL

0800 328 5050

www.skill.org.uk

National Charity that provide information about education, training and work for young people and adults with any kind of disability in post-16 education, training or employment.

Housing

If it is appropriate for the young person to live away from home once they have left school, then it is very important that this has been included in the Transition Plan. There are several options that can be considered, in particular a placement in a residential home or an independent living scheme. Such provision is available through statutory, voluntary and private sectors.

Your first point of contact should be your social worker although you can contact voluntary & private organisations for information. Your local authority housing department should also have details of specialist housing schemes and housing associations with accommodation in your area.

CiLK (Centre for Independent Living - Kent)

01622 355777

www.cilk.org.uk

If you are disabled and having difficulties with your day-to-day requirements, CiLK may be able to give you up-to-date information that will help you live independently. They also run a mobile service across Kent. Contact for information and details of when they are visiting your town.

Ashford, Ashford Gateway Centre, 14 Park Mall, Ashford

0845 8 247 247

www.ashfordgateway.co.uk/health

The first and last Thursday of the month, 11am-3pm

Direct Payments

Local Authorities can give payments, instead of services, to allow disabled people and carers to buy in the services they have been assessed as needing. When a child becomes 16 he or she can receive payments in their own right.

The amount you receive should be enough to allow them to meet all the costs involved. Any payments you receive must be used to pay for services to meet the assessed needs. For more information see the Short Breaks Section.

Housing Options

0845 4561497

www.housingoptions.org.uk

Provide advice and information for people with learning difficulties and their carers on accessing different types of housing.

Independent Living Fund (ILF)

0845 601 8815

www.ilf.org.uk

The ILF is open to applications from severely disabled people who meet its eligibility criteria and are permanent residents in the UK. They support people with disabilities so that they can live independently at home, rather than in residential care by making payments so that they can afford to employ personal assistants or agency workers to provide the support that they need to remain at home.

The ILF works in partnership with Local Authority Social Services and can only make payments to people who get Social Services Support to the value of at least £16,640 per year (£320 per week). This support from Social Services can take the form of direct services, for example a day centre placement, or money from a Direct Payment Scheme

TRANSITION

Health

GP's should remain the first point of contact for any health related issues however; many paediatricians will continue to see patients into adulthood particularly if there is a growth or development delay or rare disorder. It is important that a health professional is involved in the drawing up of the Transition Plan.

Disabled Living Foundation

0845 130 9177

www.dlf.org.uk

Provide free, impartial advice about all types of daily living equipment for disabled people including baths, toys and children's equipment, wheelchairs, hoists and beds.

Disabled Parents Network

0300 3300 639

www.disabledparentsnetwork.org.uk

A national organisation for disabled people who are parents, or who hope to become parents & their families and friends.

Foundation for People with Learning Disabilities

020 7803 1101

www.learningdisabilities.org.uk

Produce a range of publications for people with learning disabilities including '*All about feeling down*' and '*Meeting the emotional needs of young people with learning disabilities*'

FPA (Family Planning Association)

0845 122 8690

www.fpa.org.uk

A leading sexual health charity whose help people make informed choices about sex. Produce 'Talking together about Growing Up' an illustrated book for parents of children with learning difficulties & 'Talking Together... About Sex and relationships'.

How It Is

0207 825 7422

www.howitis.org.uk

Visual symbols for use by children to express feelings including discussions around personal safety and sexuality.

Useful Websites

Brook Advisory Centre

0808 802 1234

www.brook.org.uk

Provide free and confidential advice on sex, relationships, contraception and pregnancy to young people under 25.

In Control

www.in-control.org.uk

Useful website run by disabled people who believe people who need support can control their own lives. Has useful factsheets, information about personal budgets & support planning.

Get Paid

www.getpaid.org.uk

Produces useful Transition factsheet '*everything you needed to know but were afraid to ask*'.

Hands Off My Plan

www.handsoffmyplan.co.uk

Website that is run by people with learning disabilities, and gives good advice about person centred planning.

Mind, Body & Soul

www.mindbodysoul.gov.uk

Good for quick information gathering

Moving on Up

www.movingonup.info

A website designed to be used by young people. Includes advice around learning & working, free-time, health & wellbeing, as well as money, housing, culture & news & events.

Trans-active

www.trans-active.org.uk

Information and resources about transition for young people with learning difficulties. Has useful downloadable checklist for transition planning.

Transition Information Network

www.transitioninforonetwork.org.uk

A website for parents, carers and people who work with and for disabled young people in transition to adulthood. Provide information on all aspects of transition.

Holidays

Information

Accessible Travel

01452 729 739

www.accessibletravel.co.uk

Take care of all your holiday needs for those less mobile including accessible holidays, equipment hire and transport.

Disabled Holiday Directory

0800 9930796

www.disabledholidaydirectory.co.uk

Provide information on suitable holiday destinations including extra help and equipment needed.

Disabled United Travel

www.disabledunited.com

Arrange accessible holidays in the UK and abroad for disabled children, their carers, friends and families, with a variety of accommodation to suit individual needs.

Enable Holidays

0871 222 4939

www.enableholidays.com

Offer carefully selected overseas holidays for disabled people, their families and friends.

Holiday Care - Tourism for All

0845 124 9971

www.holidaycare.org.uk

For information on all types of holidays for people with special needs.

RADAR

020 7250 3222

www.radar.org.uk

The Royal Association for Disability & Rehabilitation compiles regularly updated fact sheets and holiday guides.

Tourism for All

0845 124 9971

www.tourismforall.org.uk

Provide information on where specific access needs can be met so disabled people can fully participate in travel & leisure.

Places and Organisations

Beamsley Project

01756 710255

www.beamsleyproject.org.uk

Provides holiday accommodation in the Yorkshire Dales for disabled people and their Carer's.

Bendrigg Trust, Cumbria

01539 723766

www.bendrigg.org.uk

Activity centre for disabled people offering tailor made holidays. Activities include a specially designed climbing & abseiling tower.

BREAK, Norfolk

01263 822161

www.break-charity.org

For disabled people and their families offer holidays, respite care and residential assessments for families in crisis.

Breakaway Active

01245 260330

www.breakawayhols.co.uk

Arrange active holidays for people with a range of learning disabilities aged 17-35.

British Polio Fellowship

0800 018 0586

www.britishpolio.org.uk

Offer reasonably priced fully accessible accommodation in Somerset to disabled people.

The Bruce Trust

01672 515498

www.brucetrust.org.uk

Purpose-built, wide-beam canal boats for hire for self catering holidays by disabled people & their carer's.

Calvert Trust

Have 3 centres that offer disabled activity holidays for all ages.

Exmoor - Barnstaple, Devon EX31 4SJ

01598 763221

Keswick- Cumbria CA12 4QD

01768 772255

Kielder- Hexham, Northumberland NE48 1BS

01434 250232

HOLIDAYS

Camp Mohawk, Berkshire

0118 940 4045

www.campmohawk.org.uk

A summer daytime centre focusing on outdoor activities with sensory rooms, swimming pool & organised activities. Primarily for children with Autism age 8-18 years old.

Canal Boat Project

www.canalboat.org.uk

Accessible canal boats to hire, either to self-steer or use the services of a qualified and experienced skipper at no extra charge. Fully accessible to enable disabled people to take part.

The Daisy Chain Project, Blackpool

01253 761444

www.kensingtonfoundation.com

Provide free accommodation for families caring for a sick or disabled child, coping with limited means in difficult circumstances or rebuilding their lives after the loss of a child.

Disabled Holiday Directory

www.disabledholidaydirectory.co.uk

Helps you find accessible accommodation in the UK & abroad.

Dukes Barn, Derbyshire

01629 733039

www.dukesbarn.org

Adventure opportunities for all, regardless of age or ability with specialist provision for deaf and disabled people.

East Dene Centre, Isle of Wight

01983 852374

www.allnatt.co.uk

For families living with autism and related behaviours to have a relaxing holiday together in a supportive environment without judgment or discrimination.

The Harriet Davis Seaside Holiday Trust

01834 814645

www.harriet-davis-trust.org.uk

Have 4 self-catering houses in Tenby which are fully equipped for families with disabled children.

Holiday Cottages at Special School sites

Holiday accommodation on special school sites is currently being piloted in Kent and may be available more widely in the future. Families are able to customise a package to suit their needs. Information will appear on the 'Aiming High' website.

Kick Asthma Adventure Holidays

020 7786 5000

www.asthma.org.uk

Organise week-long adventure holidays for children and young people with asthma (and other related conditions).

Livability (formerly Grooms Holidays)

020 7452 2000

www.livability.org.uk

Offer affordable wheelchair accessible holidays in different locations across the country.

The Lyneal Trust, Shrewsbury

01743 252728

www.lyneal-trust.org.uk

Have two boats & four cottages adapted for disabled people.

National Autistic Society - Radlett Lodge School, Radlett, Herts

01923 854922

Provide short breaks at weekends & during school holidays for children who do not attend the school and live in London & surrounding Counties.

Peter Le Marchant Trust, Loughborough

01509 265590

www.peterlemarchanttrust.co.uk

Have two boats which are used for providing very low cost day outings & holidays on waterways to disabled people of all ages

Petty Pool Outdoor Centre, Cheshire

01606 889097

www.pettypool.org.uk

An outdoor centre that provides holidays to young people with disabilities. Activities include canoeing, abseiling & horse riding.

HOLIDAYS

Queen Elizabeth II Silver Jubilee Activities Centre, Hampshire

023 8040 4844.

www.qe2activitycentre.co.uk

Self-catering single story accommodation in timber cabins.

Red Ridge Centre, Wales

01938 810821

www.redridgecentre.co.uk

The centre offers residential courses with a wide range of activities to groups and individuals, regardless of ability.

Sense

0845 127 0060

www.sense.org.uk

Organise holidays for children who sensory disabilities. Activities range from abseiling to white water rafting. There is no charge to the families & applications can be downloaded from website.

Scout Holiday Homes Trust

020 8433 7290

www.scoutbase.org.uk/hq/holhomes/

Inexpensive self-catering holidays for families with special needs, in chalets and caravans on existing holiday sites around the country. No Scout connection necessary.

The Thomas Centre, Lincolnshire

www.thethomascentre.co.uk

01507 363463

Barn development which provides luxury self-catering holiday accommodation for communication impaired children & adults. Set in 25 private acres in Lincolnshire & is fully accessible.

Ty Glyn Davis Trust, Wales

01545 580708

www.tyglyndavistrust.co.uk

A purpose built holiday centre for children & young people with disabilities.

Vitalise (formerly Winged Fellowship Trust)

0845 330 0149

www.vitalise.org.uk

Provide short breaks for disabled people at five accessible centres in Cornwall, Nottingham, Southport, Essex & Southampton.

Holidays Abroad

Access Travel

01942 888844

www.access-travel.co.uk

Arrange holidays for disabled people including accessible accommodation, special aids and adapted vehicles, insurance and nursing/care services.

HCPT - The Pilgrimage Trust

01788 564646

www.hcpt.org.uk

Each year they take thousands of disabled children aged 7-18 on a pilgrimage holiday to Lourdes in France. They also own a specially equipped holiday home, Hosanna House, in Lourdes.

I need a holiday too!

0800 949 6801

www.ineedaholidaytoo.com

Provide wheelchair accessible and supported holidays in Brittany, France. Services include accessible accommodation, accessible transport for airport/ferry transfers & days out.

Organisations for Carers

The Kiloran Trust

020 7602 7404

www.kilorantrust.org.uk

Provide carers with a break in their West London house which is informal, friendly & relaxed. You can do sightseeing, shopping, visit friends; go to a West End show or just rest.

Margaret Champney Rest and Holiday Fund

01394 388746

www.theogilvietrust.org.uk

Offer grants to adults in need of a recuperative holiday. Application must come via a social worker or professional agency.

HOLIDAYS

Financial Help & Wish Granting

The AdCare Holiday Fund

020 7454 0454

e-mail holidayfund@mencap.org.uk

Part of Mencap they give grants to individuals with a learning disability to go on holiday or help pay for a carer to go with you.

Dave Lee's Happy Holidays

01227 728240

www.daveleehappyholidays.org.uk

Provide holidays, short breaks and outings for disabled, sick and underprivileged children of Kent.

Dial a Dream

020 8530 5589

www.dial-a-dream.co.uk

Grants wishes to children aged 3-18 with life threatening and life limiting illnesses.

Dreamflight

01494 722733

www.dreamflight.org

Organise trips to Disneyworld, Florida for 8-14 year olds who are physically disabled or have been seriously ill.

Dreams Come True

01730 815000

www.dctc.org.uk

Charity that fulfils the dreams of children aged 2-21 who are suffering from a serious, degenerative or terminal illness.

The Family Fund

0845 130 4542

www.familyfundtrust.org.uk

Provide grants for holidays and short breaks for severely disabled children and their families.

The Family Holiday Association

020 7436 3304

www.fhaonline.org.uk

Provide grants for low income families for holidays. Applications must come from social workers or similar professionals.

3H Holiday Fund

01892 860207

www.3hfund.org.uk

Organise subsidised group holidays for physically disabled children and adults with the support of volunteer helpers. Also provide grants to families on low income with a physically or mentally disabled dependant to have a modest UK holiday.

Happy Days

0870 770 0324

www.happydayscharity.org

Happy Days is a charity that provides special holidays for children who suffer from severe illnesses and disabilities.

Holiday Endeavour for Lone Parents (HELP)

01427 668717

www.helphols.co.uk

HELP is a national charity offering low cost and subsidised holidays throughout the UK for lone parents & their children.

Merlin's Magic Wand

0870 429 2374

www.merlinsmagicwand.org

Provide experiences to a range of theme parks and attractions including Legoland, Alton Towers and the London Eye. Applications can come from individuals or from groups working with seriously ill, disabled or disadvantaged children.

Make A wish Foundation

01276 405060

www.make-a-wish.org.uk

Grants the wishes of children aged 3-17 suffering from life-threatening illnesses.

Pearsons Holiday Fund

020 8657 3053

www.pearsonsholidayfund.org

Provide financial grants to assist disadvantaged children aged 4-16 to have holidays or take part in similar activities. Families have to be on benefit level income. Applications must be submitted by social worker, health visitor or professional agency.

HOLIDAYS

React Charity

020 8940 2575

www.reactcharity.org

Help improve the quality of life for financially disadvantaged children with life-limiting illnesses by reacting quickly to their needs. Offer family holidays in one of eight holiday homes around the country. Also offer equipment (see Aids & Equipment Section for more info)

When you Wish Upon A Star

0115 979 1720

www.whenyouwishuponastar.org.uk

Realises dreams for sick children up to the age of 16, also organise trips to Lapland.

Travel Insurance

All Clear Travel

0845 250 5250

www.allcleartravel.co.uk

Provide medical travel insurance for all who have pre-existing medical conditions, a disability or special need, whilst also offering standard insurance to cover family and friends.

Free Spirit Solutions

0845 230 5000

www.free-spirit.com

Offer a range of tailor made holiday insurance including cover for pre-existing medical conditions.

Terra Blu

01892 529429

www.terrablue.com

Provide travel insurance for people with disabilities and pre-existing medical conditions.

Venture Sure

0845 230 3521

www.venturesure.co.uk

Provide travel insurance for people with pre-existing medical conditions. Claim to have no exclusions or extra premiums for special needs.

What is a Short Break?

Short-term care breaks provide an opportunity for parents/carers to have a break from caring and also give the child or young person opportunities to do new things, make new friends and to become more independent.

They can include daytime, evening and overnight activities and can take place in the child's own home, a family based setting, or a residential or educational or community setting.

They are specialist additional services to support disabled children and their families, over and above the universal services available to all families. There are several types available including family based, residential, or services arranged and purchased by families themselves via direct payments. For short breaks provided by Children's Social Services telephone 08458 247 247.

Short Breaks Transformation Programme

Kent has been chosen as one of twenty one local authority areas to lead the way in transforming short break services for disabled children, as part of the Aiming High for Disabled Children programme.

The aim is to increase the quality, quantity and range of provision of short term breaks for disabled children in Kent through:

- services in family's own home - including both overnight, day care, and sitting services
- day, evening, weekend and holiday activities
- foster care provision for short breaks - both overnight and day care
- provision of overnight residential care for children with complex needs
- services for children requiring palliative care
- fuller use of school facilities
- enhancement of transport provision
- provision for 14+ age group

SHORT BREAKS

Direct Payments

Following an assessment from Social Services for assistance or support, Direct Payments offers you a cash alternative enabling you to purchase your own care package. This option enables you to have more control and flexibility over the type of assistance, when it is provided, how and by whom.

Children & Families Direct Payment Support Scheme (CFDPSS)

This is a support service for disabled children and their families who are interested in taking up direct payments. It is managed by The Parents Consortium, a parent-led voluntary sector organisation based in Hextable, Kent. Contact details:

Helpline: 01322 669 245

Email: info@cfdp.co.uk

Fairlawn

Kingsnorth Road, Ashford TN23 6LY
01233 621803

A seven bedded unit offering short breaks to disabled children aged 5 - 18. The unit offers a range of activities such as soft play, sensory, Jacuzzi and a wide range of play activities. It has its own minibus for outings and as well as a very large back garden with extensive play areas and a large sensory garden.

There is a separate flat area in Fairlawn which is used for transition work with young people. This is currently being modernised to pilot an exciting new project for Short Breaks to Independence.

Children and young people can access the service by referral only and following an assessment by a social worker. In the near future a multi agency resource centre is being built locally to provide additional services to disabled children, such as after school clubs and summer play schemes and it is anticipated that Fairlawn will be closely linked with some of these projects.

The Children's Home Care Team

01227 864125 (Sue Hollingsworth)

Provide home based short breaks, maximum of 4 hours Mon-Fri 9-5, for parents & carers with children aged 0-19 who have either complex health needs, Global Development Delay, physical disabilities or a dependency of low/medium. Covers East, referral via professional (i.e. Health Visitor, GP, Social Worker, Specialist Nurse Advisor)

The Children's Society, Weekend & Holiday Activities

A national Charity that has a local branch in Thanet and is funded by KCC Social Services to provide weekend and school holiday activities in Ashford/Shepway. For more information see page 64 in the Leisure section.

East Kent Crossroads

www.crossroads.org.uk

3 Elwick Road, Ashford, TN23 1PD

01233 663198

(Covers Ashford, Dover, Deal & Shepway)

Provides paid trained carer staff to give carers home-based regular or occasional breaks for a few hours. The care is free and offered, where possible, at the time best suited to the family, this can be during the day, evenings or weekends. Referrals can be made by anyone, including carers themselves.

Demelza House Children's Hospice

Rook Lane, Bobbing, Sittingbourne, Kent. ME9 8DZ

01795 845200

www.demelzahouse.org

Hospice caring for children living in the South East providing a home from home environment that is lively, colourful & often full of laughter. It helps not only those who are terminally ill, but also whose lives will inevitably be short & often very difficult.

SHORT BREAKS

Footprints (Kent Kids Miles of Smiles)

Stodmarsh Road, Fordwich, Canterbury CT3 4AP

01227 780796/785067

www.miles-of-smiles.org.uk

A unique respite house for sick and/or disabled children ages 3-17 with fairy tales themed rooms such as Cinderella, Aladdin, Peter Pan & Sleeping Beauty. Also has sensory room, garden with playground, large woodland area & adapted minibus. Parents can self-refer. Also have Redwalls, a care home for 18+ year olds.

Kent Link Scheme

0845 330 2968

The Kent Link Scheme recruits volunteers who provide regular short breaks for disabled children. The breaks may be for a few hours weekly, fortnightly or monthly - dependent upon availability of the volunteer and needs of the individual child.

For many families caring for their disabled child can be exhausting. A link volunteer can not only provide the space and time a family may need from caring full time for their child, but also present the child with a range of new social and recreational opportunities and experiences.

Volcare

01227 749400

Beach House, Beach Street, Herne Bay CT6 5PT

Offers carer's flexible home based respite. Following an assessment, volunteers are introduced to the family and can offer support, either working alongside the parent sharing the care of the child, staying at home with the child whilst the parent goes out for a day or in some circumstances, looking after the child for a weekend. This service suits families where the Carer can take a lead role in instructing and guiding the volunteer and is helpful if families can plan ahead and book the service to fit a time of need. Carers can self-refer. Volcare is fully funded by Social Services and there is no charge to Carers.

Leisure

Under 5s - Ashford Borough

Ashford Playlink Plus

Ray Allen Centre, Stanhope Road, Ashford, TN23 7UF

01233 643103

e-mail: sarah.kreffer@actionforchildren.org.uk

Offer a range of activities & play for children 8 & under (older siblings welcome in hols). Drop in & relax in a friendly environment, well resourced with activities & toys. Mon, Tues, Thurs, 9-12

Ashford Mobile Toy Library

Ray Allen Centre, Stanhope Road, Stanhope, Ashford TN23 5RN

01233 634198 (Sylvia) 01233 630324 (June)

For children aged 0-5 (or any age for those with additional needs). Annual family membership is £2.50 (2 forms of ID needed) and majority of toys are 50p to loan. Tues, 11.30-1.30.

Jo Jingles Fun Pre-School Music Classes

01580 754064 (Libby Kinkeade)

www.jojingles.com/ashford

Provide music, singing and movement classes for babies & pre-school aged 6 months to 5 yrs. Classes in Ashford, Hamstreet, Hawkhurst & Tenterden. Book in advance, £5 per class.

Little Buds Additional Needs Group

0800 5877455

info@surestart-ashford.co.uk

For children under 5 who have additional needs or where there are concerns about their health and development.

The Willow Centre - 1st Fri of each month 9.30-11.00am

The Ray Allen Centre - 3rd Fri of each month 9.30-11.00am

Sing and Sign - Ashford & Dover

Nalini Vaughan 01303 891951

www.singandsign.co.uk

A small class where the programme contains BSL, Signalong and Makaton. The first session is free to try. A 10 week course costs £58. Courses held in Ashford & Dover.

LEISURE

The Toy Library

Bluebell Children's Centre, School Road, Hothfield TN26 1HA
01233 622296

For children aged 0-5, this is a new resource and they hope to add more specialist toys. Annual family membership is £2.50 and majority of toys are 50p to loan. Mondays 9.30-12.00

Tumble Bunnies

Tenterden Leisure Centre, Recreation Ground Road TN30 6RA
01580 765987

www.tenterdenleisure.com

A soft-play session providing a safe, fun environment for children up to 5 yrs to enjoy supervised play. Thurs 1.00pm-2.30pm (Term time only) Children with additional needs welcome.

Tumble Time

The Stour Centre, Station Approach, Ashford TN23 1ET and at
The Julie Rose Stadium, Willesborough Road, Kennington TN24 9QX

A group for pre-school children that is accessible to all. Activities include, bouncy castle, large sandpit (Julie Rose only) toys, ride on trikes and soft play.

Water Babies

01622 662589

www.waterbabies.co.uk

The main emphasis is on having fun but also highly structured, with a carefully designed plan specifically for babies from birth to 24 months. They cater for all abilities & can adapt lessons to suit individual needs including using visual prompts and signing. Lessons being held at St. Nicholas School in Canterbury and Wyvern School in Ashford.

Under 5s - Shepway

All Sorts of Music

Ham, Nr Sandwich

07974090536 (Kate Griffin)

www.allsortsofmusic.co.uk

Hold baby, toddler and pre-school mornings including singing, dancing, baby signing and basic instrumental exploration. Children with special needs very welcome.

Home-Start Family Groups

01303 244836

www.homestartshepway.org.uk

Sessions are held weekly in Hawkinge, New Romney and Lydd. They are ideal to socialise and make friends, share ideas & experience and generally take advantage of activities offered.

Folkestone Early Years Centre

Dover Road, Folkestone, CT20 1QF

01303 212720

www.actionforchildren.org.uk

Has a fully accessible preschool nursery able to accommodate children with disabilities.

Lydd House Playgroup

115/117 Station Road, Lydd, New Romney, TN29 9LL

07762 410183

e-mail: lyddhouse@madasafish.com

Offers inclusive playgroup morning sessions for children aged 3-5 years. They are wheelchair accessible and have a sensory garden. Runs Mon-Fri, 9.30am-1pm, sessions priced at £8.50.

The Messy Messy Group

Dymchurch Children's Centre, County's Field, Dymchurch, TN29 0NQ

01303 873837

Messy play and activities aimed at toddlers aged 2+ years. They meet Tuesdays 10-11.30am and everyone is welcome.

LEISURE

Scalliwags

St Augustine's Centre, 39-41 Dover Road, Folkestone
01303 220780

Offer a range of activities and open to children with disabilities and SEN. Parent and Toddler group for pre-school
Mon 10am-12 & 1-3pm, Wed/Fri 10am-12, Sun 2.30-4.30pm.

Senshine Group

The Village Children's Centre, Denmark Street, Folkestone, CT19 6EQ
01303 856220

For parents/carers of children who have a disability, special or complex need. An opportunity to meet others who are in similar situations and voice any concerns you may have. One to one support can also be offered. Wednesday, 10.30-12.

Wee Ones

Dymchurch Children's Centre, County's Field, Dymchurch, TN29 0NQ
01303 873837

An opportunity to experience a range of tactile and sensory play equipment, in a small group environment, where you can relax and make friends. Wednesdays 9.30-11am and is free.

Under 5s - Ashford & Shepway

Baby Rhyme Time

Local Libraries (and gateway) www.kent.gov.uk/LibrariespublicUI
08458 247 247

An informal session held at your local library. Children join in with singing popular action songs. For details of your nearest participating library, visit the website or telephone.

Kent Children's Centres

08000 32 32 30

www.kent.gov.uk/childrenscentres

Provide information and offer services for families with young children aged 0-5 years. Each centre offers a variety of services including, childcare provision, ante-natal classes and baby clinics, parent courses, baby massage & drop-in sessions. Most run sing & sign sessions and Makaton courses and have access to a sensory room. A few centres also offer after school clubs & activities for older children but are limited to those living close to the centre.

Ashford**The Willow Centre**info@surestart-ashford.co.uk

Brookfield Road, Ashford TN23 4EY

01233 641156

Blue Bells

School Road, Ashford TN26 1HA

01233 622296

Sure Steps

Belmont Rd, Kennington, Ashford, TN24 9LS

01233 624857

Ray Allen Centre

Stanhope Road, Ashford TN23 5RN

01233 620495

Shepway**Caterpillars**

01303 271838

Morehall Primary School, Chart Rd, Folkestone CT19 4PN

Dymchurch Children's Centre

County's Field, Dymchurch TN29 0NQ

01303 873837

Folkestone Early Years Centre

Dover Road, Folkestone, CT20 1QF

01303 212720

Hawkinge Children's Centre

Virtual Centre, Canterbury Rd, Hawkinge,

01303 858663

Hythe Bay Children's Centre

Hythe Bay CE Primary Sch, Cinque Ports Ave, Hythe

Lydd'le Stars Children's Centre - opening soon

St Nicholas Primary School, Fairfield Road, New Romney

The Village Sure Start Children's Centre

Denmark Street, Folkestone, CT19 6EQ

01303 856220

LEISURE

School age - Ashford Borough

Actionnaires Multi-Sports Club

The Stour Centre, Station Approach, Ashford TN23 1ET

07793 527031 (Nicky)

www.actionforblindpeople.org.uk

For blind or partially sighted children, aged 8-16, who are keen to play sport, make friends and have fun. Meet on 1st & 3rd Saturday of the month, 12-2.30pm. Under 8s can attend but must be accompanied by an adult, siblings welcome.

Ark Drama 2000

Kingsnorth Recreation Centre, Park Farm, Kingsnorth TN

01233 503053 (Valerie Horsman)

For young people aged 8-18 years where they can participate on stage or behind the scenes. Disabled access & all disabilities welcome. Tues, 7.30-9.30pm. £10 per year & £1.50 a week.

Ashford Go 4 Play

Various locations across the Ashford district

01233 632957

www.kcfn.co.uk

Activities are free, fully inclusive and open to all children and young people up to the age of 16. Play Workers are on hand to encourage healthy play, but are not supervisors: parents and carer's remain with their children throughout the activity.

Kent Play Clubs

01233 713813

www.kentplayclubs.org.uk

Provide affordable After School Clubs packed with activities and opportunities for 4 to 12 year olds. They are inclusive and will accommodate children with additional needs.

Impact dance and cheer Ltd

07710 566827 (Nicola Hyland)

www.impactdanceandcheer.co.uk

Run various classes suitable for children with additional needs including freestyle dance and the opportunity to enter competitions. Classes run in Ashford on Saturdays.

The Julie Rose Stadium

Willesborough Road, Kennington TN24 9QX

01233 613131

www.julierosestadium.co.uk

If your child has additional needs, contact the stadium so they can ensure your child's needs are met and additional staff will be available.

The Julie Rose Juniors Athletics Club -for children aged 5-11 years, all abilities welcome and runs 4 times week.

Julie Rose Fun Camps - held in the school holidays and are accessible to all. They include activities such as athletics, dance, arts and crafts and cookery.

School age - Shepway**Hythe Bay Children's and Family Centre**

Cinque Ports Avenue, Hythe, CT21 6HS

01303 260548

Offer clubs, information, support & drop in groups. Venue is fully accessible and they will try to cater for all disabilities.

After School Club - daily, 3.15-6pm, from £7.75

Summer Playscheme - Runs daily except for last week from 8am-6pm, starting from £15.50.

St Augustine's Centre

39-41 Dover Road, Folkestone

01303 220780

Offer a range of activities and is open to children with disabilities. Has a wheelchair accessible minibus used to collect children for after school club & is available for community hire.

Family Fun Days - During school holidays for families.

TAZ (The Activity Zone) run from Folkestone Early Years Centre.

TAZ After School Club -for children aged 4-11, term time only, from 3-6pm.

TAZ Holiday Playscheme -for children aged 4-11, school holidays, from 8am-6pm.

LEISURE

VLC Active - Summer Playcheme

Tile Kiln Lane, Cheriton, Folkestone

01303 277539

www.thevlc.co.uk

For children aged 5-14 years offering crafts and sports activities. They welcome all abilities although cannot cater for children who need 1:1 support. Mon - Fri 9am-5pm but can offer flexible hours to suit.

Valley Friday Fun Club

VLC, Tile Kiln Lane, Cheriton, Folkestone

01303 277539

www.thevlc.co.uk

For disabled children aged 5-18 years offering a variety of sports. Fridays, term time only, 4.30pm-6pm. Costs £2.50.

Youth and Play Development

01303 853393

www.shepway.gov.uk

Part of the Housing and Community DevCultural and Leisure Services at Shepway District Council, they work with 0 to 18 year olds across the district. Children with special needs are welcome although contact in advance so they can introduce them to an experienced play/youth worker before the session.

Play MAP (Mobile Activities Project)

A mobile van full of resources for play aimed at children and young people ages 0-18 in rural & deprived areas of Shepway. Offer activities in school holidays from various venues.

Play Team

Play opportunities for 0-18 year olds in their local communities. Sessions are free and last for 1 hr 45 mins.

Street Athletics

A mobile facility which provides sessions in local communities for young people aged 5-18. Sessions are free & last 2 hours.

Shepway Youth Forum

The Councils young consultation & project scheme which encourages young people aged 11-18 years, to have their say & express views about the decisions the council is making.

Zones

75-77 Canterbury Rd, Folkestone, CT19 5NL
01303 251379

Run by the Salvation Army, this is an activity club for young people aged 10-19 years which is fully inclusive as attended by residents from a local special school. Offer craft, cookery and outdoor activities. Tues, term time only, 6.30-7.30pm and is free.

School age - Ashford/Shepway

The Children's Society, Weekend & Holiday Activities

01843 596659/07740037291

Weekend Activities

Run 2 Saturdays per month in each of the Ashford and Shepway areas. Sessions are 10am-3pm and offer a range of activities that are age and ability appropriate.

School Holiday Activities

Offer a range of activities and trips out for disabled children and young people aged between 6 - 16 years including a three-week scheme during the summer, also during some half terms.

Both are by referral from KCC Social Services:

Ashford - Ashford Youth Centre, Mabledon Avenue, TN24 8BJ

Hythe - Hythe Youth Centre, Cinque Ports Avenue, CT21 6HS

Befriending/Mentoring

Me2

01634 281841

www.kentyouth.org

A social inclusion project within mainstream leisure, for young people aged 13-19 with any disability or additional need. They recruit, train and support young people to be Inclusion Mentors who then help a young disabled person set and achieve inclusion based goals.

LEISURE

Youth Social Clubs & Activities - Ashford

Monday Youthy Access Club

Ashford North Youth Centre, Mabledon Road, Ashford, TN24 8BJ
01233 636550

Youth club for disabled young people and their friends, 11-25 years of age. Mondays 6pm-7.45pm. Costs £1

Connect Social Club

www.southashfordbaptist.co.uk

South Ashford Baptist Church, Brookfield Road, Ashford TN23 4EY

For people with a learning disability aged 16+ although other disabilities welcome. Activities include craft and table tennis. Wed (fortnightly), 7.45-9.30pm. Costs 50p.

Hythe Youth Club

Stade Street, Hythe, CT21 6BD
01303 268588

All clubs are open to children with disabilities/SEN and are fully accessible. Range of activities on different nights from project work to gaming console sessions. Entry to club 50p.

After School Club - Tues/Thurs, 3.15-5.45pm.

Youth Club - Mon, 6.30-9pm; Tues/Wed/Thurs, 7-9.30pm.

Saturn Nightclub

Ashford Town Football Club, The Homelands Stadium, Ashford Rd, Kingsnorth, Ashford, TN26 1NJ
01233 640488/07974 458288

A nightclub venue that meets the needs of people with learning difficulties, their friends and carers. As many as 300 clubbers enjoy a disco and a Karaoke every month. Fridays 7-10.30pm (once a month) for ages 18+

Youth Social Clubs & Activities - Shepway

Café IT

Grace Hill, Folkestone

01303 850005

www.cafe-it.org.uk

A one-stop information shop for 16-20 year olds offering advice & information in a safe, modern environment. Fully accessible and welcome all young people. Also run an under 16's group on Mondays with arts, crafts and cooking. Mon-Fri, 11.15am-2.45pm & 7.15pm-9.45pm & Saturdays, 9am-5pm.

Hawkinge Youth Work Team

Hawkinge Community Office, Canterbury Road, Hawkinge, CT18 7BS

01303 853053

Run a youth club for young people aged 11+. Activities vary from cooking to DJ nights as well as trips and outings. Fully accessible and inclusive and welcome all abilities. Costs £1.50

Junior Youth Club - Term time only, Fridays, 6.30-9pm.

Summer Activities - Run throughout August

Mencap Youth Club (Folkestone, Hythe & District)

0808 808 1111

www.mencap.org.uk

Cuppas, 6a Cobbs Mews, Christchurch Road, Folkestone, CT20 2SS

Youth club for young people aged 16+ who have learning disabilities. Play pool, crafts & computers or just meet a friend.

Pool Night, Mon 5-8pm

Youth Club, Tues 6-8pm, Wed 3.30-8pm, Sat 1-4.30pm.

Phase II

C/o Marshland Academy, Station Road, New Romney, TN28 8BB

01797 362782

A fully accessible and inclusive youth club who welcome young people of all abilities and have extended the age limit up to 25 years for those with learning difficulties. Activities include days out, pool, ICT and music projects. Monday & Fridays, 7-9.30pm and Tuesday 5-9.30pm. Costs £1 per session.

LEISURE

Sports

KCC's Sports, Leisure & Olympics

01732 525389 (Mike Bishop)

www.kentsport.org

Help disabled people break down the barriers which can stop them enjoying various outdoor sport and leisure activities and aims to increase opportunities in outdoor and rural sport for disabled people in Kent. Look on the website for a comprehensive guide to these activities.

English Federation of Disability Sports

0161 247 5294

www.efds.co.uk

This is the umbrella organisation for disability sports in England and under the Inclusive Fitness Initiative they have accredited the following centres that have a range of disability user-friendly equipment.

Julie Rose Stadium, Ashford 01233 613131

The Stour Centre, Ashford 01233 663503

Pent Valley Leisure Centre, Folkestone 01732 525433

Tenterden Leisure Centre, Tenterden 01580 765987

Athletics

Ashford Alligators

The Julie Rose Stadium, Willesborough Road, Kennington TN24 9QX

0783 8122568

e-mail: pete@rossi80.wanadoo.co.uk

A club for disabled young people aged 8-16 years. Involves a basic fun introduction to athletics and is open to all disabilities (parent/carer must attend). Places are limited so booking is essential. Thurs (fortnightly) costs £1.50.

SEKSA (South East Kent Sports Association for Learning Difficulties)

Sir John Moore Barracks, Shornecliffe, Folkestone

07986 922261 (Nigel)

Offer training in a variety of sport such as basketball, football, cricket & athletics and welcome all abilities. Aged 8+, costs £2 a session, Wed 7.30-9pm.

Basketball

Valley Vipers Basketball Team

Valley Leisure Centre, Folkestone

01233 613026

Cater for all ages & ability and have specialised wheelchairs designed for sports. Every Sun, 10am-12noon and costs £3.50

Bowling

AMF Bowling

43/79 Station Road, Ashford, TN23 1PP

0844 8263010

www.amfbowling.co.uk

Full accessibility for all 18 lanes with ramps on every lane and bumpers on the side of the lanes can be put up if needed.

Climbing

All Ability Climbing Club

Arethusa Venture Centre, Lower Upnor. Rochester, ME2 4XB

01732 525433

e-mail: paul.panton@kent.gov.uk

Meet every two weeks on a Monday evening for a one and a half hour session of climbing varying degrees of outdoor and indoor walls. Offer a safe and social environment for people of all abilities to enjoy.

Cricket

Great Chart Cricket Club

Godinton Park, Chart Road, Great Chart, Ashford TN23 3AF

01233 620620 (Ray)

Open to all, irrespective of age, gender or ability and has disabled access. The under 16's club meet every Wed at 6pm.

Kent Cricket Board

St Lawrence Ground, Old Dover Road, Canterbury CT1 3NZ

01227 473618

e-mail: clair.gould.kent@ecb.co.uk

KCB are very keen to develop cricket for disabled people and would welcome anyone who is interested in joining a team.

LEISURE

Cycling

CTC National Cyclists' Organisation

01233 625414

www.ctc.org.uk

The South East branch organise cycle rides across the Ashford area suitable for all ages and abilities. Rides are paced at the slowest rider and all kinds of roadworthy bikes are welcome including those with sidecars, trailer bikes, tandems & trikes. Download entry form from website.

Fowlmead Country Park

off A258, Sholden, Nr Deal CT14 0BF

01304 615390

www.fowlmead.co.uk

A 200-acre park regenerated from the shale spoil tip of the former Betteshanger Colliery. Has a state-of-the-art 3.6km cycle track. The facility has standard bikes for hire and will soon have a collection of adapted bikes for hire.

Hythe Ability Cycling Group

Goudhurst, Cranbrook, TN17 2SL

01732 525433

e-mail: paul.panton@kent.gov.uk

Anybody of any ability can join the club which offers a variety of adapted and non adapted cycles for use alongside the picturesque Royal Military Canal or Hythe's fantastic seafront. The club is operated by a qualified cycling coach who is available to offer support and instruction.

SPOKES

01227 830336 (Steve Fawke - Chairperson)

www.spokeseastkent.org.uk

Produce printed cycle maps for all of the towns in East Kent, publish a free monthly newsletter and also organise a full programme of rides and cycling events in and around Kent

Football

Folkestone Invicta Disability Football Club

07810 335067 (Geriant Wilson)

Open to ages 16+ and welcome all abilities. They train every Wednesday 6-7pm, in the summer season from Buzzlines Stadium, Folkestone and winter season to be confirmed. The cost for matches varies depending on venue, starting from £3.

Fun For All (over 16s)

01303 872837 (Mike Knight)

funforall.football@googlemail.com

07876 781590 (Margot)

Offers coaching sessions & holiday football schemes specific for disabled young people aged 16+. Lower age ranges can be accommodated in session separate from the usual clubs.

5-A-Side fun football club, at The Stour Centre, Ashford. Wednesday 10-11.30am (term time only) £3 per session.

Fun Football Session, at Christ Church Community Hall. Wednesday 5.30-7pm

Invicta Valiants Junior Football Club (Under 16s)

07860 713619 (David Ramzan)

www.invicta-valiants.co.uk

Disabled children of all ages can join in training but they currently only run a team for 7-16 years old playing in league matches. The club runs every Sunday (during football season) for 1 hour. Contact directly for venue & time as this changes. For children living in the Ashford, Romney Marsh & Shepway areas.

Fishing

Ashford Angling Society

01233 627813 (Mick Ladley)

Provide information on accessible lakes including Singleton Lake and Surrenden Lake at Bethersden. Over 12 years old, costs £70 per year and under twelve, £45 per year, allowing you to fish at all lakes the Society are linked with & be involved in competitions. Angling coaching can also be arranged.

LEISURE

Gliding

Kent Gliding Club

Squids Gate, Challock, Ashford TN25 4DR

01233 740274

www.kent-gliding-club.co.uk

Accessible gliding for people aged 14+. Those wishing to glide with limited mobility need to bring their own hoist or carers to lift them into the glider. A certain level of understanding is required for the pre-flight briefing & there are weight & height restrictions. An instructor travels with the young person.

Horse Riding

AVCP (Alkham Valley Community Project)

Mount Ararat, Abbey Road, Hougham, Dover, CT15 7DJ

07816 664529

www.avcp.co.uk

Offer opportunities for disadvantaged groups, including physical disabilities, to experience horse riding at a reduced cost of £5 per session. Also have gardening sessions.

Riding for the Disabled

02476 696510

www.riding-for-disabled.org.uk

RDA offer riding and carriage driving as a form of therapy for disabled people. RDA also organise holidays for members.

Ashford Valley Riding for the Disabled Group

Ellison Court, Biddenden and Blue Barn EC, Great Chart

0845 241 1351

www.ashfordvalleyrda.co.uk

RDA horse riding is open to all ages and abilities. They have the equipment and facilities to welcome wheelchair users. Riders pay £30 annually and £1 every time they ride.

Ingleden Park Driving Group Riding for the Disabled Group

0845 241 5369

Provide physically disabled young people and adults (aged 14+ yrs), the opportunity to learn the skill of Carriage Driving. Operate April to October.

Karate Clubs

Kent Karate School

01227 370055

www.kentkarateschools.co.uk

Teaches a wide variety of martial arts to children and adults and especially encourages people with Aspergers Syndrome and other levels of ASD. Runs clubs in Ashford and Thanet.

Karate Club

01303 256053/07768 126171

www.learnkarate.org

Accommodates all children aged 6 onwards regardless of disability or special need. Sessions held in Dover, Folkestone, Sandwich, Sandgate, Lympne & Hawkinge.

Martial Arts

Ju Jitsu

St. Stephens Walk, Ashford

07947272235

www.hakuda-ryu.co.uk

A friendly club run by 5th dan Brian Burgess who is also highly skilled in aikido, judo and boxing. All abilities welcome. Juniors, Sun 9.30-10.45am, Juniors 13+, Fri 8-10pm. £1.50 per session.

Multi-Sensory

The Multi-Sensory Room (Starlight Studio)

The Ray Allen Centre, Stanhope Road, Ashford TN23 5RN

01233 642363

Stimulate the senses through touch, sight & sound. Book the room as a family or as a group.

Netball

Learning Disability Netball

VLC, Tile Kiln Lane, Cheriton, Folkestone

01303 277539

Offers netball training sessions for girls aged 11+ who have learning disabilities. They meet every other Thursday from 6-7pm and the cost is £2.50 per session.

LEISURE

Skiing

Folkestone Ski Centre

Radnor Park Avenue

01303 850333

www.folkestonesports.ndo.co.uk/swimski

All year round dry ski slope suitable for all abilities including physically disabled. Open or private sessions their aim is to get anyone and everyone skiing, regardless of their disability. British Ski Club for Disabled run a monthly club, for more information contact them at:

British Ski Club for Disabled

01303 249182

www.bscd.org.uk

Swimming

Folkestone Sports Centre

Radnor Park Avenue, Folkestone, CT19 5HX

01303 850222

www.folkestonesportscentre.co.uk

Has two swimming pools, with hoist available for the main pool. There are large changing rooms with mats.

Hythe Swimming Pool

Sea Front, South Rd, Hythe, CT21 6AR

01303 269177

Fully accessible facilities with disabled changing rooms and a hoist for accessing the pool.

Kent Disability Swim Squad

01732 525389 (Mike Bishop)

The Kent Sport, Leisure and Olympics Service has set up these monthly coaching sessions for disabled swimmers who want to develop their swimming further, maybe onto competitive level. You will need to be aged 9 years or over and be able to swim for between 15-30 minutes at a time. For people with physical and/or sensory disabilities and/or learning disabilities and meet 6pm on Sundays at The Stour Centre in Ashford.

Tenterden Leisure Centre

Recreation Ground Road TN30 6RA

01580 765987

www.tenterdenleisure.com

The centre offers accessible swimming with wet wheelchairs allowing the user to be pushed into the water via the beach area. There are also accessible changing and shower facilities. Concessions are available and carer's are admitted free.

Table Tennis

Dover Table Tennis Association

Dover Leisure Centre, Townwall Street, Dover

Provide coaching for people of all ages and abilities every Saturday between 9am-12pm. Disabled people welcome.

Tennis

Aldington Tennis Club

Aldington Village Hall, Roman Road, Aldington

01233 721511 (Trevor Sutton)

www.aldingtontennisclub.co.uk

For those wishing to play competitive or leisure tennis and open to all ages and abilities. They have an 'open entry' policy and encourage accessible tennis.

Walking

Kent Rural Disability Sportslink Project

01622 605052

E-mail: paul.panton@kent.gov.uk

Produce leaflets about walks between 0.5 and 5 miles in length: 'Walks for All in Kent and Medway'. These are intended for wheelchair users; they vary in gradient and quality of surface and there is a detailed description on each leaflet. 4 of the walks are around Canterbury and the other 4 are at Deal, Dover, Medway and Gravesend.

LEISURE

Water Sports

Arethusa Watersports Centre

Chatham Maritime Dock, Chatham

01634 719933

www.arethusa.org.uk/watersports.asp

Highly experienced instructors welcome disabled children and teach dinghy sailing, kayaks and canoes and also run courses.

Beach Within Reach - Helping people gain access to the beach

07732386451

Email: info@beachwithinreach.org.uk

A charity that has been formed to provide Thanet's beaches with a specially designed 'All Terrain' wheelchair which can travel across the sand with minimum effort. They are available to use at Ramsgate, Margate & Broadstairs beaches, are free of charge and on a 'first come, first served basis'.

Dover Watersports Centre

The Basement, 3 Waterloo, Crescent, Dover, Kent, CT16 1LF

01304 212880

www.doverwatersports.com

Offer a range of water sports for all ages & abilities ranging from sailing yachts & dinghies to power boating.

Seapoint Canoe Centre

07889 524954

www.seapointcentre.com

Offer all types of canoeing activities and canoeing instruction and specialises in working with disabled children & young people. Run course & clubs and also offer private tuition.

Westbere Sailing Opportunities

Westbere Lakes, Nr Sturry, Canterbury

01227 710410 (Richard Gaskell)

www.wsosail.org.uk

A sailing club for disabled people who have experience of working with a range of conditions and welcome families with children.

Your child's rights

You may find it helpful to know that the rights of disabled children and young people to have access to play and leisure are enshrined in law.

The Children Act (1989)

Recognises that "children's need for good quality play opportunities change as they grow up but they need such opportunities throughout childhood to reach and maintain their optimum development and well being."

The Act says that Local Authorities shall provide services to minimise the effect of disabilities on the lives of disabled children and give them opportunities to lead as normal a life as possible.

Local Authorities must treat disabled children as children first and promote access for all children to the range of services.

The Disability Discrimination Act (1995)

Makes it unlawful for service providers to discriminate against disabled people by treating them less favourably than others.

It also requires service providers to 'make reasonable adjustments' to policies, practices and procedures which might remove or alleviate any disadvantage a disabled person might experience when using their services.

Part III of the Act has recently come into force and means that many service providers should have made permanent physical changes to their premises if these put disabled people at a disadvantage - this covers indoor and outdoor adventure playgrounds, leisure centres, play areas in public parks and playgrounds.

RIGHTS AND BENEFITS

Rights and Benefits

Helplines

Benefit Enquiry Line

0800 882200

Helpline which provides advice and information on the range of benefits available.

CarersLine

0808 808 7777

Provide confidential information and advice on issues such as benefits & carer's employment rights.

Contact a family

0808 808 3555

UK-wide charity providing advice, information and support to the parents of all disabled children.

Websites

Disability Benefits

08457 123 456

www.disabilitybenefits.co.uk

Information on benefits including entitlement, claiming, how it is paid, how long for and rates.

Department for Work and Pensions

www.dwp.gov.uk

Information on all benefits.

Benefits and Work

www.benefitsandwork.co.uk

Information and guides that can help completing DLA forms.

RIGHTS AND BENEFITS

Benefits

Carer's Allowance

www.direct.gov.uk/carers

01253 856123

This is a taxable benefit to help people who look after someone who is disabled. You do not have to be related to, or live with the person that you care for. You may be able to get Carer's Allowance if you are aged 16 or over and spend at least 35 hours a week caring for a person who gets either:

- Attendance Allowance
- DLA at the middle or highest rate for personal care
- Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit
- Constant Attendance Allowance at the basic (full day) rate with a War Disablement Pension

You cannot get Carer's Allowance if you are in full-time education with 21 hours or more a week of supervised study or earn more than £95 a week after certain deductions have been made.

Disability Living Allowance

08457 123 456

www.dwp.gov.uk

This is a non-means tested benefit for children with disabilities. To claim for a child, they should be one or more of the following:

- Aged 3 months or over and needs extra help or looking after
- Aged 3 years or over and has severe difficulty walking
- Aged 5 years or over and needs extra help getting around out of doors

There are two components to this allowance:

Care Component

Payable at 3 rates depending on how much care is needed:

Highest rate - For extra help during the day *and* night

Middle rate - For extra help during the day *or* night

Lowest rate - For extra help during part of the day or part of the night

RIGHTS AND BENEFITS

Mobility Component

Payable at two rates depending on how much help is needed with getting around:

Higher rate - for children 3 years and over who are unable to walk or have severe difficulty in walking; children who are deaf and blind; those whose health might suffer from the exertion of walking; those claiming the highest rate care component that have severe mental impairment or severe behaviour problems.

Lower rate - for children 5 years and over: for a child who can walk but may need someone to supervise or guide them.

Premiums for people on income support

A means tested benefit to help people who either don't work or work less than 16 hours a week, and whose partner (if any) works less than 24 hours a week.

Premiums are weekly additions to the personal allowances for groups of people who have extra needs:

Disabled Child Premium - for each child (with less than £3,000 savings) who is getting DLA for care or mobility at any rate or who is registered blind. This premium is not always given automatically so make sure you claim it if you think you qualify.

Enhanced Disabled Child Premium - For a child (with less than £3,000 savings) who gets DLA care component at the highest rate.

Carer Premium - If you get Carer's Allowance (CA) for looking after a disabled person, you may be entitled to an extra amount included in your income support.

Tax Credits

Child Tax Credit (CTC)

0845 300 3900

Can be claimed by anyone who has a dependant child. You may be entitled to the disabled child element for each child within the family on disability living allowance (DLA) or who is registered blind; Or severely disabled child element for each child within the family on the highest rate care component of DLA.

RIGHTS AND BENEFITS

Working Families' Tax Credit

0845 300 3900

You qualify if you have a child (under 16, or under 19 and still in full-time education) and you (or your partner if you have one) work at least 16 hours per week. You may also be able to get help towards approved childcare costs if you are a lone parent working at least 16 hours or a couple who either both work 16 hours, or where one partner works 16 hours and the other is incapacitated (or in prison).

Council Tax Reductions

There are 2 types of reductions you may be entitled to:

Reduction in Band

If your home has been specifically adapted to meet the needs of a disabled resident who is substantially and permanently disabled, you may be entitled to a reduction in your council tax band. Adaptations that qualify are either:

- A room (not kitchen or bathroom) mainly used by the disabled person
- An extra kitchen or bathroom to meet their needs
- Enough floor space for a wheelchair used indoors

25% Reduction

If you are single but receive the highest rate of the care component of DLA and have a carer with you for at least 35 hours per week, they maybe classed as a 'disregarded person' and you could be entitled to a 25% reduction in council tax under the singles person allowance.

Contact your local council for more details:

Ashford Borough Council

01233 330651

Shepway District Council

01303 853555

RIGHTS AND BENEFITS

Help with Hospital Fares

See Transport on page 89.

Blue Badge Scheme

01622 605020

www.kent.gov.uk/SocialCare/disability/parking/blue-badge.htm

The Blue Badge scheme provides a range of parking concessions for people with severe mobility problems who have difficulty using public transport. The scheme operates throughout the UK and in some European countries.

You are automatically eligible to apply for a badge if you are over two years old and either:

- receive the higher rate of the mobility component of DLA
- are registered blind or
- receive a War Pensioner's Mobility Supplement

You may also be eligible for a badge if you are over two years old and either:

- have a permanent and substantial disability which means you cannot walk, or which makes walking very difficult

If you are a parent of a child who is less than two years old, you may apply for a badge for your child if they have a specific medical condition which means that they either:

- must always be accompanied by bulky medical equipment which cannot be carried around without great difficulty or
- 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

RIGHTS AND BENEFITS

Adaptations to Home

If you have a disabled child up to 18 years old and your home is unsuitable, one solution is to make adaptations funded by a grant. The adaptations required will depend on your child's needs.

These adaptations must be to make caring for your child easier or to increase your child's level of independence at home. An assessment needs to be carried out by a Children's Social Services Occupational Therapist based within Disabled Children's teams to determine your child's functional needs and assess your home environment. They determine that the request to access the grant is necessary and appropriate. They can then support your application for a Disabled Facilities Grant. This is a local council grant to help towards the cost of adapting your home to enable you to continue to live there.

A grant is paid when the council considers that changes are necessary to meet your needs, and that the work is reasonable and practical. The maximum amount payable in England is up to £30,000.

The grant will only be paid on work assessed as necessary, and when the council are satisfied that the work has been carried out. Grants will usually not be provided retrospectively. Any proposed work must have planning permission and fall within building regulations. Acceptable types of adaptations include:

- Gain better access to your home for the disabled person i.e. widening doors and installing ramps.
- providing or improving access to rooms and facilities - for example, by installing a through floor lift or providing a downstairs bathroom / shower/ toilet.
- adapting heating or lighting controls to make them easier to use.

RIGHTS AND BENEFITS

DFGs are not means tested so long as the grant is provided to meet the needs of a disabled child (under 19 years of age). Families who need to adapt their home for a person over the age of 19 will have to go through a means test/ financial assessment. When aged 19 or over, the person with the disability is tested. This test (based on a person's ability to pay) is intended to target help towards the most needy, and it looks at income, savings and expenditure. The grant awarded can then vary from 0 to 100% of the cost of the work assessed as necessary.

Who can apply for a Disabled Facilities Grant? You can apply if the answer to the following four statements is yes:

- You or the child living in your property is disabled.
- You, or the child on whose behalf you are applying, are the owner or tenant of the property. Note: a landlord may apply on behalf of a disabled tenant.
- You are willing to certify that you, or the child on whose behalf you are applying, intend to occupy the property as your/their main or only residence throughout the 5 year grant period.
- You, or the child on whose behalf you are applying, live in England.

For more information, contact the Children's Occupational Therapy service based within the Disabled Children's Teams in East Kent.

For more information on Disabled Facilities Grants for children check the following websites www.livingmadeeasy.org.uk and www.direct.gov.uk/en/DisabledPeople/HomeAndHousingOptions/YourHome/DG_4000642

RIGHTS AND BENEFITS

Ashford Home Improvement Agency

1st Floor, The Epps Building, Bridge Road, Ashford TN23 1BB
01233 613783

Assist disabled and vulnerable people of all ages living in the Ashford area to remain living in their homes by giving advice on adaptations/repairs. Help with applying for grants to cover the work necessary, you will require support from your Occupational Therapist.

The Cinema Exhibitors Association Ltd

www.ceacard.co.uk

0151 348 8020

A new national card scheme for disabled people who are in receipt of Disability Living Allowance, or who are blind or hold a disabled person's rail card. Entitles you to one free ticket for the person accompanying them to the cinema and is valid for 3 years and costs £5.

National Key Scheme (Public Toilets)

National Scheme run by RADAR which gives access to accessible public toilets. Keys are available from £3.00.

Nationally

Radar - The Disability Network

020 7250 3222

www.radar.org.uk

Ashford

www.ashford.gov.uk

Download form from website and take to Council Offices.

Shepway

Purchase from Civic Centre, Castle Hill Avenue, Folkestone.

RIGHTS AND BENEFITS

Relief from VAT

Some gadgets and equipment designed solely for disabled people are zero rated for VAT. These include medical and surgical appliances, specialised articles such as special beds, lifts & hoists and installation costs of special equipment. Certain building work such as improving access to a building, adaptations to a bathroom and the installation of a lift are also zero rated from VAT. For more details contact 0845 302 0203.

TV Licence Discount for Blind People

TV Licensing, Blind Concession Group, Bristol BS98 1TL

0844 800 6790

www.tvlicensing.co.uk

If you or someone you live with is blind or severely sight impaired, you could receive a 50% concession on the cost of your TV Licence. If you already have a licence, but it isn't in the name of the person who is blind or severely sight impaired, you will need to transfer the licence into their name.

Vaccine Damage Payments

01772 89 99 44

www.dwp.gov.uk

One-off payments for people severely disabled as a result of vaccination against certain diseases.

Water Meter Charges

Some people who have a water meter can request a capped bill if they receive specific benefits and can't avoid using a lot of water because they have three or more dependent children under 19 (in full time education). This also applies if you have a medical condition specified by the government - contact your water company for more details.

Folkestone & Dover Water Services	0845 888 58 88
South East Water	0845 850 60 60
Southern Water	0845 272 08 45

Transport

Motability

0845 456 4566

www.motability.co.uk

The Motability Scheme allows you to use the higher rate mobility component of your child's Disability Living Allowance (DLA) towards hiring a new car or buying a new or used car or wheelchair on hire purchase (HP). You can apply after your child is 3 years old; schemes include:

- 3 year Contract Hire Scheme to lease a new car.
- 3, 4 or 5 year HP Scheme to buy a new car.
- 2, 3, 4 or 5 year HP Scheme to buy a used car or powered wheelchair.

You may have to make an advance payment for the car or wheelchair.

Contract Hire

Under the contract hire scheme you contribute the higher level mobility component of your DLA to Motability for a period of 3 years. In return, you obtain a new vehicle which is insured, maintained and serviced without further charge. The vehicles also have full RAC Breakdown Assistance. In addition, if you make no claims during the 3 years you are on the scheme and the car is returned in excellent condition you may be eligible for a £200 bonus.

Hire Purchase

Motability has negotiated discounts on a variety of new cars and they can be obtained using the HP scheme. All or part of the higher level mobility component (depending on the amount borrowed) is paid over to the Motability Scheme. If you buy a used car you must go to a Motability accredited dealer. The car must be less than 3 years old and have done less than 45,000 miles. It must pass an AA inspection which the dealer will arrange on your behalf and then carry out any repairs identified before supplying the car to you.

TRANSPORT

Forum of Mobility Centres

0800 559 3636

www.mobility-centres.org.uk

Offer information, advice & assessment to individuals who have a medical condition or are recovering from an accident or injury which may affect their ability to drive or access a vehicle. Nearest centre in East Kent is Maidstone.

Taxi companies

The following companies have wheelchair accessible vehicles:

Ashford

Blue Line Taxis	01233 627476
MTC Taxis	01580/01622 890003
Ashford Taxis	01233 631212

Shepway

Channel Cars	01303 252252
Coastal Taxi Service	07513 675965
Folkestone Taxi's	01303 252000

Volunteer drivers

Voluntary car schemes provide transport for people who have difficulty using public transport. If you have an appointment that you cannot get to by public transport they may be able to help.

Drivers give their time free of charge, but you will be asked to pay a mileage fee to cover their expenses, which varies slightly from scheme to scheme (approx 40p). Some have an additional charge for admin and others have a small membership fee. You will need to book the journey in advance, preferably 2 or 3 days. For more details contact your local voluntary car scheme:

Ashford

01233 633219

E-mail: ashfordvc@hotmail.co.uk

Tenterden

01580 765819

E-mail: volunteertenterden@hotmail.com

Shepway

01303 253339

www.volunteershepway.co.uk

Bus services

East Kent Stagecoach

08456 00 22 99

www.stagecoachbus.com

Have an increasing number of easy access buses, which are able to accommodate wheelchairs. They have ramps and on-board wheelchair parking area. Contact the Helpdesk or check online to find out if your route is an easy access bus.

Concessionary Bus Permits

Free permits are available to disabled people, enabling them to travel free on local buses anywhere in England after 9am on weekdays. Contact local Council Offices for application form or download online:

Ashford Council, Civic Centre, Tannery Lane

01233 330501

www.ashford.gov.uk

Shepway Council, Civic Centre, Castle Hill Avenue, Folkestone

01303 858660

www.shepway.gov.uk

Kent Karrier: Dial-A-Ride service

01622 605349

www.kent.gov.uk

The Kent Karrier is a fully accessible dial-a-ride service which takes its members directly from their door to the nearest town centre. Membership is £5 per year, with a small fee payable for each journey. You can join if:

- you have a medical condition that makes travelling on conventional public transport difficult, or
- you live in a rural area more than 500 metres from a conventional bus route

You should book your journey at least a day in advance. A companion, for example your carer, can travel with you and does not need to be a member; all they pay is the journey fare.

TRANSPORT

National Express

08717 818179

www.GoByCoach.com

Offer up to 50% off all standard fares (excluding special offers) for passengers with disabilities. The discounts are also offered to some places in Ireland and Europe. Some routes already have wheelchair accessible coaches and the remaining will be completely accessible by 2012. To make a reservation, contact their Disabled Persons Travel Helpline.

Coach Travel

Chalkwell

01795 423982

www.chalkwell.co.uk

Special 12 seater minibus which can be hired at weekends with facility for removal of 2/3 seats for secured wheelchairs.

LS Travel

www.lstravel.co.uk

Offer wheelchair accessible coach for up to 5 wheelchairs.

Rail Travel

Disabled Persons Railcard Office

0845 605 0525

www.disabledpersons-railcard.co.uk

Train operators provide a number of services for disabled passengers, for example, someone to meet the passenger from the train or a porter to carry bags. If possible, give 48 hours notice so the right help can be made available. An adult travelling with a disabled child may be able to get a reduction on their fare.

Family Railcard

08457 48 49 50

www.family-railcard.co.uk

If you're a family with a disabled member, the Family and Friends railcard may be more suitable. Costs £24 per year, but as long as you travel with a child, up to 4 adults get 1/3rd off and up to 4 children get 60% off their ticket price throughout Britain. Buy online, over the phone or at a staffed station.

Wheelchair Loan

DIAL Kent

01227 771155

www.dialkent.org.uk

Offer a children's wheelchair loan scheme.

Red Cross

Provide short-term loan of wheelchairs for people with a disability or illness. There are no charges for these loans but donations are always appreciated. They also have a home delivery service available if you are unable to reach a centre.

Ashford, 223 Quantock Drive, TN24 8QH 01233 620356

Hythe, 114 High Street, CT21 1OB 01303 267620

Folkestone, 41 Station Road, CT19 4AY 01303 277195

Form Mobility

0800 0431589 & 01233 721589

www.formmobility.co.uk

Hire wheelchairs. Home delivery available if necessary.

Funding

Blue Badge Scheme

See Rights and Benefits on page 80.

Exemption from Road Tax

If your child gets the higher rate DLA mobility component, you should automatically be sent a road tax exemption form (DLA 403) from the DLA unit. It is important that you complete and return the exemption form to the address stated on the letter enclosed with the form. If you don't receive a form, contact The Disability Living Allowance Unit on 0845 712 3456

Toll Exemption

www.dart-tag.co.uk

If you travel by car under the Mobility Scheme and are exempt from road tax then you don't need to pay tolls using the Dartford Crossing. There are concessions on other tolls routes too. For more information visit website.

TRANSPORT

Fares to Hospital

If you are on Income Support, income-based Job Seekers Allowance, Working Tax Credit, Child Tax Credit or Pension Credit, you can claim help with travel costs to and from hospital for NHS treatment when escorting your child.

If you are not getting these benefits but are on a low income (if your child is 16 years or over it is their income that counts, not yours) you may still be able to get help. Pick up leaflet HC11 from your hospital or call 0845 225544

You will need to take your appointment card or letter, your tickets/receipts, and your benefit award letter, tax credit exemption certificate or certificate HC2 or HC3. You can still claim if you haven't got proof of your income, but it takes longer.

William Harvey, Ashford

Finance Desk at the Hospital.

Kent & Canterbury, Canterbury

Finance Desk at the Hospital

QEQM, Margate

General office in main corridor near St Peter's Road entrance.

The Family Fund Trust

0845 130 4542

www.familyfundtrust.org.uk

Can help with driving lessons for a severely disabled child's main carer if there is a car available. Help with transport expenses can be given if the child does not get DLA but has difficulty getting around.

London Congestion Charges

0845 900 1234

www.cclondon.com

Blue Badge holders are exempt from the £5 charge in central London. You need to register with Transport of London and make a one-off payment of £10.

Motability Charitable Grants

0845 456 4566

www.motabilitycarscheme.co.uk

Motability may be able to offer financial help towards the cost of a suitable car, adaptations, driving lessons or a Wheelchair Accessible Vehicle.

Toll Exemption

www.dart-tag.co.uk

Connect Plus (M25) Ltd, Customer Centre, South Orbital Road,
Dartford DA1 5PR

If you travel by car under the Mobility Scheme and are exempt from road tax then you don't need to pay tolls using the Dartford Crossing. There are concessions on other tolls routes too. For more information visit website.

Wheelchair Voucher Scheme

The NHS trust has introduced a voucher scheme to help people buy a wheelchair of their choice. The wheelchair service may offer a voucher to the value of the wheelchair they would have provided. The voucher can then be used towards the cost of a more expensive wheelchair; you would have to pay the balance of the cost. Contact your local Wheelchair Assessment Service:

Canterbury - 01227 812393

Folkestone - 01303 850378

AIDS AND EQUIPMENT

Aids and Equipment

Aids & Equipment

Able to Wear

0141 775 3738

www.able2wear.co.uk

Adaptive clothing for disabled people and wheelchair users of all ages. Also has a wide range of disabled products.

Acorn Educational

01536 747485

www.acorneducational.co.uk

Educational toys and games for those with special needs

Autism Alert Card

www.kentautistictrust.com

Designed to alert police and other emergency services to the fact that holder has an Autism Spectrum Condition.

Coilers /No Tie Laces

www.hemihelp.org.uk/support_us/shop

Ideal for those who find it difficult to tie traditional shoelaces. Also provide pencil grips & pencils with triangular barrels for easy grip.

Conform UK

www.conformuk.com/hobbies_play.html

Play equipment and special needs games and hobbies such as easy to see playing cards and talking battleships and chess.

Convoid

0800 0483 350

www.themobilityaidscentre.co.uk

Supplier of lightweight folding wheelchairs and buggies for children with special needs.

Cotswold Cots

01993 842885

www.cotswoldcots.co.uk

Designs and makes beds, cots and playpens that restrain safely, to suit every need.

Cotton Comfort

www.eczemaclighting.com

Eczema clothing, for touch sensitive people.

AIDS AND EQUIPMENT

Crelling Harnesses for the disabled Ltd

01253 852298

www.crelling.com

Supply a wide range of adapted harnesses for travel, stair lifts, buggies & walking reins.

Demand

01923 681800

www.demand.org.uk

Design specialised equipment for disabled children and adults where no off-the-shelf solution exists, free of charge.

DCS Joncare

01235 523353

www.dcsjoncare.com

Manufacturer of children's equipment including trikes & power chairs, standing & walking aids, seating & car seats

The Disability Equipment Register

01454 318818

www.disabilityequipment.org.uk

Lists second hand equipment for sale and wanted.

Disability Living Foundation

0845 130 9177

www.dlf.org.uk

Provide best possible choice, for people who use equipment to live a more independent life.

Disabled Stickers

01522 688388

www.disabledstickers.co.uk

Offer a range of stickers and signs to promote disability awareness, for example to politely remind people they have parked in a disabled parking bay.

Dream Racer

www.dream-racer.com

Sells radio controlled model toys for children with physical disabilities. Controllers are built into a baseball cap enabling cars to be driven by head movements. Also for PlayStation games, PC access, and switch adapted musical toys.

AIDS AND EQUIPMENT

Dribble Bandanas

www.dribble-bandanas.co.uk

Provide an alternative to bibs, these bandanas come in a range of sizes and colours.

The Elap Rotating Car Seat

0800 0433 159

www.elap.co.uk

Supply rotating car seats to fit virtually all vehicles.

Fledglings

0845 458 1124

www.fledglings.org.uk

Help by searching, demonstrating and ordering resources, particularly those unusual items which may not be easily available or designed specially for children with special needs.

Glow Shop

0121 423 2000

www.glowshop.com

Supplier of a wide range of UV lighting, glow in the dark and snap 'n' glow products.

The Happy Puzzle Company

0844 848 2811

www.happypuzzle.co.uk

Range of puzzles & games suitable for disabled children.

Hippocampe

01725 519405

www.hippocampe.co.uk

A lightweight, easily assembled 3 wheeled buggy that has a neutral buoyancy design allowing it be used in or out of water - including the sea. Also easy to use on sand.

Hippychick

01278 434440

www.hippychick.com

Child hip seats with built in back supporting belt.

Identikids

0845 125 9539

www.identifyme.co.uk

Produce a range of identity products for your child including cards and wristbands.

AIDS AND EQUIPMENT

Jenx

0114 285 3376

www.jenx.com

Equipment including standing frames, seats and mobility aids.

JCM Seating Solutions

01775 766664

www.jcmseating.co.uk

As well as specialist seating, they offer an adjustable high-support car seat with swivel base for ages 3-11.

Kent Mobility

01732 770251

www.kentmobility.co.uk

Assessors & providers of disability & rehabilitation equipment.

Kid Sense

0116 275 1895

www.kidsense.co.uk

Supplier of 3 wheel all terrain buggies and strollers suitable for children with special needs up the age of 17.

Leckey

028 9060 2277

www.leckey.com

Special needs equipment including standing frames, static chairs and bathing equipment.

Medicalert Foundation

0800 581 420

www.medicalert.org.uk

Provide a bracelet or necklet, engraved with a personal ID number, medical condition(s) and emergency telephone number so vital medical information can be obtained quickly and easily.

MERU (Medical Engineering Resource Unit)

01372 725203

www.meru.org.uk

Design and manufacture a variety of equipment and devices to meet the individual needs of children when there is no commercially available alternative.

AIDS AND EQUIPMENT

McClaren Major Buggy

01327 841300

www.maclarenmajor.com

Lightweight special needs buggy suitable for children up to 50kgs

The Mobility Market

www.themobilitymarket.co.uk

Buy and sell used mobility & disability aids and equipment.

The Novelty Warehouse

www.thenoveltywarehouse.com

Sensory Toys for children with special needs at lower prices.

Piedro Footcare

0121 475 1101

www.gilbert-mellish.co.uk

Provide specialist footwear for children with special needs.

Portaramp

01953 714599

www.portaramp.co.uk

Portable, lightweight ramps for wheelchairs.

Rackety's

01538 381430

www.racketys.com

Produce clothing for children with special needs that incorporate specially designed fastenings and modifications that make getting dressed a less stressful experience.

Remap

0845 1300 456

www.remap.org.uk

Charity that has engineers who make one-off technical aids or modify commercial equipment.

ROMPA

0845 230 1177

www.rompa.com

Provide specialist play, leisure, therapy and sport equipment including sensory toys and equipment.

Salts Healthcare

0121 333 2000

www.salts.co.uk

Range of Paediatric orthotic and support shoes.

AIDS AND EQUIPMENT

Second Skin

0131 449 9497

www.secondskin.com.au

Dynamic Lycra Splints designed to improve functional performance for people with neurological dysfunction.

Seenin

01434 634457

www.seenin.com

Produce range of garments for children with special needs including feeding aprons, dribble bibs & neckerchiefs.

Sense Toys

0845 2570 849

www.sensetoys.com

From educational toys for pre-school children to games for special needs children. Includes play tips and ideas for toys.

Sleep Safe

www.sleep-safe.co.uk

Anti-suffocation pillows offer protection against suffocation during seizures or breathing difficulties while asleep.

TFH

01299 827820

www.specialneedstoys.com

Products include multi-sensory rooms, soft environment equipment, toys, switches and music.

The Sensory Company

0845 838 2233

www.thesensorycompany.co.uk

Design and manufacture multi-sensory equipment.

Togs 4 Special Sprogs

0796 3366 762

www.togs4specialsprogs.com

Create custom-made clothing and accessories for premature babies and children with special need aged 0-18.

Spacekraft

01274 581 007

www.spacekraft.co.uk

Supply an extensive range of multi-sensory toys and equipment.

AIDS AND EQUIPMENT

Sheerlines

01384 375600

www.sheerlines.net

Specialists in protection from cold, wind and rain they make garments, canopies and capes for wheelchair users.

Tendercare

01903 726161

www.tendercareltd.com

Supply postural supportive pushchairs & buggies for all ages.

Wheelchair Ramps.co.uk

01608 685039

www.wheelchair-ramps.co.uk

Offer a range of lightweight, folding and easy to handle ramps.

Bikes & Trikes

Bike Care

01354 660049

www.bikecare.co.uk

Products include Tricycles, adult stabilisers, tricycle tag-alongs, back rests, self-balancing pedals and special brake levers.

Companion Cycling

07961 344545

www.companioncycling.org.uk

A charity which enables people with special needs, regardless of their age or ability, to cycle on specially adapted cycles in peaceful surroundings of Bushy Park in South West London.

Good Designs

01248 713624

www.disabledcycling.f2s.com

Supply robust bicycle stabilisers that can be adjusted to vary the amount of support provided so balance can be gradually gained.

London Recumbents

0208 299 6636

www.londonrecumbents.com

Supplier of special needs bikes & trikes. Test-drive or hire for an hour, day or week. Centres in Dulwich & Battersea Parks, London.

AIDS AND EQUIPMENT

Mission Cycles

01622 815678

www.missioncycles.co.uk

Range of tricycles for children with balance problems.

Quest 88

01952 463050

www.quest88.com

Supply adapted bikes, trikes & Ko-Karts.

Tomcat Trike

01452 616900

www.tomcatspecialneeds.co.uk

A custom built special needs trike with rear steering control.

Triad Theraplay Ltd

0141 876 9177

www.triad.com

Supplier of tricycles for children with special needs.

Wise Wheels

01295 770806

www.wisewheels.co.uk

Range of tricycles suitable for all ages including tandem bikes.

Car Seats

Britax Ltd

01264 386034

www.britax.co.uk

Offer the Traveller Plus, a larger car seat for children with special needs who need extra support. Suitable for 15kg-36kg (approx 4-11yrs) and costing approx £500.

Cole Enterprise - Flight Travel Chair

01306 745333

www.travel-chair.co.uk

Specially designed to enable disabled children, aged 3-11, to travel in the seat of a plane. British Airways, JMC, Monarch & Virgin can provide this chair free of charge to passengers. Otherwise, you can hire it from £125.

AIDS AND EQUIPMENT

Horacek Lars Car Seat

0552 784814

www.ottobock.co.uk

Car seat with swivel and sliding motion and tilt in space suitable for ages 2-10 years

JMC Seating Solutions

01733 405830

www.jcmseating.co.uk

As well as specialist seating, they supply an adjustable high-support car seat with swivel base suitable for children aged 9 months to 12 years.

R82 UK

0121 561 2222

www.r82.com

Produces the Panda car seat which provides support for disabled children with swing out frame enabling the parents to turn and slide the seat in and out of the car.

The Car Safety Centre

01908 220909

www.incarsafetycentre.co.uk

Specialise in all types of car seats, publishes a booklet entitled "Car and Bus Seating for Children with Special Needs" and has a showroom where all seats are displayed.

IT

Ability Net

0800 269 545

www.abilitynet.org.uk

Charity which assists disabled people make the most out of using computers. Will assist at home or school & produce factsheets.

The Aidis Trust

0207 426 2130

www.aidis.org

A charity which provides specialised computer equipment to disabled people to improve independence and and provide the freedom to communicate.

AIDS AND EQUIPMENT

Computers for the Disabled

01268 284834

www.cftd.co.uk

Provide new and 2nd hand computers & parts to disabled people.

Find a Voice

01233 640443

www.findavoice.org.uk

Offer advice and help about communication aids, provide training and has a resource library with switch toys, simple aids, training videos and useful books. Outreach service now available at locations throughout Kent.

Inclusive Technology

01457 819790

www.inclusive.co.uk

Supply special needs software and accessories.

QED (Quality Enabling Devices)

0239 258 0600

www.QEDLtd.co.uk

Supply Special Needs communication aids, software & accessories.

The Sequal Trust

01691 624 222

www.the-sequal-trust.org.uk

Provides communication aids for severely disabled people with speech/movement difficulties.

Widgit Software Ltd

01926 333680

www.widgit.com

Provide everything needed for working with symbols. Has large range of software for children with special needs.

Insurance of equipment

Fish Insurance

0500 432 141

www.fishinsurance.co.uk

Provide range of insurance cover including manual and electric wheelchairs.

AIDS AND EQUIPMENT

Help with Funding

Action for Kids Charitable Trust

0845 300 0237

www.actionforkids.org.uk

Provides grants for equipment and mobility aids for children and young people with physical and mental disabilities.

The Buttle Trust

0207 828 7311

www.buttletrust.org

Grants provided include essential items of furniture and equipment and, on occasion, fund short-term therapy costs.

Cerebra

01267 244216

www.cerebra.org.uk/grants

Offer grants to help disabled children who have a brain related condition or injury, either of physical nature, a learning disability or both. Helps buy equipment such as specialist car seats, power wheelchairs, sensory toys & trikes.

Children Today Charitable Trust

01244 335622

www.children-today.org.uk

Makes grants towards equipment including electric wheelchairs, walking aids, educational toys, communication aids, trikes and adapted car seats.

The Child Care Action Trust

0845 2300 195

www.thechildcareactiontrust.org.uk

Provides equipment not available from the NHS, social services or affordable by their families, such as walking frames, special needs car seats, communication aids and 2nd skin suits.

Get Kids Going!

020 7481 8110

www.getkidsgoing.com

Give disabled children and adults up to the age of 26 the opportunity of participating in sports such as tennis, athletics, skiing etc, by providing them with specially built sports wheelchairs.

AIDS AND EQUIPMENT

Newlife Charity

01543 462 777

www.newlifecharity.co.uk

Offers equipment grants to seriously disabled and terminally ill children. Grants can vary from a wheelchair or a bed to a communication aid and therapy equipment shed.

React Charity

020 8940 2575

www.reactcharity.org

Help improve the quality of life for financially disadvantaged children with life-limiting illnesses by reacting quickly to their needs. Can provide a wide range of equipment from specialist wheelchairs, beds, baths, and mobility aids, to essential everyday items like washing machines and tumble dryers.

Variety Club

020 7428 8100

www.varietyclub.org.uk

Help towards wheelchairs, trikes and buggies for children up to the age of 19.

Whizz Kidz

020 7233 6600

www.whizz-kidz.org.uk

Give disabled children and young people independent mobility by providing customised wheelchairs, tricycles and other specialised mobility equipment.

Value Added Tax (VAT)

Certain aids and equipment for disabled people are not subject to VAT if they are designed solely for use by a disabled person. Declaration forms can be downloaded online.

LOCAL ORGANISATIONS

Local Organisations

Children's Centres

www.kentchildrenscentres.org.uk

Children's Centres are service hubs where children under five years old and their families can receive seamless integrated services and information. Each centre will offer different services but may include:

- Integrated early education and childcare
- Support for parents - including advice on parenting, local childcare options and access to specialist services for families.
- Child and family health services - ranging from health screening, health visitor services to breast-feeding support.
- Helping parents into work, with links to Jobcentre Plus & training

For more information about local Centres see leisure section.

Information and support - East Kent

Citizens Advice Bureaux

www.nacab.org.uk

Offer free, impartial, independent & confidential advice. Website has advice & information and details of local services and local bureaux:

Ashford Borough

Ashford - Seabrooke House, 10 Norwood St. 01233 626185

Tenterden - Town Hall, High Street. 01580 762371

Shepway District

Folkestone - 20 Church Street, 0844 499 4128

Shepway Outreach:

Dymchurch Children's Centre, Country's Field 01303 873837
(Drop in, Tuesdays 2-4pm)

Lydd'le Stars Childrens Centre, Lydd 01797 329256
(Drop in, Tuesdays, 9-12)

New Romney Childrens Centre, Fairview Rd 01797 329256
(Drop-in, Thursdays, 12.30-3.30pm)

The Old School House, Church Lane, New Romney,
(Drop in service on Tues 10 - 12pm)

The Village Sure Start Centre, Folkestone, 01303 856220
(By appointment, Wed & Fri 9 - 4pm)

LOCAL ORGANISATIONS

Adders

0871 590 3693

www.adders.org

Provides telephone support and online information for those living with ADD, or ADHD.

Carers Support (Ashford & Shepway)

Norman House, Beaver Business Park, Beaver Rd, Ashford, TN23 7SH
01233 664393

www.carers-ashford.org.uk

Provide information, advice and support to those caring for or helping to care for someone due to physical disability, mental health issues, long term illness or substance misuse issues.

Ashford Drop-in (all carers)

1st and 3rd Fridays of every month, 11am-12.30pm at Norman House, Beaver Business Park, Ashford

Hythe Drop-in

4th Friday of every month, 10.00am-12pm at The Salvation Army Hall, Portland Road

Folkestone Drop-in

1st Mon of each month, 10.30am-12noon and 1st Wed 1.30-3pm at The Internet café Broadmeadow, Park Farm Rd, Folkestone.

The Marsh Support Group (all carers)

3rd Friday of every month, 1-2pm at The Old School, Church Lane, New Romney

Parents Group

3rd Monday of every month, 10am-12noon (term time only) at Norman House, Beaver Business Park, Ashford

CASE (Community Action South & East Kent) www.casekent.org.uk

Provide support services to the voluntary sector but also produce directories of all local voluntary and community organisations.

Ashford - Berwick House, 8 Elwick Road 01233 610171

Shepway - 3-5 Shornccliffe Road, Folkestone 01303 240957

LOCAL ORGANISATIONS

The Challenging Behaviour Foundation

C/o The Old Courthouse, New Road Avenue, Chatham ME4 6BE

0845 602 7885

www.thecbf.org.uk

Provide information and support to parents caring for individuals with severe learning disabilities and challenging behaviour.

Cruse Bereavement

0844 477 9400

www.cruse.org.uk

Helps bereaved people to understand their grief and cope with their loss. Provide support, information & advice, local branches:

Ashford Borough 0844 800 9104

Dover District & Shepway 01304 204 123

Depression Alliance

www.depressionalliance.org

Balmoral Clinic, Balmoral Gardens, Gillingham ME7 4PN

01634 718471 (Margaret)

Provide information and guidance on all aspects of depression. Local self-help support groups meet monthly.

Dial-Kent (Disabled Information Advice Line)

01227 771155

www.dialuk.info

Offer information and advice on all aspects of disability.

Disability Information Services in Kent (DISK)

7 Town Walk, Folkestone, CT20 2AD

01303 226464

www.thisisfolkestone.co.uk/disk.htm

Provide information to any person with a disability, carer, family or service providers.

Disabled Go

www.disabledgo.info

Website provides detailed access information for disabled people across UK & Ireland. Local towns are Canterbury & Thanet & include cinemas, tourist attractions & leisure centres.

LOCAL ORGANISATIONS

Dyslexia East Kent Support

176 Northdown Road, Cliftonville CT9 2QN

0845 0038 979

www.dyslexia-east-kent.org.uk

A local support group providing information & support to people with dyslexia. Produce newsletters, loan books and other resources and hold drop-in sessions and talks.

Epilepsy Action

South Ashford Baptist Church, Brookfield Road, Ashford

01303 812138

www.epilepsy.org.uk

For people with epilepsy and their carers. Social gathering often with guest speakers, Quiz Nights, film shows etc. All warmly welcomed. Transport can be arranged if required. Meet every third Monday 7.30-9.30pm.

Epilepsy Here

Beach House, Beach Street, Herne Bay CT6 5PT

01227 749095

www.epilepsyhere.org.uk

Provide help and support to those with an interest in epilepsy whether as patients, parents or carers. Produce Newsletters and hold monthly meetings.

Find a Voice

49 Beaver Lane, Ashford TN23 5NU

01233 640443

www.findavoice.org.uk

Offer advice and help about communication aids. Provide training and has a resource library with switch toys, simple aids, training videos and useful books. Outreach service now available at locations throughout Kent.

FLAG (Family Link Autism Group)

07770839841

Provide monthly activity sessions at Windchimes, Herne Bay for children with autistic spectrum conditions & their families. Also arrange outings & other activities during holidays.

LOCAL ORGANISATIONS

Gateway in Kent

Gateway is the new way for citizens to access public and voluntary services with the added convenience of being in a town centre or high street location across Kent. Comfortable, modern places make it easier to reach specialist, voluntary and charitable agencies. Services include:

- information and self help, including free internet, service directory, payment kiosk
- routine advice and transactions, including bus passes, refuse, parking, licensing
- surgeries by agencies such as Hi Kent, Connexions, NHS and registrars for births and deaths
- cross agency services, including council tax, benefits, planning, housing, library, adult education and occupational therapy

Information on locations and the roll-out programme can be found at: www.kent.gov.uk or you can watch the Gateway DVD at www.kenttv.com/gatewayexperience

Headway East Kent

01227 783002

www.headway.org.uk

Provide advice, support and care for those who have sustained a severe head injury, their families or carers. Have regular meetings where relatives and carers can get together for mutual support and information from visiting speakers.

Health Trainers

0800 849 4000 (freephone)

They can help you make changes to your life by working with you to achieve your goals and lead a healthy happy life. This is a free, confidential service, providing a listening ear and can help you develop an action plan.

LOCAL ORGANISATIONS

Home Start

Trained volunteers offer support, friendship and practical help to families experiencing stress or difficulties with at least one child under 5. Also provide group support and group for fathers.

Ashford - 01233 647209 www.home-start-ashford.org.uk

Bluebell Childrens Centre, School Rd, Hothfield, TN26 1HA

Shepway - 01303 244836 www.homestartshepway.org.uk

Metro House, 24 Cheriton Gardens, Folkestone, CT20 2AS

Kent Association for the Blind (KAB)

www.kab.org.uk

Canterbury - 51 London Road CT2 8LF

01227 763366

Dover - Cairn Ryan, 101 - 103 London Rd, River CT16 3AA 01304 828575

Provide a service sensitive to the needs of those who are visually impaired by helping them to attain the highest level of independence. Commissioned by KCC to provide a range of services to children and young people services include mobility & independence support, in both school & community settings. Services depend upon an assessment of a child's needs

KASBAH (Kent Association for Spina Bifida and Hydrocephalus)

01474 536501

www.kasbah.org.uk

Provides support services for people, carers and families affected by Spina Bifida and/or Hydrocephalus.

KCHT Breakthrough

www.kcht.org.uk/breakthrough

Helps children aged 10-16 & their families who are experiencing difficulties through skilled mediation to build a greater understanding between family members. Group workshops for parents & young people include parenting skills, anger management & self-esteem. Local branches;

Ashford, 29 St Georges Place 01227 819600

Shepway, 25 Castle Street 01304 212154

LOCAL ORGANISATIONS

The Kent Autistic Trust

01634 405168

www.kentautistic.com

Provide support, advice and information to parents and carers of children and young people with Autism Spectrum Disorders. Run support groups and can help with DLA forms.

Ashford Group - Parents of children and Young People

Support group meeting for parents/carers of children and young people are held regularly at the KAT Day Centre.

Folkestone Father's Club

Monthly informal support meetings held on a Monday in Hawkinge. Membership is free, a library of relevant publications is available & regular newsletter. (Grandfathers also welcome).

Kent Children's Fund Network (Ashford, Shepway & Dover)

Unit 3, Eden Business Centre, South Stour Ave, Ashford TN23 7RS

01233 632957

www.kcfn.co.uk

Their two main priorities are participation and play. They have several projects that encourage free fully inclusive play days, ensuring children and young people who are at risk of social exclusion are involved in all stages of the projects.

Kent Deaf Childrens Society

PO Box 458, Margate CT9 9JB

07982 682772

www.kentdcs.org.uk

KDCS are a parents group providing informal support and social activities for deaf children and their families.

Kent Wide Down Syndrome Group

07787 947142

www.kentds.org

Provide support, fundraising, social events, training and specific projects that benefit their children and young adults.

LOCAL ORGANISATIONS

Mencap (Folkestone, Hythe & District)

0808 808 1111

www.mencap.org.uk

Cuppas, 6a Cobbs Mews, Christchurch Road, Folkestone, CT20 2SS

Campaign with and on behalf of people living with a learning disability and their families.

National Autistic Society (local branches)

Provide support, information and hold local groups. Contact local branch to find out more.

Thanet 07798 715839

Dover/Deal 07717 818680

Folkestone 07825 113289

Rethink

Self-help support group offering help, information, comfort and support to carers and relatives of anyone with a mental health problem. For more information contact your local group:

Folkestone 01303 244726

Ashford 01304 214532

Sense

01622 831345 (local branch)

www.sense.org.uk

A support group for those caring for people who are deaf/blind and living in Kent. For further details, see page 46

Windchimes Toy Lending Library

Windchimes, Reynolds Close, Herne Bay CT6 6DS

01227 741748

www.snaap.org.uk

Offers a large selection of toys to loan including projectors, optic sprays & sensory toys such as UV, musical & tactile as well as specialist books, storysacks, puzzles, DVD's & the full range of Makaton literature. Full catalogue and order form available online.

LOCAL ORGANISATIONS

Wheelchair Users Group

Shop 21, Bouverie Place Shopping Centre (Level 2 Asda Car Park) F/stone
01303 226500

Provide a support help-line and information service covering all aspects of wheelchair use. Also run Folkestone Shopmobility which loans out wheelchairs and scooters. Open Mon-Fri 10-3

Local Organisations - Ashford

The Arts Dyslexia Trust

14 Churchfield Way, Wye, Ashford, TN25 5EQ
01233 811960

www.artsdyslexiatrust.org

Encourage talents of dyslexics to use creative art forms. It acts as an advisory service to those in the field of education and can help students & adults in training and career choices.

Ashford Access Group

01233 335592 (helpline)

www.ashfordaces.org.uk

Represents people trying to obtain better access - on our highways, footpaths, as well as entering buildings and moving around within them. Helpline also offers advice on any issues concerned with disability. Membership is £5 per annum.

Ashford Daisy Links Group

01233 666994 (Deb Aspland - chair)

daisylinks@hotmail.co.uk

Daisy Links aims to connect families of children with special needs through a network which provides friendship, support, advice and social events.

Ashford Dyslexia Centre

01233 750248 (evenings)E-mail: ashforddyslexiacentre@hotmail.co.uk
International House, Dover Place, Ashford

Offer free advice, assessments and tutoring for dyslexics of all ages and are chargeable.

LOCAL ORGANISATIONS

Ashford Mediation Service (AMS)

The Annexe, Tufton Street, Ashford TN23 1BT

01233 663488

www.ashfordmediation.co.uk

Offer a free confidential service enabling individuals to find a mutually beneficial solution to problems. Can help with parent/child disputes and conflict in schools.

BEST – Ashford Behaviour and Education Support Team

Ray Allen Centre, Stanhope Road, Ashford TN23 5RN

01233 668506

Improve children's social, emotional & behaviour skills in school. The child must be on the register of a school they support and be at risk of developing emotional or behavioural problems which effect school attendance or risk of exclusion.

Mencap Ashford

01233 621663

www.mencap.org.uk

Provide help and support for anyone with learning disabilities, their parents/carers and families. Hold a monthly disco, outings, fetes etc. Annual Subscription is £5 per family.

South Kent Dyslexia Association

01233 850273

www.southkentdyslexia.org.uk

St. Mary's Parish Hall, Church Yard Passage, Vicarage Lane, Ashford

Offer support and information, helpline and a library of books including children's books, games and videos. The club meets once a term at 7.45pm. Annual membership is £15.

Young Carers Support

Norman House, Beaver Business Park, Beaver Rd, Ashford, TN23 7SH

01233 664393

www.carers-ashford.org.uk

Offer advice, information, respite and support to sibling carers (under 18 years old). Currently open referrals for a young carer can be made in order to register for the service.

LOCAL ORGANISATIONS

Local Organisations - Shepway

All Carers Group

01303 850733

E-mail: info@folkestonerainbowcentre.org.uk

Folkestone Rainbow Centre, 14-18 Bouverie Rd, Folkestone, CT20 1AU

Aimed at those caring for someone, adult or child, with a disability.

Gives moral support & information in an informal setting.

Causeway

Brockman Family Centre, Cheriton High Street, CT18 8AN

01303 279051

Offer support and guidance to parents to promote children's health and development, from transition between schools to emotional support. Positive Parenting Groups held at the Hawkinge Community Centre & Folkestone Early Years Centre.

Shepway Family Information Project (formerly B48s)

4 Town Walk, Folkestone, CT20 2AD

01303 246000

www.b48s.org.uk

Offer drop in support, advice and guidance to parents and carers of children under 8 years.

Shepway Jigsaw e-mail (parent contact) nicolabartzis@hotmail.com

01303 261155 (Gill Reeves, FLO at Foxwood School)

A new parent led group which aims to support families of children with additional needs of any kind across Shepway. They hold regular meetings; invite speakers to keep you informed of issues and represent the views of parents/carers.

Shepway Parents Forum

Parent Forum Team, Shepway Centre, Oxford Rd, Maidstone

01622 350640

There are two parent's forums running which are parent led groups to support and influence how services are developed in the local area for children. Groups normally meet every 6 weeks in term time only.

NATIONAL ORGANISATIONS

National Organisations

Action for Sick Children

0800 0744 519

www.actionforsickchildren.org

Aims to ensure that sick children always receive the highest possible standard of care by offering advice on GP's, Out Patient appointments, going into hospital & helping children deal with pain.

ADDISS (Attention Deficit Disorder Information & Support Service)

020 8952 2800

www.addiss.co.uk

Provide information & support to anyone who needs assistance and has books covering all aspects of ADHD & related disorders.

AFASIC (Association for Speech Impaired Children)

0845 3 55 55 77

www.afasic.org.uk

Help children & young people with communication impairments by providing information, training and publications.

Allergy UK

01322 619898

www.allergyuk.org

Provide information on all aspects of allergy & food intolerance. Helpline provides practical advice and support to manage symptoms. Website has useful factsheets and articles.

BIBIC

01278 684060

www.bibic.org.uk

Offer practical help to families caring for children with conditions such as autism, cerebral palsy, Down's syndrome, developmental delay, traumatic & acquired brain injury & specific learning difficulties such as ADHD, dyslexia & dyspraxia.

The Bladder and Bowel Foundation

0845 345 0165 (nurse helpline) www.bladderandbowelfoundation.org

Provide information and support for people with bladder and bowel disorders, their carers, families & healthcare professionals.

NATIONAL ORGANISATIONS

The British Dyslexia Association

0845 251 9002

www.bdadyslexia.org.uk

Provides information & training on Dyslexia and has online shop with useful resources such as books, writing and IT equipment.

BLISS

0500 618 140

www.bliss.org.uk

Supports parents of premature babies by offering guidance and information at a critical time in families lives.

Brittle Bone Society

08000 282 459

www.brittlebone.org

Offers help, advice and information to people affected by Osteogenesis Imperfecta.

Calibre Audio Library

01296 432339

www.youngcalibre.org.uk

Provide the pleasure of reading to people with sight problems, dyslexia or physical disabilities. A free nationwide postal service of recorded books provided on MP3 format, CDs, or ordinary cassettes.

Carer's UK

0808 808 7777

www.carersuk.org

Provides carers with information and advice and offers a wide range of free booklets on all aspects of caring.

Cerebra

Parent Support: 0800 32 81 159

www.cerebra.org.uk

Counselling: 0800 04 39 385

Supports families caring for a child with a brain related condition by providing information and advice, sleep advice service, Speech Therapy, help to set up wills and trusts, grants for equipment, a free holiday home, postal lending library and telephone counselling helpline.

NATIONAL ORGANISATIONS

Cerebral Palsy Care

01634 220540

www.cerebralpalsycare.co.uk

Offer Conductive Education for children under five who have Cerebral Palsy or similar motor disorders, helping them to learn to do things that most babies and children do naturally.

Changing Faces

0845 4500 275

www.changingfaces.co.uk

Supports and represents people who have disfigurements to the face, hand or body from any cause by providing personal support for children, young people, adults and families.

Child Brain Injury Trust

0845 601 4939

www.cbituk.org

Provide information and advice for anyone affected by childhood acquired brain injury as well as offer small grants to enable them to take part in social activities.

Child Death Helpline

0800 282 986

www.childdeathhelpline.org.uk

For anyone affected by the death of a child of any age, from pre-birth to adult, under any circumstances, however recently or long ago. Open from Mon to Fri 10am to 1pm, & 7pm to 10pm.

ChildLine

0800 1111

www.childline.org.uk

A free 24hr helpline for children and young people providing a counselling service for any child with any problem whether they're feeling scared or out of control, lonely, worried, having problems at school or just want to talk to someone.

Children's Heart Federation

0808 808 5000

www.childrens-heart-fed.org.uk

Provide information and support for parents whose child has a heart disorder.

NATIONAL ORGANISATIONS

Climb (Children with Inherited Metabolic Diseases)

0800 652 3181

www.climb.org.uk

Provide information, advice and support on all metabolic diseases to children, adults, families & professionals.

The Compassionate Friends

0845 123 2304

www.tcf.org.uk

Helps bereaved parents & their families offering understanding, support & encouragement to others after the death of a child.

Contact a Family

0808 808 3555

www.cafamily.org.uk

Provide information & factsheets to families of children with any kind of disability, special need or long term health need. They can also put families in touch with each other or local groups.

Clear Vision Project

020 8789 9575

www.clearvisionproject.org

Has a nationwide postal lending library of 13,000 children's books with braille (or Moon), print and pictures, and tactile/sensory making them suitable for visually-impaired and sighted children and adults to share.

Cry-sis

08451 228 669

www.cry-sis.org.uk

Provide self-help and support for families with excessively crying, sleepless & demanding babies. (7 days a week 9am-10pm)

Cystic Fibrosis Trust

0845 859 1000

www.cftrust.org.uk

Provide information, advice & support to people with cystic fibrosis and their families. Produce publications & offer grants.

NATIONAL ORGANISATIONS

Depression Alliance

0845 123 23 20

www.depressionalliance.org

Produce publications covering various aspects of depression offer the information and guidance and have local self-help support groups which meets monthly in Gillingham.

Downs Heart Group

0844 288 4800

www.dhg.org.uk

Offers support and information relating to heart conditions associated with Down's Syndrome.

The Downs Syndrome Association

0845 230 0372

www.downs-syndrome.org.uk

Supports people with Downs Syndrome, their families and carers as well as for those with a professional interest.

The Dyslexia Institute

01732 352762

www.dyslexia-inst.org.uk

Provide support and services for people with dyslexia and literacy difficulties. Centre in Tonbridge provide Assessments & training.

Epilepsy Action

0808 800 5050

www.epilepsy.org.uk

Provide a wide range of information and advice about epilepsy.

Equality & Human Rights Commission

0845 604 6610

www.equalityhumanrights.com

Supports disabled people by providing them with information and advice about their rights under the DDA.

ERIC (Enuresis Resource & Information Centre)

0845 370 8008

www.eric.org.uk

Provide information and support on childhood bedwetting, daytime wetting, constipation and soiling.

NATIONAL ORGANISATIONS

Every Disabled Child Matters (EDCM)

www.edcm.org.uk

Campaign to get rights and justice for every disabled child.

The Family Fund

www.familyfund.org.uk

Gives grants to low-income families to meet the additional needs of caring for a severely disabled child such as specialist toys, holidays, driving lessons & washing machines.

Family Fund Extra

www.familyfundextra.org.uk

Become a member and receive discounts from leading high street retailers such as 10% discount from comet and 5% from argos. Also receive free energy saving lightbulbs.

Family Rights Group

0800 731 1696

www.frg.org.uk

Offer advice and support for families whose children are involved with social services.

Fragile X Society

01371 875100

www.fragilex.org.uk

Provide support and information for families whose children and relatives have Fragile X

HemiHelp

0845 123 2372

www.hemihelp.org.uk

A membership organisation supporting children and young people with hemiplegia, and their families

Hyperactive Children's Support Group

01243 539966

www.hacsg.org.uk

Provide support, information and a range of literature to help ADHD/Hyperactive children.

NATIONAL ORGANISATIONS

Lets Face It

01843 833724

www.lets-face-it.org.uk

Offer friendship, link families and build courage to face life regardless of how or why a face is disfigured.

Listening Books

020 7407 9417

www.listening-books.org.uk

Provide selection of audiobooks, on MP3, CD or via internet, to people who find it difficult or impossible to read due to illness or disability.

Mencap

0808 808 1111

www.mencap.org.uk

Provide information & advice for people with learning disabilities.

Muscular Dystrophy Campaign

0800 652 6352

www.muscular-dystrophy.org

Provide people with neuromuscular conditions and their families information and advice about their conditions.

The National Autistic Society

0845 070 4004

www.nas.org.uk

Offer practical help and advice for people with Autistic Spectrum Disorders, their families and carers.

National Blind Children's Society

www.nbcs.org.uk

Provide information and advice for children with visual impairments as well as offer grants for communication equipment. Also have 'Direction Point', a Guide to Services.

National Centre for Young People with Epilepsy

01342 831342

www.ncype.org.uk

Provide information and support for children and young people with epilepsy and other neurological conditions.

NATIONAL ORGANISATIONS

National Deaf Children's Society

0808 800 8880

www.ndcs.org.uk

Helpline provides clear, balanced information and support for families of deaf children, deaf young people and professionals working with families. Also provide grants and loan equipment.

The National Literacy Trust

020 7587 1842

www.literacytrust.org.uk

Provide support & information to help improve reading & writing

Newlife Foundation for Disabled Children

0800 902 0095

www.newlifecharity.co.uk

Provides support for parents of disabled children aged up to 18. Helpline provides qualified Nurses who offer comfort, support and guidance as well as offer grants for equipment.

The Nystagmus Network

0845 634 2630

www.nystagmusnet.org

Self-help group providing support for people with nystagmus, an eye condition characterised by rapid, jerky eye movements.

One Parent Families

0800 018 5026

www.oneparentfamilies.org.uk

Specialist advice service for lone parents caring for a child with a disability or long-term health problem.

Parentline Plus

0808 800 2222

www.parentlineplus.org.uk

Offer free, 24 hour confidential helpline to anyone parenting a child on any issue that is affecting them.

NATIONAL ORGANISATIONS

Respond

0808 808 0700

www.respond.org.uk

Helpline for people with learning disabilities, their families, carers and professionals affected by trauma and abuse

Rethink

0845 456 0455

www.rethink.org.uk

A mental health membership charity, working to help everyone affected by severe mental illness a better quality of life.

Rett Syndrome Association UK

01582 798910

www.rettsyndrome.org.uk

07970 546653 - Out of hours family helpline

Offer information, practical help, friendship and support to people with Rett Syndrome, their families and carers.

Royal National Institute for the Blind (RNIB)

0303 123 9999

www.rnib.org.uk

Confidential helpline offers information, support & advice. Website has information about specific conditions.

Royal National Institute for the Deaf (RNID)

0808 808 0123

www.rnid.org.uk

Offer information, training, fact sheets, leaflets, publications and information about equipment and products.

Samaritans

08457 90 90 90

www.samaritans.org.uk

24hr confidential & emotional support for people experiencing feelings of distress or despair. Can also e-mail anonymously.

Scope

0808 800 3333

www.scope.org.uk

Offer support, information, campaigning & news for people with Cerebral Palsy & related disabilities.

NATIONAL ORGANISATIONS

Sibs

01535 645453

www.sibs.org.uk

Provide support & information for people who grow up with a brother or sister with disability or chronic illness.

STEPS

0871 717 0044

www.steps-charity.org.uk

Provide support & advice to families of children with lower limb abnormalities including club feet, hip problems, amputations and orthotic support.

TAG (The Arthrogyrosis Group)

01737 813527

www.tagonline.org.uk

A national support group for people, or families with children, who have the condition Arthrogyrosis (stiff joints).

Unique

01883 330766

www.rarechromo.org

Information and support for families of children with rare chromosome disorders.

Vision Aid

01204 64265

www.visionaid.org.uk

Offer practical help & advice to families of children with sight difficulties.

Winston's Wish

08452 03 04 05

www.winstonswish.org.uk

Offer practical support and guidance to bereaved children, young people and their families.

NATIONAL ORGANISATIONS

Working Families 'Waving not Drowning'

0800 013 0313

www.workingfamilies.org.uk

Provide information & advice, including details of flexible working rights, for parents who work, or want to work, and who have children with disabilities.

Young Minds

0808 802 5544

www.youngminds.org.uk

Helps improve the emotional well being and mental health of children and young people and empowering their parents and carers. Confidential Helpline number for anyone worried about the emotional problems or behaviour of a child or young person.

Legal Advice

AVMA (Action for Victims of Medical Accidents)

0845 123 2352

www.avma.org.uk

Provide support, legal advice, referral to specialist solicitors and help through the NHS complaints procedure.

The Community Legal Service

0845 345 4 345

www.clsdirect.org.uk

A Government initiative ensuring everyone has access to good quality legal advice and information.

The Disability Law Service

020 7791 9800

www.dls.org.uk

Provide free legal advice and representation for disabled people, their carers and families.

USEFUL WEBSITES

Useful Websites

- Able (formerly Disability View)** www.ablemagazine.co.uk
Information on issues such as disability, holidays, sports and benefits. Produce regular magazine.
- AiA Allergy induced Autism** www.autismmedical.com
Information about diet & parent forum.
- Asthma UK** www.asthma.org.uk
Provide information and advice on all aspects of asthma.
- AuKids** www.aukids.co.uk
A quarterly magazine containing ideas and inspiration for parents of children with an autism spectrum disorder.
- Autism-Aspergers** www.groups.yahoo.com/group/autism-aspergers
Support groups for parents of children with Autism & Aspergers
- Autism Independent UK** www.autismuk.com
A wide range of information and links.
- Autism Resources** www.autism-resources.com
Information and links regarding Developmental Disabilities, Autism and Asperger's Syndrome
- Benefits Advisor** www.benefits-adviser.direct.gov.uk
Online calculator that enables you to work out what benefits and tax credits you are entitled to.
- Benefits and Work** www.benefitsandwork.co.uk
Downloadable step-by-step guide that can help with completing DLA forms.
- Being a Stepparent** www.beingasteppeparent.co.uk
Advice for step parents and their families, includes section on being a step parent of a child with special needs.

USEFUL WEBSITES

British Allergy Foundation

www.allergyfoundation.com

Provides up to date information, advice and support to help people with allergies

Caring with Confidence

www.caringwithconfidence.net

Aims to help carers make a positive difference to their life and that of the person they care for. Work through online sessions that will help you assess your caring role.

Changing Places

www.changing-places.org

Lists current facilities in the UK for those who cannot use accessible toilets and need changing facilities.

Charity Commission

www.charity-commission.gov.uk

Searches for all charities, ideal for fundraising searches.

Childrens Disabilities Information

www.childrensdisabilities.info

Information for children's disabilities and special needs.

Coping with Stress

Coping with the stress of having a child with a disability can be tough at times and you or your child may suffer from anxieties, phobias or depression. The following websites can offer specific advice on these subjects:

No Panic

www.nopanic.org.uk

No more panic

www.nomorepanic.co.uk

Anxiety Care

www.anxietycare.org.uk

Anxiety Alliance

www.anxietyalliance.org.uk

The Couple Connection

www.thecoupleconnection.net

Relationship strengthening tool for couples, includes a section on issues that may arise when there is a child with additional needs.

Direct Enquiries:

(The Nationwide Access Register)

www.directenquiries.com

Search for accessible facilities & venues anywhere in the UK.

USEFUL WEBSITES

- Direct Gov** www.direct.gov.uk
The latest and widest range of public service information.
- Disability Now** www.disabilitynow.org.uk
Has a large database of information about disability issues & campaigns. Also produce national disability newspaper.
- Do to Learn** www.dotolearn.com
Printable activities which promote independence to individuals with special needs.
- The Downs Syndrome Educational Trust** www.downsed.org
Charity that works to advance the development and education of individuals with Downs Syndrome.
- Disability Benefits** www.benefitshelpline.com/disability
Information on benefits including entitlement, claiming, how it is paid, how long for and rates.
- Disability Equipment Register** www.disabilityequipment.org.uk
Lists second hand equipment for sale and wanted.
- Dyspraxia Foundation** www.dyspraxiafoundation.org.uk
Helps people understand and cope with Dyspraxia
- The Dystonia Society** www.dystonia.org.uk
Provide support for people with Dystonia.
- Easyhealth** www.easyhealth.org.uk
Aimed at people with learning difficulties providing accessible health information with clear simple language and illustrations.
- Ehlers Danlos Syndrome** www.ehlers-danlos.org
Ehlers Danlos Support Group
- Equip for Life** www.equipforlife.org.uk
Buy and sell used disabled equipment.

USEFUL WEBSITES

Food Matters

www.foodmatters.com

A useful website for anyone with a food allergy, food intolerance, food sensitivity or on a restricted diet.

Food Matters

www.foodmatters.com

A useful website for anyone with a food allergy, food intolerance, food sensitivity or on a restricted diet.

HE Special

www.he-special.org.uk

Group of families who home educate children with SEN. Website provides information and discussion mailing list.

Home Education Advisory Services

www.heas.org.uk

Provide telephone advice line and other resources for parents who choose to teach their children at home.

(Invisible) Disabilities in the UK

www.geocities.com/dolfrog/index.html

Provides information, support & help links for all families who cope with disabilities

Kent Trust Web

www.kenttrustweb.org.uk

The Extranet for Kent's Children Families and Schools.

Kent Resource Directory

www.krd.org.uk

On-line directory brings together information about services, activities, support and guidance for children and young people, aged 0 -19 years, parents and practitioners across Kent.

Learning 4 R Kids

www.groups.yahoo.com/group/learning4rkids

Support group for parents/carers of kids with learning difficulties

Living with ADHD

www.livingwithadhd.co.uk

Information and support on ADHD

Mental Health Foundation

www.mentalhealth.org.uk

Provide information for anyone affected by mental health problems.

USEFUL WEBSITES

Mobility Information Service

www.mis.org.uk

Offer advice about buying a car, wheelchair or scooter, information about adaptations, tax and parking badges.

Multikulti

www.multikulti.org.uk

Provide accurate and culturally appropriate translations of information, advice, guidance and learning materials.

National Children's Bureau

www.ncb.org.uk

Services and support for children and young people with disabilities and special educational needs

National Debtline

www.nationaldebtline.co.uk

Free, confidential & independent helpline 0808 808 4000

National Health Service Website

www.nhs.uk

Official site of the NHS. Get expert information on conditions, treatments and local service.

Need a Loo

www.needaloo.org

Listing public accessible disabled toilet facilities.

Net Doctor

www.netdoctor.co.uk

The UK's leading independent health website

NHS Direct

www.nhsdirect.nhs.uk

Find out about illnesses, tests & treatments plus lots more.

Obsessive Compulsive Disorder

www.ocdyouth.info

Information for young people with OCD

Paltalk

www.paltalk.com

Allows you to talk to friends and family over the internet. Ideal for those who can't type.

The Parent Centre

www.parentcentre.gov.uk

Information and support for parents on how to help with your child's learning, including advice on choosing a school and finding childcare. Includes special needs section.

USEFUL WEBSITES

Patient UK

www.patient.co.uk

Services include leaflets on health & disease, self-help/patient support groups, a directory of UK websites on diseases and relevant health issues.

Peach

www.peach.org.uk

Parent-led charity promoting early behavioural intervention for young children with autism.

The Personal Assistants Network

www.panet.org.uk

Provide information and guidance for Personal Assistants (P.A.s), people who employ them or would like to. Help with information on Direct Payments and budgets.

Pharmacy & Drugs

www.rxlist.com

Internet medicine index, providing information on Prescription medicine, herbal and homeopaths.

Play Helps

www.roma.testbench.co.uk

Roma Lear provides instructions on how to make toys for children with special needs.

RADAR

www.radar.org.uk

Represents opinions & concerns to policy-makers & legislators & campaigns to promote equality for all disabled people.

Reverb-UK

www.groups.yahoo.com/groups/reverb-uk

Online support group for parents of deaf children.

The Sibling Support Project

www.siblingsupport.org

Support group for brothers & sisters of people with disabilities.

Special Friends Online

www.specialfriendsonline.com

Online community for people with learning difficulties, their parents, carers and volunteers.

USEFUL WEBSITES

Special Kids in the UK www.groups.yahoo.com/group/specialkidsintheuk
Support & information group for parents with children of all disabilities.

Speech Teach UK www.speechteach.co.uk
Downloadable resources include educational, therapy activities and information.

Talking Point www.ican.org.uk
Information about speech, language and communication difficulties in children.

The Henry Spink Foundation www.henryspink.org
Provide useful and unbiased information on treatment and therapies available for disabled children.

ToGoGo www.togogo.info
Has information about local leisure for all ages and abilities across Kent.

Toy Directory www.toydirectory.com/specialneeds.htm
U.S site with ideas about toys & activities for children with special needs.

Treating Autism www.treatingautism.co.uk
Provides newsletters with developments in biomedical and therapeutics, a lending library of autism-specific resources, local groups and organise conferences.

Uhadtogether www.uhad2bthere.co.uk
A searchable database of Charities, Organisations, Companies and Service Providers from all around the UK, to help disabled people and their families, find the right information.

YC Net for Young Carers www.youngcarers.net
Website for young carers to get advice, support and meet other young carers in an online forum.